Management of bph (vatashthila) by varun bark decoction (kwatha).

A case report

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Abstract:-

(Vatashthila) Benign prostate hypertrophy (BPH) is one of the diseases frequently seen in ageing male above 50 years old. Ageing occurs as the testosterone level decreases and estrogen level increases.

The prostate gland which is normally about the size and shape of a walnut, wraps around the urethra between the pubic bone and rectum below the bladder. Main function of prostate gland is to store and produce seminal fluid. A man’s prostate gland usually start to enlarge after middle age, this manifest as a benign (non cancerous) enlargement of prostate that block the flow of urine through urethra.

In early stage of prostate enlargement the bladder muscles forces urine through the narrow urethra that counteracting more powerfully. As a result the bladder muscles become thicker and more sensitive causing more to urinate more often.

It is estimated that each year in U.S. about 1.7million of people have to visit hospital due to manifestation of this disease among these 4000 have surgical intervention.

In Ayurveda the enlargement of prostate is called vatashthila this enlargement usually caused by imbalance of vata dosha.
By Ayurvedic treatment we can definitely prevent the prognosis of BPH in early onset age.

In this study varun bark is used for the management of vatashthila, bark of varun believed to have antioxidant, anti-inflammatory, antimicrobial and urinary-renal supportive qualities.

KEYWORDS:-

vatashthila, kwatha, ayurveda, varun bark, nighantu, samhitas, mootrakrucha, mootraghata

INTRODUCTION:-

Benign prostate hypertrophy (BPH) is one of the most common problems faced by elder men today. Histological evidence of BPH is found in more than 50% of men in their fifties and nearly 90% of men in their nineties age.*1 It is estimated that each year in U.S. 1.7 millions of people have to visit hospitals due to manifestation of this diseases among them 4000 have surgical intervention.*2 The majority of men over the age of 50 are contributed to have urinary symptoms attributing to BPH. The symptoms of BPH are urinary frequency, urinary urgency, hesitancy, incomplete bladder emptying, decreased force of stream, straining and dribbling micturation.

Condition that can lead to symptoms similar to those caused by enlarged prostate include urinary tract infection, prostatitis, narrowing of urethra (urethral stricture), scarring in the bladder neck as a result of previous surgery, bladder or kidney stones, cancer of the bladder or prostate.

Risk factor include:- Ageing-about one-third of men experience moderate to severe symptoms by age 60 and about half do so by age 80.*3 Family history-having a blood relative such as father or brother with prostate problems means you’re more likely to have problem. Diabetes and heart disease-study show that diabetes as well as heart disease and use of beta blockers might increase the risk of BPH. Lifestyle-obesity increases the risk of BPH while exercise can lower your risk although it is not as much as life threatening disease it’s clinical manifestation worsens the quality of life. Prostatectomy is the primary approach to BPH as it is a senile disease patient may not be fit for surgery due to cardio-respiratory problems. By ayurvedic treatment we can definitely prevent the prognosis of BPH in early onset age. In ayurveda samhitas symptoms of BPH are described under moothaghata , one of them is vatashthila. In sushrut Samhita Kashaya, kalka, sarpi, leha, shara, sweda,
basti are used for the general treatment for mootraghata.*4

Hence in this present clinical case study varun bark decoction (kwatha) is selected for the management of vatashthila.

CASE HISTORY-

A 52 year old male patient presented with complains nocturiya, hesitancy, straining, decreased force of stream, dribbling micturation. Patient was asymptomatic before one year ago he was asymptomatic. For above complains I had done patients CBC, ultrasonography and urine examination to rule out this disease.CBC, urine examination report was normal but report of USG of abdomen and pelvis reveals that urinary bladder well distended, wall thickness is normal. No calculus/mass lesion is seen. Pre void volume is 186cc and post voided volume is 63cc,significant post void volume is noted. Prostate weight 32 gm mild prostatomegaly noted.

For this disease decoction of varun bark is given for 2month and after 2 month of treatment it was observed that nocturiya, straining, hesitancy dribbling micturation markedly reduced. He was advised to repeat the USG of abdomen and pelvis 27/11/2018, report reveals that prostate size was reduced to 31gm,pre and post void volume became 184cc- 61cc.

DISSICASSION:-

For the treatment of urinary symptoms like mootrkruch, mootraghata the use of varun herb is advised in Nighantu and Samhitas. In this study the antioxidant, antibacterial, urinary-renal supportive qualities of varun bark is observed.

CONCLUSION:-

Many symptoms of BPH are similar to disease Vatashthila. mootrkrucha and mootraghata are explained by Acharya Charka*5, Sushruta and Vagbhata. Vatashthila is a senile disease which occur due to aggravation of vata dominant Kapha in old age. Samprapti (pathogenesis) of vatashthila is break by the use of varun bark kwatha and patient get relief from many symptoms of this disease. As this is the single case study the same intervention can be used on larger population to see the efficacy of varun bark in the management of vatashthila.

BENEFITS OF THE STUDY:-

The correct use of varun bark kwatha decreases the severity of BPH symptoms by it’s antioxidant,
antibacterial, anti inflammatory and urinary-renal supportive qualities.

To decrease the further enlargement of prostate and to manage the symptoms of this disease patient is strictly advised to follow certain rules of conducts diet and lifestyle regime (*Pathyapathay*) during the course of *Ayurvedic* treatment.

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