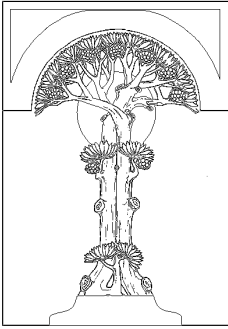


Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Pre-membership Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 56

Materia Medica Studies and Therapeutic Pointers for Week 12



Prescribing in Prostatic Problems

Consistent with genito-urinary health in women, the health of the genito urinary system in men is subject to both local and general factors.

General factors include:

diet, weight and lifestyle:

avoidance of suppression (drugs and sexual suppression)

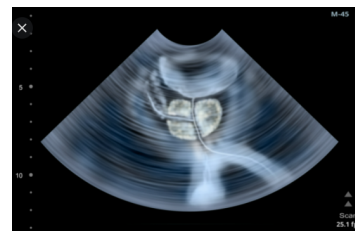
freedom from toxicity (agrochemicals, food additives)

freedom from long term low-grade hormonal derangement

(overuse of cow's milk, sports performance products, steroids)

healthy gut flora and avoidance of intestinal toxicity

non-sedentary lifestyle



Local factors include:

Inflammatory states, whether mediated by STDs / opportunistic infection or auto-immune conditions

Prostatitis:

Depending on the causative agent this can be acute, relapsing or chronic. Homeopathic practitioners are not often the first port of call for acute prostatitis. GU clinics will generally perform a screen for STDs and broad spectrum antibiotics are often used.

Chronic and relapsing inflammation presents more frequently due to persistent pain or discomfort and out of frustration that the conventional approach is not resolving the problem.

Listings for the common inflammatory prostate remedies are provided below.

PROSTATE GLAND

INFLAMMATION (= prostatitis): ☼ (91) acon. aesc. agn. aloë alum. alum-sil. anac. apis arg-met. arist-cl. arn. *Aur.* bar-c. bell. bov. bry. cact. cann-i. cann-s. cann-xyz. canth. *Caps.* caust. chim. cic. clem. *Colch.* coli. *Con.* cop. cub. cycl. *Dig.* *Dulc.* *Fab.* ferr-p. ferr-pic. *Gels.* gonotox. *Hep.* hipp. iod. *Kali-bi.* kali-br. kali-c. kali-i. kali-n. lach. lil-t. lith-c. *Lyc.* med. *Merc.* merc-c. merc-d. naphthoq. *Nit-ac.* *Nux-v.* ol-sant. pareir. petr. *Ph-ac.* pic-ac. pitu-gl. podo. polyg-h. polyg-s. psor. **PULS.** pyrog. sabad. sabal sal-n. sars. sec. *Sel.* senec. *Sep.* *Sil.* solid. spong. *Staph.* staphycoc. sul-ac. *Sulph.* *Thuj.* *Trib.* tritic. *Verat-v.* vesi. zinc.

- accompanied by

. urine; blood in: (1) *Chim.*

- chronic: (34) alum. *Aur.* bar-c. brach. calad. carb-n. caust. clem. *Con.* *Ferr-pic.* graph. hep. hydro. iod. *Kali-bi.* *Lyc.* *Merc.* *Merc-c.* *Nit-ac.* *Nux-v.* phyt. *Puls.* pyrog. sabad. *Sabal* *Sel.* senec. *Sep.* sil. solid. *Staph.* sulph. *Thuj.* *Trib.*

☞ - discharge; with thick yellow: (1) cub.

- gonorrhoea; from suppressed: ☼ (18) bell. caps. *Cop.* cub. cupr. *Dig.* *Med.* *Merc.* merc-d. **NIT-AC.** *Nux-v.* pareir. *Petr.* *Puls.* *Sep.* staph. *Sulph.* **THUJ.**

Benign Prostatic Hypertrophy

Clinically this commonly presents with urinary symptoms.

The increased residual volume leads to frequency and nocturia. Over time the stream is affected by a combination lower bladder tone and pressure on the proximal urethra. Hesitancy - slowness to start the stream - and dribbling at the end of micturition can become problematic.

Acute urinary retention is a later complication of prostatic hypertrophy.

Although clinical examination remains important, clinical imaging and PSA screening is now commonplace and greatly reduces the risk of missed diagnosis for both benign prostatic hypertrophy and prostate cancer.

There is an established listing in the repertory for prostate problems, but differentiating symptoms are often hard to find.

When treating with local specifics, most homeopathic practitioners use low potencies (eg 6x) repeated frequently.

When the constitutional picture is clear and the remedy is listed for prostatic symptoms, then LM potencies are usually the treatment of choice. Patients often respond best in the range LM1 - LM3 and progressing further up the potency levels is usually only undertaken if the patient is consistently symptom free.

The following remedy sketches may be helpful when seeking local / organotropic prostate remedies:

1. MINERALS

Carbons

- ▶ Themes: sluggishness, gravitas, low dynamic

Ammonium carbonicum

nervous patients with soft prostate, very sensitive, bleeding (+ constitutional picture)

Carbo vegetabilis

anemic patients, frequency of micturition, atonic constipation, flatulency, hard prostate.

Period 2 Carbonates

- ▶ Themes: sclerosis, hypertension

Baryta carbonica

arteriosclerotic senile, slowness, degenerated, painful micturition. (+ constitutional picture)



Strontium carbonicum

soft, irregular prostate in hypertensive patients, diarrhoea, increased perspiration at night.



Iodine & its salts

- ▶ Themes: metabolic drive: hypertrophic glandular change

Iodine very hard enlarged prostate, enlarged. lymphatic glands, emaciated patients with dark hair.

Aurum iodatum hard prostate in pycmic psychiatric patients: suicidal manias, depression.

Kalium iodatum hard prostate, gouty, sclerotic patients, inflammation lymphatic glands, skin

Sulphur & its salts

- ▶ Themes: congestion, water metabolism

Sulphur

large, soft prostate, flatulency, constipation (+ constitutional picture)

Natrum sulphuricum

large prostate, acute attacks of prostatitis with urinary retention, < exposure to cold, wet weather.

Acids & Alkalis

- ▶ Themes: paresis

Boracicum acidum sleeplessness, thoughtlessness, diminished psychical energy, congestion of the blood vessels, especially in the skin and mucous membranes, pains in the soles of the feet and in the knuckles, in the loins, dry and itching skin, pain in passing the urine, albumin or blood in the urine, infection of the urinary system. Prostate soft.

Causticum haemorrhage of the prostate, retention of urine, burning pains, aggravated by cold, sallow complexion.

2. PLANTS:

Compositae

- ▶ Themes: vascular integrity, bleeding

Arnica montana injuries of the urethra, after catheterisation, bleeding, foul smelling perspiration.

Carduus marianus hard prostate, piles, disorders of the liver, dilated veins induration palpable - check PSA



Ranunculaceae

- ▶ Themes: water/humidity, exocrine glandular structures, intraluminal congestion / infection

Pulsatilla stinging bladder pains, frequency, cloudy purulent urine (+ constitutional picture)

Hydrastis haemorrhage of the prostate, constipation, asthma, yellowish discharge from the urethra, great exhaustion.

Staphisagria very hard, large prostate, burning pains in the urethra, emotional indignant. Especially indicated in cases of injuries due to the use of the catheter.

“Trees”

- ▶ Themes: intraluminal pressures, venous stasis, hepatic, splenic and biliary trees

Aesculus hippocastanum hard prostate, piles, constipation, throat symptoms.

Juniperus hardened prostate, purulent urine, infected kidneys.

Nux vomica soft, enlarged prostate in nervous, irritable, thin, spare, quick brain worker with disorders, due to sedentary habits, indoor life, strain, worry and over-indulgence in condiments, spirits, nicotine, coffee, tea, etc. Cutting, burning pains, feeling of pressure in the bladder, constipation, flatulency.

Populus tremulodes soft, slack, prostate complicated by liver-disorder.

Sabal serrulata (the 'homoeopathic catheter', acting on the muscles of the bladder). It is indicated in all cases of incomplete retention of urine; it should supplement the use of the catheter in all prostatic patients.



Sabal serrulata

Thuja large, hardened prostate, cutting pains when passing the urine (+ seek constitutional picture)

PROSTATE GLAND

SWELLING: ☞ (108) alf. aloe alum. alum-p. alum-sil. *Am-m. Apis* apoc. *Arg-n.* asar. aspar. *Aur-m.* **BAR-C.** bar-i. *Benz-ac. Berb.* cact. **CALC.** calc-f. calc-i. calc-sil. cann-s. cann-xyz. canth. chel. **CHIM.** chlam-tr. chr-s. cic. *Cimic.* clem. **CON.** cop. cub. cuc-p. dam. **DIG.** *Dulc.* eup-pur. *Fab. Ferr-m.* ferr-pic. fl-ac. *Gels.* graph. hed. hep. hipp. hydrang. *Hyos.* *Iod.* kali-bi. kali-br. kali-c. *Kali-i.* kali-p. kreos. lith-c. *Lyc.* mag-s. *Med. Merc.* merc-d. *Nat-c.* nat-p. *Nat-s. Nit-ac.* nux-v. ol-an. ol-sant. oxyd. *Pareir.* petr. *Phos.* pic-ac. pip-m. polytr-c. *Pop. Psor.* **PULS.** rhus-a. sabal sars. *Sec. Sel.* senec. sep. *Sil.* solid. *Spong. Staph.* stigm. sul-ac. sul-i. *Sulph.* symph. ther. *Thiosin. Thuj.* thymol. thyr. trib. tritic. tub. uncar-tom. uva x-ray
Zinc.

Rubric for enlarged prostate

Other plants

Chimaphila umbellatum (Ericaceae) urinary infection and bleeding; soft prostate.

Conium maculatum (Umbelliferae) very hard prostate, pruritis, enlarged lymphatic glands. Indicated in prostate cancer.

Capsicum (Solanaceae) soft, slack prostate, burning dysuria, cold skin, deficient sexual power. Also indicated for some cases of flushing due to androgen deprivation treatment.

Digitalis purpurea (Scrophulariaceae) Cutting pains in the prostate, difficult, frequent micturition, disorders, of the liver, congestion of the abdominal veins.

Equisetum hiemale (Equisetaceae) stones in the urinary canal, infection of the kidneys or bladder. Equisetum acts especially on the right side. The pains are burning, piercing or cutting, worse in movement, excitement and in sitting and during afternoon, better when lying down. Some apparent effect on vasopressin - may reduce nocturia by reducing output at night.

Gelsemium (Loganiaceae) irregular, hard prostate, continuous dribbling of urine, trembling, weakness, apathy, burning pain.

Lycopodium (Lycopodiaceae) large prostate, spastic or atonic constipation, flatulency, irritable, sensitive patients with yellowish pale skin, all symptoms aggravated in the afternoon, cutting pains in the bladder. (+ constitutional picture)

Pareira brava (Menispermaceae) specific remedy, acting on the bladder itself; it is indicated in prostatic patients with painful spasms, renal colics, cystitis; acute retention of urine, stones in the urinary canal.

Polygonum sagittale hard prostate, infection of the bladder, haemorrhage.

Sarsaparilla (Lilaceae) soft, enlarged prostate, purulent urine, haemorrhage of the bladder, foul smelling perspiration.

Herbals (from Karo)

Thlaspi bursa pastoris tinct. like Sabal a specific drug for the bladder. Indicated in all prostatic patients. It should be given alternating with Sabal; the best dose: 10 drops before going to bed.

“Independent from the homoeopathic potencies each practitioner ought to study thoroughly the effectiveness of our medicinal herbs. Their effect applies (1) to the heart (Digitalis, Crataegus, etc.); (2) to the kidneys (Berberis, Equisetum, etc.); (3) to the chemistry of the blood and protoplasm; (4) to the hormones of the organism. I give all my patients a special herbal tea, i.e. the Adinolan Tea. Its chief constituents are Gnaphalium, Juniper, Betuline, Scilla, Rhexoma graminis, Ruta graveolens, etc. Some of these plants are impregnated with Natrum benzoicum and Urotropin in homoeopathic potencies, in such a percentage that each cup of Adinolan tea contains one dose of Natrum benzoicum 4x and Urotropin 3x. Its stimulating effect upon the urinary organs, as well as of the digestive canal is striking; owing to its antiseptic action it prevents the development of bacterial infection of these organs. Adinolan tea ought to be the daily beverage of each prostatic patient.”