ABSTRACT

Benign Prostatic Hypertrophy (BPH) is a burning senile problem of elderly men and no definitive conservative cure is available. The prevalence figures vary from about 10-30% for men between 50-60 years of age to 25-45% in the age group of 70-80 years. BPH is a progressive disease that is commonly associated with lower urinary tract symptoms such as frequent urination, urgency, nocturia, decreased and intermittent force of stream, and the sensation of incomplete bladder emptying. Ayurveda the Vatasheela and Mutragranthi which are the types of Mutraghata may be correlated with BPH on the basis of similarity of symptoms. It is manifested due to deranged function of ApanaVayu along with the vitiation of Kapha and Pitta Dosha. In modern medicine the management of BPH is either by conservative treatment using hormonal therapy, chemotherapy or through a surgical approach. Hormonal therapy and surgery both are having complications. Management of Mutraghata given in Ayurvedic literature includes Abhyanga, NiruhaBasti, Snehapan, Uttara Basti, Seka, Pradeha, Virechana etc. Aim of this study is to review research studies from 2011-2015. Most of the studies are found on Matrabasti of Dhanyakgokshurghrita, Balataila, Varunaditaila and some studies on Yavkshara, gokshuradiwat, Pataladiakshaya, Varun shigrughanvati, punarnava compound and Dashmool compound. Ayurvedic treatment proved to be helpful in reducing the size of the prostate and enhancing the tone of urinary bladder. There is further scope of research in it.

Keywords: BPH, mutraghata, vatasheela, mutragranthi.

INTRODUCTION

The term Mutraghata stands for low urine output due to obstruction in the passage of urine. It can be considered as a syndrome, because it covers most of the pathological entity of the urinary system into 12 types except urolithiasis and reflect the symptoms of retention of urine, incomplete voiding, dribbling, and hesitancy, increased frequency of micturition, weak stream, and nocturia.

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These features are related to the Lower Urinary Tract Symptoms and Bladder Outflow Obstruction hence, it can be co-related with the disease Benign Prostatic Hypertrophy (BPH) in modern science.

BPH is a senile disorder of the geriatric men with histologically prevalence figures vary from about 10-30% for men between 50-60 years of age to 25-45% in the age group of 70-80 years in India. For this notorious problem there is no concrete conservative measure available until now. BPH involves multi-factorial pathogenesis caused by not only involvement of prostate and bladder,
but also involves the hypothalamus-pituitary-gonads axis. The scope for medical therapy is still high because of the limitation of surgical approaches due to greater morbidity and failure to consistently achieve a successful outcome. Therefore, to find out solutions through minimal invasive surgical techniques and use of phytotherapeutic treatment as an alternative approach for BPH has been taken as a research problem in this particular field. Deranged function of Apana Vayu leads to this condition. The authentic treatment for deranged Vata is the Basti and among them the Matra Basti (MB) is a safe one, which can be adopted without any restriction. Mutraghata can be correlated to BPH and is caused due to vitiated Vata and Kapha. Which involve Mutravaha Srotodushti. Present clinical review study was planned as per management principles to evaluate the clinical efficacy of Matrabasti of Dhanyakgokshurghrita, Balataial, Varunaditaila and some studies on Yavkshara, gokshuradivati, Pataladikashaya, Varun shirughanvati, punarnava compound and Dashmool compound in the management of Mutraghata with reference to BPH.

Material & Methods:

Research works done on the management of Mutraghata were collected manually from the internet and book surfing for various materials with key words. Most of the studies are found on Matrabasti of Dhanyakgokshurghrita, Balataila, Varunaditaila and some studies on Yavkshara, gokshuradivati, Pataladikashaya, Varun shirughanvati, punarnava compound and Dashmool compound.

Observation and result:

Joyal Pate et.al. in their case study “Management of moortaghata (benign prostatic hypertrophy) with bala taila matra basti” highlighted that Balata Taila Matra Basti is safe and effective in symptomatic management of Mutraghata (BPH). As this is the single case study it should be tried in more number of patients for its validation.

Arun M. Lakhapati et.al. in their study “Role Of Varunadya Tail Matrabasti In The Management Of BPH” concluded that Varunadya Tail Matrabasti is clinically effective in the management of BPH. This treatment is devoid of any side effects.

Shreyas G Bhaldia et.al. in their study “Gokshuradi Vati And Dhanyaka-Gokshura Ghrita Matra Basti In The Management Of Benign Prostatic Hypertrophy” concluded that Gokshuradi Vati and Gokshura-Dhanyaka Ghrita Matra Basti are proven clinically to be safe and effective therapy in the management of Vridhavastha-Janya Mootraghata i.e. BPH.

Shukla Durgesh Kumar et.at. in their study” A Clinical Study To Evaluate The Efficacy Of Varun Shigru Ghana Vati With Help Of Uroflowmetry In The Management Of Vatashthila W.S.R. To BPH” stated that Use of Varun Shigru Ghana Vati in BPH is cheap, effective and easily palatable for patients. They concluded that use of this Vati in early stage of BPH can prevent the further progressive pathology of disease.

Kanchan M. Borkar et.al. in their study ”A Control Study Of Yavakshara In The Management Of Benign Prostatic Hypertrophy (Bph) W.S.R. To Vatashtheela” concluded that use of yavakshara in BPH is effective and easily palatable for patients.

S. S. Sharma et.al. in their study” Role Of Dashmuladi Compound In The Management Of Benign Prostatic Hypertrophy (Astheela)” compared Ayurvedic treatments. i.e. Dashmuladi compound with placebo group for BPH. They found that Dashmuladi compound had better effect on the subjective and objective parameters, whereas placebo group showed no effect.

G. S. Prashanth et.al. in their study A clinical comparative study of the management of chronic renal failure with Punarnavadi compound “concluded that Punarnavadi compound showed promising results in
parameters pertaining to quality of life. On blood and bio-chemical parameters, Punarnavadi compound showed marginally better results. They found no any adverse effects of Punarnavadi compound and so claimed to be safe for human use. They suggested further long duration studies are needed to observe exact drug action.

**DISCUSSION**

*Mutraghata* (BPH) is a most common obstructive urollogical condition of old age. In pathophysiology of *Mootraghata*, there is involvement of *Mutravaha* *Srotasa* especially *Basit* (bladder). It may occur due to complex phenomena such as BPH. The symptoms of all types of *Mutraghata* may be classified under three groups for clinical assessment of BPH. Voiding symptoms include Pravaahato Shanaih Shanaih (decreased urine flow rate/weak stream of urine), Pravaahato Punah Punaha (increased frequency/urgency of micturition), *Mutrasanga* (retention of urine, acute/chronic), *Srijeda Alpaalpam* (scanty micturition/dribbling), *Adhahasrot Nirodhana* (constipation), Yobhuyah *Srashtumichchhati* (hesitancy), etc., which are resembling with lower urinary tract symptoms and generally exist in Vatakundalika, *Mutrasanga*, *Vatastheela*, and *Mutrasteela* - all are the types of Mutraghata.

**CONCLUSION**

The review of research studies conducted on *Mutraghata* showed that the *Mutraghata* (Benign Prostatic Hyper trophy) can be best treated with Ayurvedic formulations as mentioned. The best treatment is the *Matrastebhi of Dhanyagokshurghrita, Balataila, Varunaditaliata*. Drugs like *Yavkshara, gokshuradivati, Pataladikashaya, Varun shirughanvati, punarnava compound and Dashmool compound* also proved to be effective in mootraghata. Research studies showed the better improvement in the BPH with Ayurvedic management. In most of the studies better improvements was noted in the symptoms like dysuria, hesitancy, nocturia and reduction of residual urine volume. Mild to moderate regression in the prostate volume was recorded. Ayurvedic treatment proved to be helpful in reducing the size of the prostate and enhancing the tone of urinary bladder. No any adverse effects of any drug were noted. So Ayurvedic treatment proved to be effective in *Mutrasteela*.

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