Case Report

Naturopathy and Yoga Intervention in the Reversal of Benign Prostatic Hyperplasia (Prostatomegaly) – A Case Report

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ABSTRACT

Benign prostate hyperplasia, also known as prostatomegaly, is the most common benign tumor that causes blockage of the lower urinary system. Men's prostates enlarge with age and are linked to several medical disorders. This study aims to determine the effectiveness of Naturopathy and Yoga as a drugless medical system that uses non-invasive methods to treat prostatomegaly. A 66-year-old male patient came to the outpatient department with the complaint of reduced urinary output, an ultrasound abdomen & pelvis scan was used to identify the abdomen and pelvic organs, and a short form 12 survey was used to assess the quality of life, Using the pre-ultra sound report, the conditions were identified and Naturopathy and Yoga interventions such as cold hip bath, gastro hepatic pack, renal pack, and yoga practices were given. One month following that, the post-ultra sound abdomen scan report was obtained; changes were noted in the size of the prostate, liver, gallstones, and renal cortical cyst. This indicates an enhanced quality of life.

Key words: Benign prostate hyperplasia, Naturopathy and Yoga, quality of life.

As men age, their prostate size increases, [1] The prostate, an exocrine gland, produces seminal fluid essential for male reproduction. Prostatic hyperplasia can cause urethra compression, dysuria, nocturia, incontinence, and incomplete urination [2]. Aging is a lifelong process characterized by physiological changes that impact health, leading to various medical issues among the growing elderly population [3]. Prostatomegaly is a common condition in men over the fifth decade of life, often causing symptoms related to lower urinary tract obstruction [1]. Autopsy data shows that 40% of men in their 50s and 90% in their 80s experience benign prostatic hyperplasia (BPH) [2], which is the most prevalent benign tumor in elderly men, causing storage and voiding lower urinary tract symptoms. However, there is no positive correlation between prostate size and symptoms [4].

BPH pathology has seen various therapeutic solutions and technical innovations improve endoscopic treatment but large BPH cases (>80 mL) still require open prostatectomy as the first-line alternative, despite its invasive nature [5]. In industrialized societies, most men experience prostate enlargement with age, and lifestyle conditions like obesity and low physical activity increase the risk of BPH and other prostatic issues [2]. Naturopathy and Yoga is a drugless medical system that uses non-invasive methods to treat various illnesses. They are safe and have not been shown to have any negative side effects They are considered the most suited complementary and alternative medicine (CAM) for metabolic and other non-communicable diseases [6]. This case study aims to identify the Effectiveness of Naturopathy and Yoga interventions in a person with Prostate hyperplasia and other organ complications.

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CASE DETAILS

A 66-year-old male patient came to the outpatient department of Government Yoga and Naturopathy Medical College and Hospital, Arumbakkam, Chennai. on 25.02.2024, he came with the complaint of reduced urinary output which was since the last 3 months of the OPD visit. By the ultrasound screening for the abdomen & pelvis (14.02.2024), the changes in organs were identified, and impressions suggested Prostatomegaly, Hepatomegaly, Cholelithiasis, and Bilateral

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cortical cysts in both kidneys. He was followed in OPD for 1 month regularly in the Naturopathy and Yoga interventions; which included the Yoga practices, Cold hip bath, Gastro hepatic pack, Renal pack, and Acupuncture (the details of the intervention are given in **Table 1**). He was informed about the study and intervention, obtained written consent, and continued the intervention. Post-ultrasound (abdomen & pelvis) was taken on (08.06.2024) which is presented in **Table 2**. Other assessments including quality of life using short form survey 12 (SF-12) given in **Table 3**, showed there were considerable changes in the post-ultrasound report compared with the pre-report, there was a complete change in prostate enlargement, reduction in the renal cortical cyst, reduced size of the gall stone, and reduced symptoms and SF-12 score from 74 to 92 shows improved quality of life of the patient.

DISCUSSION

This is the first case study to analyze the effectiveness of Naturopathy and Yoga in the management of Prostatomegaly, the therapeutic effects may be as follows; Yoga poses enhance sphincter muscle tone and pelvic strength, enhancing bladder muscle contractibility for micturition. This relaxes sphincter muscles, allowing urine to pass through. Yoga kriyas and asanas also reduce inflammation by increasing blood flow to the prostate gland [7].

Table 1: Yoga and Naturopathy Intervention details

S.no	Intervention	Duration	Frequency morning	Frequency Evening
	Neutral enema	-	Weekly once	-
	Cold hip bath	15 minutes	Daily	-
	Gastro-hepatic pack	20 minutes	-	Alternate days
	Renal pack	20 minutes	-	Alternate days
	Steam bath	25 minutes	Once	-
	Acupuncture – DU 20, SP 9, SP 10, SP 6, UB 60, ST 36, ST 25 (B/L), CV 4, CV12, P 6, LI 11, LU 9.	30 minutes	First 10 days	-
	Yoga Practices: **Asana**: Pavanmuktasana series 1, Ardha katichakrasana, Kati chakrasana, Tadasana, Bujangasana. **Pranayama:** Nadi Shodhana pranayama, Bhramari pranayama. Yogic breathing.	20 minutes	Daily	-

Table 2: Ultrasound report of the Whole abdomen

S.no	Ultrasound report	Pre - impressions	Post - impressions
1.	Liver	Increased echoic structure (17.0 cms) - hepatomegaly One Gall stone – 1.3 cms	Normal in size Gallbladder stone – 5 to 6 mm each (2 calculi)
2.	Kidney	Right kidney – multiple cortical cysts – Largest 4.8*4.6 cms in upper pole Left kidney – multiple cortical cysts, Largest - 1.8*1.4 cms in upper pole anterior cortex	Right kidney – cortical echoes are normal, 4.9*4.7 cms in upper pole Left kidney – normal in size, no cyst
3.	Prostate	Size – 4.8*3.6*3.4 cms Weight – 30.55 gms Enlarged	Size – 3.7*3.0*3.1 cms (volume of 18.6 cc) Normal

Table 3: other parameters observed

S.no	Assessments	Pre data	Post data
	Height (cm)	167 cm	167 cm
	Weight (kg)	70	66
	BMI (kg/m^2)	25.1	23.7
	Blood pressure	130/80 mm Hg	120/80 mm Hg
	Short Form 12-item Survey (SF12)	74	92

A Systematic review and meta-analysis (Chen Z, et al. 2022) evaluated the efficacy and safety of acupuncture and moxibustion therapies for lower urinary tract symptoms resulting from benign prostatic hyperplasia and shows there are markable changes in post-treatment [8], and also may be beneficial in treating nocturia potentially serving as an adjunct therapy [9]. Cold water therapy can improve physical and mental well-being, promote healthy aging, and extend the health span. Cold water therapy has been found to positively impact cardiometabolic risk factors, stimulate brown adipose tissue, and promote energy expenditure, potentially reducing cardiometabolic diseases.

It also triggers stress hormones, catecholamines, and endorphins, enhancing alertness and mood, and potentially alleviating mental health conditions. However, definitive interventional evidence is needed to determine optimal duration and temperature [10]. The use of a gastro-hepatic pack may also improve blood flow to the abdominal muscles, pancreas, and liver, as well as speed up the metabolism of glucose by modifying thermoregulatory responses [11]. Yoga practice and naturopathic treatments like massage and mud therapies have been found to reduce stress and inflammation. Hip baths and kidney packs are effective in improving abdominal organ functions and kidney functions, respectively, due to their diuretic action [12]. These are the possible effects, which might potentially have a good impact on the liver, and kidney as well. The strength of the study shows there were no side effects were noted, and the patient was comfortable and cooperative throughout the study.

CONCLUSION

This case report shows the effectiveness of the Naturopathy and Yoga interventions on prostate enlargement, it also impacted the conditions of the kidneys and liver considerably as well, and improved quality of life. Nevertheless, as this is only one case study, further studies in the future utilizing larger samples are necessary to validate these findings.

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