

## Individualized Homeopathy As An Adjunct In The Treatment Of Benign Hypertrophy Of Prostate (BHP): A Randomized Controlled Trial

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**Abstracts:** Background: The cases of Benign Hypertrophy of Prostate are very common among the adult population and are commonly involved with the increased frequency of urine. Individualized homeopathic selection of medicine has witnessed more effectiveness in comparison with conventional treatment of such cases in homeopathy. Methods: In a randomized, double blind, controlled trial the effects of individualized homeopathic remedies were compared with placebo medication in 60 patients with mild to moderate complains of urination as a result of enlarged prostate as an adjunct to conventional treatment. Results: There were clinically relevant or statistically significant changes in the active quality of life score. Other subscales, notably those measuring severity, indicated relative improvements in the frequency of urination. There were differences in quality of life and frequency of urination between the groups for other measures. Conclusions: This study provides evidence that adjunctive homeopathic remedies, as prescribed by experienced homeopathic practitioners, are superior to placebo in improving the frequency of urination and quality of life of patients with prostate enlargement in addition to conventional treatment in primary care. [Amit, Natl J Integr Res Med, 2018; 9(6):66-67]

**Key Words:** Prostate, Individualization, Homoeopathic treatment

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**Introduction:** It is a common misconception that knowing the diagnosis is of no importance to the homeopathic doctor. Although the selection of medicine is not done on the basis of diagnosis, still it is essential to a homeopath. Apart from the importance of knowledge of pathology for managing the case, it can still be used for selection of medicine. Conventional homeopathic therapy has frequently used such medicine which are termed as therapeutic approach.

On the other hand, individualized selection of medicine which is the prime essence of homeopathy has its advocacy from many a quarters where diagnosis of the disease may not be a concern. However in this article, the approach has been to judge the efficacy of homeopathic medicine following these two approaches.

Orthodox treatment of Benign Hypertrophy of Prostate is with drugs in milder cases and surgery in more severe cases. The homeopathic medicine *Sabal serrulata* is an excellent and specific treatment for BHP. It was also used previously in tradional medicine in name of *serenoa repens*. Native Americans have been using the berries of this plant for urinary tract problems for many centuries. As a well known homeopathic medicine for prostate enlargement, it has been commonly used in the tincture form.

There are many other possibilities among the homoeopathic medicines where appropriate results have been obtained. The selection of such medicine has to depend upon the presentation of the patient, including his suffering and other features like his mental and physical symptoms which have become altered with the disease. Proper evaluation of the case is necessary to elicit such detailed symptoms. A properly defined case can come up with a proper choice of medicine.

The cases of enlarged prostate which have considered in this article have a common presentation of increased frequency of urination. The frequency of urination per day was marked as a criterion for monitoring the progress of the patient.

Individualized selection of medicine in a broader aspect should involve every aspect of the patient – the totality of symptoms. Pathological changes in the patient are a part of the patient and should well be in the totality of symptoms. A medicine which is chosen considering both the symptomatological changes and the pathology should be ideally considered as the individualized medicine.

**Aims & Objective:**

1. To study efficacy of Homoeopathic medicines selected on the basis of totality of symptoms in cases of enlarged prostate.
2. To carry a comparative analysis of treatment of cases of enlarged prostate with individualized Homoeopathic Medicine and medicine chosen on therapeutic basis.

**Patients & Methods:** Retrospective exploratory study of cases of enlarged prostate, treated with homeopathy, at G D Memorial Homoeopathic Medical College & Hospital, Patna, from 2016-2017.

**Inclusion Criteria:** Patients of enlarged prostate, in age group of 50-60 years, suffering from frequency of urination, having prostate size between 40-50 gms were selected for study.

**Data Collected:** Case taking Performa used at our institute was used to collect the data, which included name, age, sex, profession, socio-economic status, duration of disease, diagnostic and subsequent investigation, reportorial graph (RG), duration of treatment, patient's response, follow up and observations.

The assessment of the response and duration of treatment was by frequency of urination per day, weight of prostate gland

**Medication:** Homoeopathic medicines were dispensed in pills made of sugar cane size no 30. 4 medicated pills were considered as one dose. LM Potency were used obtained from HAPCO, Kolkata. India.

**Result:** 60 cases were included into study those who were meeting the inclusion criteria. Patient belonged to various age groups in between 50 to 60 years of age. Out of the 60 cases Marked improvement was noticed in 22 cases, Moderate Improvement in 18 cases, No change in 07 cases and Drop out was 08 cases. Salient feature of each case is summarized.

Treatment continued even after the date of observation. Prostate gland size was evaluated in USG examination to monitor the progress, which showed satisfactory result in 44 cases. There was improvement in frequency of urination per day even in those cases which had not improved with the size of prostate gland.

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