



THE MANAGEMENT OF PROSTATE CANCER – AN AYURVEDIC PERSPECTIVE

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ABSTRACT

Background: The prostate is a small gland positioned around the urethra and is responsible for creating the fluid to be ejaculated that contains semen. The prostate gland has many important functions in the male reproductive system. Reports shows cancer of this gland becomes very frequent. Ayurveda has effective treatments for the condition in partial or full remission. **Methods:** An observational study conducted on the symptomatic change in 12 non critical individuals with different stages of prostate cancer over a period of six months treatment. **Results:** Partial symptomatic relief found to more than 40 percentage individuals with Ayurvedic medication mixed allopathic medicines. **Discussion:** Prostate cancer is a disease producing serious discomfort to the individuals. Among those got partial symptomatic relief strictly adhered to the Ayurveda protocol instructed. **Conclusion:** the partial symptomatic relief can be assured to prostate cancer individuals in non-critical stage by proper planning Ayurvedic treatment.

KEYWORDS : Prostate Cancer

INTRODUCTION

Prostate cancer is one of the most common types of cancer.. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. Some types grow slowly and may need minimal treatment and other types are aggressive and can spread quickly. If detected early and still confined to the prostate gland has the best chance for successful treatment.

AIM AND OBJECTIVE

AIM – To assess the effectiveness of Ayurvedic treatment along with other system of medicine in symptomatic relief in Prostate cancer.

OBJECTIVE – To find out the effectiveness of Ayurvedic treatment on symptomatic changes in non critical conditions of prostate cancer.

MATERIALS AND METHODS

An observational study has conducted on the symptomatic changes in non-critical individuals with different stages of prostate cancer over a period of six months treatment.

Symptoms

There will be no signs or symptoms in its early stages. In more advanced stage exhibits trouble urinating, decreased force in the stream of urine, blood in the urine, blood in the semen, bone pain, losing weight without trying and erectile dysfunction.

Cause

The cause is not clear. The accumulating abnormal cells form a tumour that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasize) to other parts of the body.

Risk Factors

- **Older age** – the risk increases, common after age fifty.
- **Race** - Black coloured people have a greater risk than other races and will be aggressive or advanced.
- **Family history** - If a blood relative, risk may be increased and a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2), the risk is higher.
- **Obesity** - may have a higher risk of prostate cancer compared with others and more likely to be more aggressive and more likely to return after initial treatment.

Complications

- **That spreads (metastasizes)** - can spread to nearby organs, such as your bladder, bones and other organs, then it's unlikely to be cured..
- **Incontinence** – the disease and its treatment cause urinary incontinence. Treatment options include medications, catheters and surgery..
- **Erectile dysfunction** – may occur due to the disease and its treatment.

The treatment includes surgery, radiation or hormone therapy.

Preventive Measures

- A healthy diet full of fruits and vegetables

- Healthy foods over supplements
- Exercise most days in a week
- Maintaining a healthy weight
- Understand about the increased risk of prostate cancer.

Diagnosis

- Screening for prostate cancer by Digital rectal exam (DRE) and Prostate-specific antigen (PSA) test
- Diagnosing by Ultrasound., Magnetic resonance imaging (MRI). and Collecting a sample of prostate tissue.
- Determining aggressiveness by Gleason score. (2-10) and Genomic testing.
- Determining the spread by Bone Scan, Ultrasound Scan, CT Scan, MRI Scan and PET Scan.

Management

The management is removing the prostate, resorting to radiation therapy, freezing or heating prostate tissue, hormone therapy, chemotherapy, immunotherapy and targeted drug therapy.

Supportive Ayurvedic Management

The supportive Ayurvedic treatment given are focussing on pain relieving therapy, symptomatic treatment, anti-inflammatory medicines and Immunity boosting therapy.

Analysis

- Twelve individuals in non-critical stage with mild to moderated symptoms affected with prostate cancer having no spread and were in initial stage of the disease were given with Ayurvedic medicines for symptomatic relief clubbed with Allopathic treatment..
- Pain relieving and urinary incontinence therapy has been planned and executed for a period of six months..
- Those having urinary tract infection was given treated with anti-inflammatory drugs..
- Symptomatic relief was observed for individuals with Ayurvedic treatment whose strictly adhered to the treatment protocol..
- Immunity boosting therapy helped in increasing resistance power against the mild complications and improve general health.
- The written consent were taken before the treatment.

RESULTS

Partial symptomatic relief found to more than 40 percentage individuals with Ayurvedic medication mixed with allopathic medicines having mild to moderate symptoms of prostate cancer.

Table 1 showing the the percentage of relief to individuals who undergone supportive Ayurvedic treatment

Stage	Symptoms	Relief in percentage
I	Mild	40
II	Moderate	40
III	Severe	20

DISCUSSION

The prostate is a small gland positioned around the urethra and is

responsible for creating the fluid to be ejaculated that contains semen. The prostate gland has many important functions in the male reproductive system. Reports shows cancer of this gland becomes very frequent. Prostate cancer is a disease producing serious discomfort to the individuals. Among those got partial symptomatic relief strictly adhered to the Ayurvedic treatment protocol.

CONCLUSION

The partial symptomatic relief can be assured to prostate cancer individuals in non-critical stage by proper planning of Ayurvedic treatment. A holistic approach in treatment will be helpful in reducing discomfort produced due to the disease. Modifying lifestyle by altering with less spicy and less salty food and less straining exercise produced a positive approach in the individuals towards the disease. Meditation by adopting Yoga practices helped the individuals to increase the will power.

REFERENCES

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