

## Overview On Vatasthila W.S.R. To Ent Benign Prostatic Hyperplasia

**Dr. Dipendra Hanumant Kokare**

PG(Scholar) Kayachikitsa

**Dr. A B Pundpal**

Guide

L.k.r.Ayurved college Gadhinglaj Kolhapur

### Abstract:

*Benign prostatic hyperplasia (BPH), also called prostate enlargement, is a noncancerous increase in size of the prostate. In Ayurveda, Vatasthila disease closely resembles with Benign Prostatic Hyperplasia (BPH) of modern medicine in its signs and symptoms. Vatasthila is a combination of anatomical mal-alignment and physiological mal-functioning derangement. The deranged and aggravated bodily Vayu incarcerated or lodged in the region lying between the bladder and the anus gives rise to a thick lumpy tumour like a pebble (Ashthila), which is hard and non-shifting in its character, producing suppression of stool, urine and flatus, distension of the abdomen and pain in the bladder. It is known as Vatasthila. This research article is review of vatasthila w.s.r to BPH*

### Introduction :

Charaka also defines that Vata produces obstruction in urinary bladder and anal region. It blows them up forming a protruded Stony mass; which is mobile in nature and causes extreme pain along with the obstruction in passage of urine and feces. Sushruta Says that cobble stone like hard tumor, extended to upward, protruded and obstructing the out passages should be considered Vatasthila. Sushruta also elaborated at another place that the malpractice of inserting Shooks made of Bhallataka like poisonous and irregular substances inside the urethra, vitiates Vata; which produces hard Pidika known as Ashthilika.

### Aim & objectives:

- To study the vatasthila as per ayurvedic & modern classies.

### Material Methods:

The data available in various databases have been collected which was further critically reviewed. The compiled information has been systematically studied and categorized in different headings and commented, also data collected from samhitas of laghutrayee & barihtrayee.

### Causes of BPH:

It isn't entirely clear what causes the prostate to enlarge. However, it might be due to changes in the balance of sex hormones Tre as men grow older.

**Lifestyle-** Obesity increases the risk of BPH, while exercise can lower your risk.

**Ageing-** About one-third of men experience moderate to severe symptoms by age 60, and about half do so by age 80.

**Family history-** Having a blood relative, such as a father or a brother, with prostate problems means you're more likely to have problems.

**Diabetes and heart disease-** Studies show that diabetes, as well as heart disease and use of beta blockers, might increase the risk of BPH.

### Symptoms of BPH.:

The severity of symptoms in people who have prostate gland enlargement varies, but symptoms tend to gradually worsen over time. Common signs and symptoms of BPH include Urgency of urine

- Nocturia
- Difficulty on starting of urination
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Inability to completely empty the bladder or Inability to urinate 4 classics
- Urinary tract infection
- Heamaturia

### Complications:

- Sudden inability to urinate (urinary retention)
- Urinary tract infections (UTIS)

- Bladder stones
- Bladder damage
- Kidney damage

**Treatment:**

Sushruta has adopted a common line of treatment in all the cases of urinary disorder. Virechana Karma after proper Snehana- Swedana followed by Uttar Basti is best modality .Decoction, Kalka, ghee, Avleha, milk, Kshar, alcohol, Upnaha Sweda, Uttar Basti, Sneha Virechana and litholytic medication should be used in all types of urinary suppression. Charak has indicated Mutrakriccha Nashak Aushadhi on the basis of vitiated dosha in body. Basti and Oftar Basti are recommended in all types of bladder disorders.

**Management of BPH:**

There are several effective treatments for prostate gland enlargement, including medications, minimally invasive therapies and surgery. In those with mild symptoms weight loss, exercise, and decreasing caffeine intake is recommended. In those with more significant symptoms medications may include alpha blockers such as terazosin or 5 $\alpha$ -reductase inhibitors such as finasteride. Surgical removal of part of the prostate may be carried out in those who do not improve with other measures.

**Discussion :**

About 105 million people are affected globally. BPH typically begins after the age of 40. Half of males age 50 and over are affected. After the age of 80 about 90% of males are affected. Although prostate specific antigen levels may be elevated in males with BPH.

**Conclusion:**

Most men have continued prostate growth throughout life. In many men, this continued growth enlarges the prostate enough to cause urinary symptoms or to significantly block urine flow.

**Reference:**

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- 4) Manipal Manual of Surgery 4th Edition by Anitha Shenoy, K. Rajgopal Shenoy.