



ORIGINAL RESEARCH PAPER

Homeopathy

EFFECTS OF HOMEOPATHY REMEDIES ON PROSTATE CANCER AND RELATED CONDITIONS.

KEY WORDS: Prostate, Prostate Cancer, Prostatic Hyperplasia, Homeopathy Etc.

Prof. A. K Dwivedi*

Professor And HOD, Department of Physiology And Biochemistry SKRP Gujarati Medical College, Indore, India. *Corresponding Author

Dr. Nwodo Collins Obinna

NIH ,Affiliated To United Nations. Physician At, St. Franklins Hospital And Lumen Christi Medical Centre.

ABSTRACT

Prostate cancer is a malignant tumor of the prostate gland. Benign Prostatic Hyperplasia (B PH) is characterized by proliferation of prostatic stromal cells which result in enlargement of prostate gland. These in turn compress prostatic urethra and lead to restriction of urine flow due to bladder outlet obstruction. These conditions are most common in men above age of 40. Specific diagnostic and therapeutic protocols depends upon several factors such as: age, weight ,BMI, prostatic specific antigen (PSA) Level, prostate size image studies , nature of symptoms as well as past medical history (PMH) and few other diagnostic criteria.

Several homeopathic remedies are effective in these conditions and are very essential in curing Prostate cancer and BPH as well as improving the quality of lives of patients with advanced BPH or carcinoma prostate. This article gives a brief summary of the rationale and efficacy of homeopathic remedies in the clinical management of prostate cancer and BPH giving insight in the palliative and curative powers of the homeopathic remedies.

INTRODUCTION :

The medical world is filled with numerous unanswered questions and unsolved puzzles due to the ever evolving internal and external environments of man which has also strongly impacted the evolution of diseases affecting man and consequent reactions of man to there's spheres of existence and these evolutions.

The propelling force and sole motivation behind this research is the increase in the sufferings of patients who suffer from various kinds of Prostate diseases, the inability of other school of thoughts especially the orthodox medicine and rapid progression to terminal stages which are irreversible as well as consequent unnecessary demise of humans from this disease that can be properly handled with homeopathic remedies especially when discovered earlier. This has been a torn in the flesh of true seekers of truth, true physicians and masters of healing art.

homeopathy is the longest established CAM to have arisen in Europe.7 It was founded by Samuel Hahnemann (1755-1843), who grew up in Meissen in Germany, received his medical degree in Erlangen in 1779, and died a millionaire in Paris in 1843. During his first fifteen years as a physician Hahnemann struggled desperately to make a living. One day, however, he made a discovery. He started to take regular doses of cinchona or 'the bark' (i.e. quinine). This, he said, produced all the symptoms of intermittent fever (malaria) but to a mild degree and without the characteristic rigors of that disease. This led Hahnemann to an idea which was published in 1796 as Essay on a New Principle for Ascertainning the Curative Power of Drugs, which was followed in 1810 by his famous work The Organon of the Healing Art.

Hahnemann believed that if a patient had an illness, it could be cured by giving a medicine which, if given to a healthy person, would produce similar symptoms of that same illness but to a slighter degree. Thus, if a patient was suffering from severe nausea, he was given a medicine which in a healthy person would provoke mild nausea. By a process he called 'proving', Hahnemann claimed to be able to compile a selection of appropriate remedies. This led to his famous aphorism, 'like cures like', which is often called the 'principle of similars'; and he cited Jenner's use of cowpox vaccination to prevent smallpox as an example.

There was one aspect of homeopathy which, from the time it was first announced in about 1814, led to open warfare between orthodox medicine and homeopathy. This was the result of Hahnemann's belief that drugs should be given in a

dose which only just produced the slightest symptoms of the disease which was being treated. To achieve this aim, Hahnemann diluted his medical preparations to such an astonishing extent that if one assumes that the substance he employed was completely soluble, by only the fourth dilution the ratio of the medicine to the solution would be 1:100 000 000

One of the well known features of homeopathy is that from the nineteenth century to today it has been firmly supported by royalty and the aristocracy. Edward, Prince of Wales was the patron of the London Homeopathic Hospital, while the Duke of York, later King George VI, gave the title 'Royal' to the hospital. He also named one of his race-horses 'Hypericum' after a homeopathic remedy. He entered it for the Thousand Guinea Stakes at Newmarket in 1946 and it won.

A lot of people are going through unimaginable sufferings with lots of devastating medical conditions, example of such are diseases of the Prostate glad especially prostate cancer.

This study is aimed at identifying the place of homeopathic medicine in the management of prostate cancer and similar diseases affecting the prostate gland.

It also delves into deeper ways homeopathic remedies can be helpful in acute, chronic and terminal diseases of this gland as well as how homeopathic understanding of symptoms can be used to aid pathologic diagnosis and ascertainning the prognosis at each point in order to figure out the best military formation of advancement in the battle field.

Method Of Research

In this work, Descriptive, Analytical and expository methods were used to expatiate the mechanisms of development of disease as well as their resolution through the instrumentality of homeopathic remedies.

In this research expert clinical analysis were done comparatively to ascertain the appropriate mode of prescription of homeopathic remedies in prostate cancer and related conditions, the appropriate use of potencies to achieve the desired effects on diseased cells of the prostate gland.

Scope Of Study

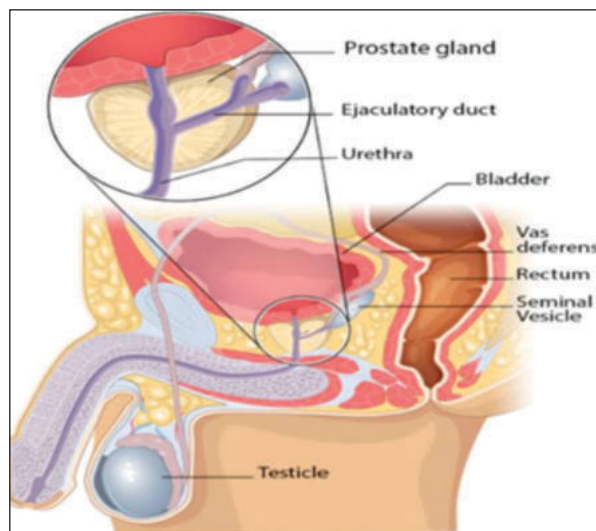
This research is limited principally to an assessment of the ability of homeopathic remedies to produce clinically relevant effects ranging from palliation to actual cure of these diseases affecting the prostate gland.

It also explains the anatomy and physiology of the prostate gland as well as the pathology and pathophysiology.

Significance Of Study.

This Study is fortified to promote a better view of homeopathy from what the corrupt media, pharmaceutical industry and selfish medical politicians are dishing out to the public to ridicule or defame this noble healing modality. It also exposes the massive limitation of orthodox medicine and their handicapped methods when it comes to organ or visceral degeneration or destruction by physical means or by disease processes, as they wait for a stage where cutting out parts or whole organ becomes the only option. Where as homeopathy takes up this disease beautifully especially when it is discovered in time and renders it a testimony.

The prostate is a small muscular gland in the male reproductive tract that surrounds urethra and produce semen.



Prostate cancer is the most common malignant tumor in men after the age of 60-65. It is an adenocarcinoma where there is obvious loss of my epithelial cell layer which surrounds the prostate gland.

Worldwide, prostate cancer is the most commonly diagnosed malignancy and the sixth leading cause of cancer death in men. In 2012, this amounted to 1,100,000 newly diagnosed cases and 307,000 deaths around the world from this disease.

Types:

- a) Microscopically latent: these are usually found by PSA estimation or Transurethral resection of the prostate (TURP).
- b) Early localised carcinoma.
- c) Advanced local prostatic carcinoma.
- d) Metastatic carcinoma: This spreads into the organs and bones.

Benign prostatic hyperplasia is a non-cancerous tumor of the prostate gland associated with lower urinary tract symptoms. The incidence and prevalence which is age related, has increased remarkably.

In the United States, prostate cancer is more common in African Americans by more than double the rate in the general population.

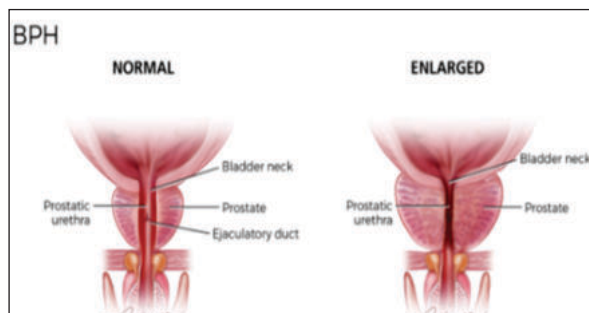
It is less common in men of Asian and Hispanic descent than in Whites.

Prostate cancer mortality rates calculated as deaths/100,000 population from the National Cancer Institute (NCI) and the

Surveillance, Epidemiology, and End Results (SEER) databases are as follows:

- 42.0:Blacks
- 20.1:General Population
- 19.4:American Indians
- 18.7:Whites (Caucasians)
- 16.5:Hispanics
- 8.8:Asians

As a manage, the prostate gland increases in size. The risk of developing BPH grows higher as one gets older



Incidence rate increase from 3 case per 1000 ,man-year at45-49yrs to 38 cases per 1000 by the age of 75-79 years while prevalence rate is 20% (Age 45-49) and 50% (<80yrs).

From homeopathic stand point, every patient is different and unique and reacts to different diseases in unique ways. Therefore, a carefully organized individual based cases history is advised. Look out for a peculiar symptoms. While going through the symptoms in a systematic way, it is essential to analyze the symptoms in order to find out why and how (when possible or neccessary) a particular symptom is present. This pragmatic approach helps you to classify symptoms and know which is useful in the process of cure and which is produced by negligence of medical advice, lifestyle, causa occasionalis, etc.

The clinical presentation depends on stage of disease and other illnesses affecting the patient. BPH may be asymptomatic at the onset. Symptoms appear as disease progresses. A thorough case-taking is vital.

Common Symptoms:

- Hesitancy(difficulty initiating urination)
- Weak stream or in interrupted drops
- Frequent ineffectual urge to urinate.
- Hematuria,
- Outflow obstruction and Painful urination.
- Loss of bladder control (ischuria or incontinence)
- Sign and symptoms of enlarged prostate
- Getting up at night to urinate more often than one time per night
- Urinating more frequently than every two hours during the daytime

Investigation

Diagnosis is primarily based on prostate-specific antigen (PSA) testing, and transrectal ultrasound-guided (TRUS) prostate tissue biopsies, although PSA testing for screening remains controversial.

Newer diagnostic modalities include free and total PSA levels, PCA3 urine testing, Prostate Health Index scoring (PHI), the"4K" test, exosome testing, genomic analysis, MRI imaging, PIRADS scoring, and MRI-TRUS fusion guided biopsies

Cancer volume is another important prognostic parameter, but it is difficult to measure accurately with available technology. Prostatic MRI is currently our best instrumentation for estimating tumor volume Elevated Prostate Specific

Antigen (PSA) levels (usually greater than 4 ng/ml) in the blood is how 80% of prostate cancers initially present even though elevated PSA levels alone correctly identify prostate cancer only about 25% to 30% of the time. We recommend at least 2 abnormal PSA levels or the presence of a palpable nodule on DRE to justify a biopsy and further investigation.

Prostate Cancer Antigen 3 (PCA3) is an RNA based genetic test performed from a urine sample obtained immediately after a prostatic massage. PCA3 is a long, non-coding RNA molecule that is overexpressed exclusively in prostatic malignancies. It is upregulated 66 fold in prostate cancers. If PCA3 is elevated, it suggests the presence of prostate cancer. It is more reliable than PSA as it is independent of prostate volume.

PCA3 is best used to determine the need for a repeat biopsy after initial negative histology. Serial PCA3 testing may also be helpful in monitoring patients with low-grade prostate cancers on active surveillance.

The Prostate Health Index (PHI) is a blood test that includes free PSA, total PSA, and the [-2] proPSA isoform of free PSA. A formula is used to combine these test results mathematically to give the PHI score. This PHI score appears to be superior to PSA, free and total PSA, and PCA3 in predicting the presence of prostate cancer.

Mi-Prostate Score is a predictive algorithm developed at the University of Michigan. It includes PSA, PCA3 and urine TMPRSS2:ERG (a genetic fusion found in about 50% of all prostate cancers). While better than PSA alone, it is currently uncertain if this algorithm significantly outperforms PCA3 alone.

The following increase the risk of developing or aggravating prostate cancer:

- a) Age >50.
- b) Family history
- c) Race or ethnicity.
- d) Lifestyle and Obesity.
- e) Diet high in processed meat and red meat.
- f) High calcium intake & low vitamin D levels may increase the risk of advanced prostate ca.
- g) Whole milk diets.
- h) Multiple lifetime sex partners or early onset of sexual activities.
- i) Infections with Chlamydia, gonorrhoea or syphilis, hpv.

Food that aggravate BPH

food	Mechanism
Red meat	Increase arachidonic acid which increases inflammation.
Spicy food	Muscarinic receptor interactions. Retention
Coffea, tea, carbonated drinks	Diuretic effects
Spicy and Acidic food	Bladder and prostate irritation
Alcohol	Irritation Diuretic effect.

Drugs that worsen BPH

Diuretics	By increasing urination frequency
Antigen depressant (e.g TCA)	Reduces bladder contraction and increases risk of urinary retention
Anti histamines	Prevent bladder from contraction; shows urine flow
Decongestant (e.g pseudo epidemic Sudafed)	Tighten muscles in prostate and bladder neck. Retention and reproduced outflow
NSAIDS	May reduce/worsen BPH symptoms retentions
Caffiene	Diuretic effect.

Other drugs may include ; anti cholinergics, calcium channel blockers, allergen etc.

Medical And Surgical Management:

Symptomatology based on the principle of individuality remains the most reliable approach to prescription in homeopathic medicine.

Prostate cancer:

1. Prostatectomy or radiation therapy.
2. Orchidectomy in metastatic disease.
3. Hormone refractory diseases requires palliation by anthracyclines , taxanes, vinblastin, emstramustine.
4. Anemia requires transfusion
5. Bone pains (in cases of confirmed metastasis , radiation may be needed)

Homeopathic Management:

Nosodes

Nosodes are homeopathic preparations obtained from diseased pathological secretions or excretions and also from microbial cultures of viruses, bacteria and fungi (Table 1). They are processed from original stock which contains isolated microbes, diseased tissues and clinical materials from which the primary stocks are prepared.

Classification of Homeopathy Medicens:

Depending upon the nature of material used, nosodes may be divided into the following four groups

- N-I-Preparations made from bacterial endotoxins.
- N-II-Preparations made from microorganisms capable of producing exotoxins.
- N-III-Preparations made from purified toxins.
- N-IV-Preparations made from microorganisms or diseased subjects.

Homeopathic Medicens should not be repeated more often than required and should be stopped once true amelioration of symptoms occurs based on hering's law of cure. CDHT and CDNA isopathic protocols may be helpful.

Remedies	Indication in BPH
Chimaphila	Urine: foul, scanty, purulent with blood clots. Must strain to start flow. H/o chronic UTI.
Conium	Hypertrophy of prostate Urine: Dribbling, interrupted with cutting pain.
Sabal Serrnata	Inflammation, hypertrophy Urine: Constant desire, sediments, Dysuria. smarting
Thuja	Hypertrophy with severe inflammation. Frequent desire to urinate prostatic discharge worse in the morning. Urine: dribbles foul, stream split.
Cantharis	Frequent desire, Bloody in drops Urine: Ischuria, Tenesmns with burning pain

Detailed Homeopathic approach:

The medical management of this condition is very vast. A lot of factors have to be considered before making a rational prescription. There are different treatment modalities tailored to suit the patient. Homeopathy is based on the uniqueness of every individual as well as their response to morbidic agents and diseases.

For the purpose of this research and promotion of homeopathy as a wonderful tool of restoring the disordered state of health, I have categorized few prescription and treatment protocols into three forms. In clinical settings, one or more form of prescription may be employed. These include :

1. Constitutional prescribing: This involves constitutional remedy which builds immunity and maintains health by preventing development or progression of diseases.
2. Curative prescribing : This is the classical method of restoring health according to the principles of homeopathy. In this case similitum is used to effect cure..
3. Palliative or Supportive prescribing: This if often times

important in cases with very poor prognosis, terminal diseases and very fatal cases. At this point, cure is important but stabilising the patient to restore vitality is most important. In this case Symptomatic relief is the goal and it is directed towards improving the quality of life of a patient.

Life Style And Diet Modification

1. Do not drink large quantity of water at once. It is also advisable to reduce the intake of cold food and drinks
2. Eat fruits and vegetable e.g. Tomatoes, Berries, Broccoli, Cabbage, Lemon.
3. Reduce salt intake
4. Avoid the following
 - I. Refined food
 - ii. Dairy Products
 - iii. Caffeine
 - iv. Alcohol
 - v. Red meat
 - vi. smoking
5. Improved exercise protocols should be adopted.
6. Avoid all the aggravating diets, drugs and substances.

Conclusion And Recommendation:

BPH is gradually on the increase but early diagnosis and detection makes treatment easier. However, with homeopathic medicine, high quality of life is assured even in most chronic cases. Homeopathic remedies as well as diet and lifestyle modification have become life changes and ultimately reduce the incidence, mortality rate, recovery time and possibility of developing complications.

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