

TOP HOMEOPATHIC REMEDIES FOR PROSTATE ENLARGEMENT: A REVIEW

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ABSTRACT

Background: Benign Prostatic Hyperplasia (BPH), commonly known as prostate enlargement, is a prevalent condition among aging men. It is characterized by an increase in the size of the prostate gland, leading to urinary symptoms such as frequent urination, nocturia, urgency, and incomplete bladder emptying. Conventional medical treatments include alpha-blockers and 5-alpha-reductase inhibitors; however, they often cause side effects. Homeopathy, with its holistic and individualized approach, presents an alternative form of treatment with minimal side effects. **Objective:** This review aims to evaluate and present the most used and clinically effective homeopathic remedies for the management of prostate enlargement (BPH), providing insight into their indications and therapeutic action. **Method:** An integrative literature review was conducted using classical homeopathic materia medica, repertories, clinical homeopathy journals, and available case studies. Remedies were selected based on their frequency of use, therapeutic efficacy, and alignment with the characteristic symptoms

of BPH. **Conclusion:** Homeopathy offers a range of remedies tailored to individual symptom profiles in BPH patients. Remedies such as Sabal Serrulata, Conium Maculatum, and Chimaphila Umbellata have shown consistent clinical effectiveness. Further clinical trials and studies are recommended to standardize treatment protocols and enhance evidence-based practice.

KEYWORDS: Prostate Enlargement, Benign Prostatic Hyperplasia, BPH, Homeopathy, Homeopathic Remedies, Alternative Medicine, Holistic Treatment.

INTRODUCTION

BPH is a non-malignant increase in the size of the prostate gland, primarily driven by hormonal changes related to aging, particularly increased dihydrotestosterone (DHT) levels. The prostate surrounds the urethra, and its enlargement can compress the urethral canal, leading to obstructive and irritative urinary symptoms. Prostate Enlargement, medically referred to as Benign Prostatic Hyperplasia (BPH), is a non-cancerous increase in the size of the prostate gland, commonly observed in aging men. While not malignant, BPH can significantly affect the quality of life due to its impact on urinary function. Understanding the pathophysiology, symptoms, diagnosis, and treatment options is critical for effective management. The prostate is a walnut-sized gland below the urinary bladder and in front of the rectum. It surrounds the urethra and is part of the male reproductive system, producing seminal fluid that nourishes and transports sperm. As men age, hormonal changes can cause the prostate to grow, potentially leading to compression of the urethra and urinary symptoms. BPH affects approximately 50% of men over the age of 50 and up to 90% of men over 80. Risk Factors: Age, family history, hormonal changes (Especially dihydrotestosterone or DHT levels), lifestyle factors (Diet, obesity, physical inactivity), and metabolic syndrome are major contributing factors.

The exact mechanism of BPH is not fully understood, but it involves Hormonal Influence: Increased conversion of testosterone to DHT, which stimulates prostate cell proliferation. Stromal-Epithelial Interaction: Dysregulated growth of epithelial and stromal cells in the transition zone of the prostate. Chronic Inflammation: May contribute to tissue remodeling and enlargement. Growth Factors and Apoptosis Dysregulation: Imbalance in cell proliferation and programmed cell death.

BPH is typically associated with Lower Urinary Tract Symptoms (LUTS), classified into: Obstructive Symptoms such as Weak urine stream, Hesitancy, straining to urinate, Incomplete bladder emptying, Intermittent stream, and Irritative Symptoms such as Urinary frequency, Urgency, Nocturia (nighttime urination), Urge incontinence in some cases.

If left untreated, BPH may produce complications. BPH can lead to Acute urinary retention, Recurrent urinary tract infections (UTIs), Bladder stones, Hydronephrosis, Renal insufficiency or failure (rare).

Diagnosis of BPH by following medical history and symptom assessment (e.g., International Prostate Symptom Score - IPSS), Physical examination, including Digital Rectal Exam (DRE), Urinalysis (to rule out infection or haematuria), Prostate-Specific Antigen (PSA) test (to rule out prostate cancer), Ultrasound (transrectal or abdominal), Uroflowmetry, Post-void residual volume measurement, Cystoscopy in select cases.

Role of homeopathy in bph management

Homeopathy is a holistic system of medicine based on the law of similars ("Like cures like"). Remedies are chosen based on a detailed understanding of the patient's physical, emotional, and mental constitution. In BPH, homeopathy aims not just to relieve urinary symptoms but also to stimulate the body's natural healing processes and address underlying tendencies. Difficulty initiating urination (Hesitancy), Weak or interrupted urine stream, Increased frequency, especially nocturia (Nighttime urination), Urgency and dribbling, A sensation of incomplete bladder emptying. While not life-threatening, BPH can significantly impair quality of life and may lead to complications such as urinary tract infections, bladder stones, or renal damage if left untreated.

Top homeopathic remedies for prostate enlargement

- 1. Sabal serrulata (Saw palmetto):** One of the most frequently used remedies for BPH. Acts primarily on the genitourinary system. Frequent desire to urinate at night, dribbling of urine, difficulty in starting urination, and prostate pain. Often used in mother tincture (Q) form. Useful in both acute and chronic enlargement of the prostate.
- 2. Conium maculatum:** Suited to elderly individuals with progressive prostatic enlargement. Interrupted or weak urine stream, difficulty urinating while standing, and vertigo in older men. Suits people who are mentally rigid, emotionally repressed, and suffer from glandular swellings.
- 3. Chimaphila umbellata:** Effective for prostatic enlargement with urinary retention. Feeling of sitting on a ball, painful urination, must strain hard while standing to pass urine. Mother tincture is commonly used for quicker action.
- 4. Lycopodium clavatum:** BPH accompanied by digestive disturbances and right-sided complaints. Incomplete urination, frequent nighttime urination, and premature aging signs. Intellectual, confident externally, but anxious and insecure internally.

5. **Thuja occidentalis:** Suited to patients with a history of suppressed gonorrhoea or warts. Forked urine stream, urinary tract infections, and with enlarged prostate. Sycotic miasmatic background; prone to growths and overproduction of tissues.
6. **Baryta carbonica:** Useful in older men with significant prostate hypertrophy and mental dullness. Frequent urination, especially at night; retention of urine; sluggish flow. Suited to individuals with premature senility, shy or mentally slow personalities.
7. **Staphysagria:** Urinary issues after prostate surgery or emotional trauma. Pain after urination, burning, and irritation in the bladder. Sensitive, refined individuals who suppress anger and emotions.
8. **Digitalis purpurea:** Suited for BPH with associated cardiac symptoms or slow pulse. Frequent urging to urinate, dribbling, and faintness on exertion. Especially useful in aged men with weak heart function.

CONCLUSION

Benign Prostatic Hyperplasia is a common age-related condition that significantly affects the quality of life in older men. While conventional therapies provide symptomatic relief, they often come with undesirable side effects. Homeopathy, with its individualized, non-invasive, and holistic approach, offers several remedies that can alleviate the symptoms of BPH effectively and gently. Remedies such as Sabal Serrulata, Conium Maculatum, and Chimaphila Umbellata stand out due to their strong affinity for the prostate gland and urinary system. However, remedy selection in homeopathy is highly individualized, and consultation with a trained homeopathic practitioner is essential for optimal outcomes. Further research and well-designed clinical trials are necessary to substantiate the efficacy of these remedies and integrate homeopathy into mainstream prostate health management protocols.

Conflict of interest

None.

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