



Reversing Prostate Problem in Natural Ways

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Abstract

It's one of the most important organs for male sexual and urological wellbeing. Although it's a small walnut like structure beneath bladder, but its role is much bigger than its size. The prostate normally gets bigger with age. After middle age, changing hormone levels can cause the prostate to increase five times or more in size, but now a days due to modern lifestyle, major part of male population is suffering from prostate problems. These prostate problems not only disturb the functional life of a person but also create an imbalance in the personal life too.

Anatomically, prostate gland is comprised of zones and lobes. Main function of prostate gland is in sexual sphere, where it produces PSA which is an essential protein that helps to keep the semen in its liquid state. This PSA, when gets increased, can lead to cancer or any prostate problem.

Keywords: Benign Prostatic Hyperplasia (BPH); Ejaculation; Prostate Gland

Role of prostate gland

- **Controls and prevents urine entry during ejaculation:** Flow of urine is controlled by the Prostate during ejaculation. The semen is passed into urethra by a complex system of valves present in the prostate during ejaculatory process. The sphincter (a prostate muscle) seals the bladder, thereby preventing the entry of urine into the urethra.
- **AIDS sperm mobility and survival:** It also mixes sperm containing fluid which is produced in testicles with a prostate secretion comprising of Citric acid, Enzymes and Calcium. Before ejaculation, this fluid secretion is added to semen. Prostate specific antigen (PSA), the enzyme which aids in liquefying the semen after ejaculation is also contained in the prostate. The semen turns alkaline with this fluid, thus protecting the sperm from hostile acidic surroundings on vaginal entry during intercourse.
- **Helps propel semen fluid:** It propels the semen fluid out through the penis during the male orgasm. The prostate gland has muscles which aid the propulsion of the semen.
- **The prostate produces prostate-specific antigen (PSA):** A protein called PSA is also produced by the epithelial cells present in the prostate gland. The PSA aids in keeping the semen in its liquid state. A man's PSA levels can be measured by checking his blood. Higher levels of PSA might be an indication of either prostate cancer or some other problem concerning this gland. Male hormones affect the growth of the prostate, and also how much PSA the prostate produces. If male hormones are low during a male's growth and during his adulthood, his prostate gland will not grow to full size. Mostly in older men the prostate may continue to grow, especially the part that is around the urethra. This can make it more difficult for the man to pass urine as the growing prostate gland may be causing the urethra to collapse. When the prostate gland becomes too big in this way, the condition is called Benign Prostatic Hyperplasia (BPH).

Prostate cancer risk factors

Prostate cancer is also known as Carcinoma of the prostate. Most prostate cancer are slow growing, some grow fast. More than 80% of men will develop prostate cancer between the age of 75 -

80. In men aged above 50 years there is a sharp rise in incidence of cancer in the age between 55 - 70. However in majority of cases, it will be slow-growing and harmless.

	England	Wales	Scotland	Northern Ireland	UK
Deaths	9,123	537	900	233	10,793
Crude Rate	34.9	35.7	35.3	26.2	34.7
As Rate	23.8	21.9	24.5	21.7	23.7
As Rate - 95% LCL	23.4	20.0	22.9	18.9	23.3
As Rate - 95% UCL	24.3	23.8	26.1	24.5	24.2

Table 1: Prostate Cancer (C61), Number of Deaths, Crude and European Age-Standardised (AS) Mortality Rates per 100,000 Population, UK, 2011.

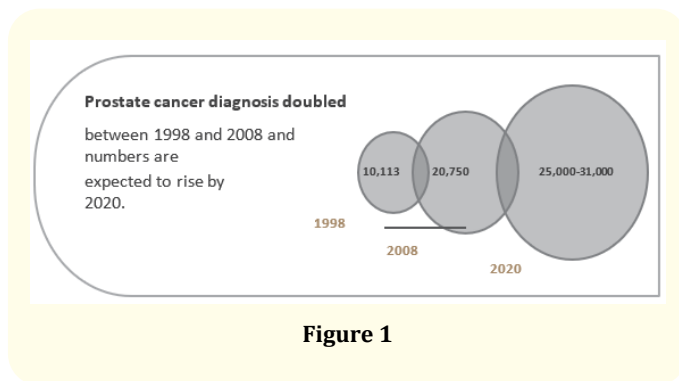


Figure 1

Prostate cancer is also known as Carcinoma of the prostate. Most prostate cancer are slow growing, some grow fast.

Prostate cancer foundation of Australia

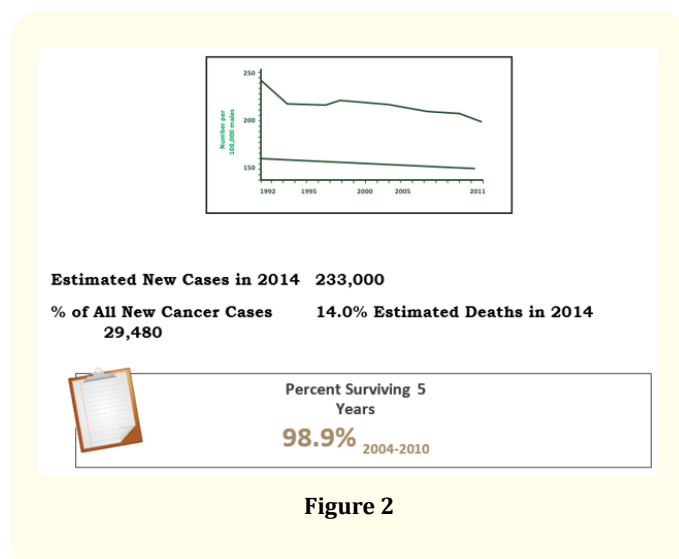


Figure 2

Number of new cases and deaths per 100,000

The number of new cases of prostate cancer was 147.8 per 100,000 men per year. The number of deaths was 23.0 per 100,000 men per year. These rates are age-adjusted and based on 2007-2011 cases and 2006 - 2010 deaths.

Lifetime risk of developing cancer

Approximately 15.3 percent of men will be diagnosed with prostate cancer at some point during their lifetime, based on 2008-2010 data.

Prevalence of this cancer

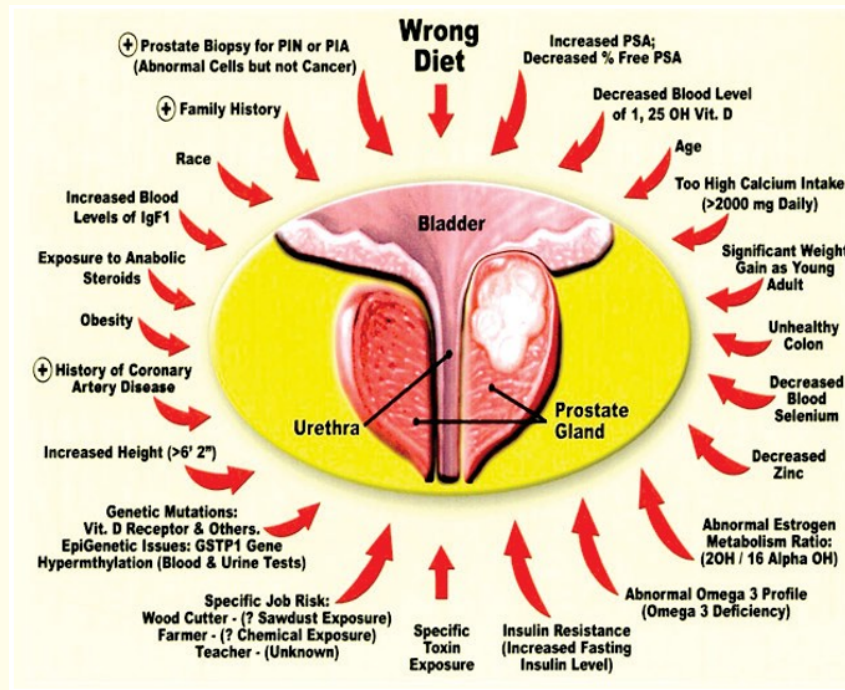
In 2011, there were an estimated 2,707,821 men living with prostate cancer in the United States.

Increased risk of advanced prostate cancer:

- Increased Height (> 6'2"),
- High Body Mass Index,
- Low Physical Activity,
- Smoking, Alcohol,
- Low Tomato Sauce Consumption,
- High Calcium Intake (>2000 mg Daily),
- High Linoleic Acid Intake

Medication

Some studies say there might be a link as few of the allopathic medicines may increase the risk of Prostate Cancer.



NATIONAL CANCER INSTITUTE THE TIMES OF INDIA,
 28 Sep 2013

ONE NEW CASE OCCURS EVERY 2.5 MINUTES AND A MAN DIES FROM PROSTATE CANCER EVERY 17 MINUTES.

Crossed 50? Stay guarded against prostate cancer.

In India, where life expectancy increased from 61.97 in 2001 to 65.48 in 2011, prostate cancer incidence, is growing by 1% every year.

Figure 3

Some of the medicines are

The two primary drug classes used are

- Alpha-blockers. They include
 - Terazosin (Hytrin), doxazosin (Cardura), tamsulosin (Flomax),
 - Alfuzosin (Uroxatral), and silodosin (Rapaflo).
 - 5-alpha-reductase inhibitors.
 - Finasteride (Proscar) and dutasteride (Avodart).

Obesity

A study found a clear link between obesity and raised prostate cancer risk, as well as a higher risk of metastasis and death among obese people who develop prostate cancer.

Sexually transmitted diseases (STDs)

Men who have had gonorrhoea have a higher chance of developing prostate cancer.

Smoking

Leads to aggressive prostate cancer. Smoking might directly affect the aggressiveness of cancer. Carcinogens in tobacco smoke may speed tumor growth, for instance, as might the higher levels of testosterone associated with smoking. In the study, heavy smokers and those who smoked for longer periods of time fared the worst.

Men who smoked a pack a day for 40 years – or, equivalently, two packs a day for 20 years -- were 82% more likely to succumb to prostate cancer than men who had never smoked.

Alcohol

Alcohol influenced tumor volume doubling time (TVDT). Alcohol consumption of 50 g and 100 g per day is also associated with cancers of the ovary and prostate. Few studies conclude that moderate alcohol consumption increases the risk of prostate cancer.

Tea

Men who are heavy tea drinkers (more than 7 Cups) are 50 per cent more likely to develop prostate cancer, according to a controversial study published that contradicts previous research about Britain's national drink.

Night working

Men who work at nights are almost three times as likely to develop prostate cancer as those who do day shifts, new research shows.

Night shifts are thought to harm the body through the suppression of melatonin, a hormone produced by the pineal gland in the brain that helps regulate when we sleep and when we wake.

The researchers found night shifts almost trebled the risk of prostate cancer.

Other reasons include

Presence of Prostate stones in the gland, Bacterial infection in the prostate gland, Allergies towards certain food and drinks, Uric acid disorders, Yeast infections, increased estrogen levels, Excessive masturbation.

Investigations and examinations for prostate problems

Mostly men who are above 40 are most likely to face prostate problems. So, regular check-up is must. The prostate can only be diagnosed through right investigations and examination.

There are two main reasons for investigations and diagnosis:

- To differentiate between cancerous and non-cancerous conditions of prostate and evaluate overall prostate health.
- To assess the severity of the condition.
- Following investigations are needed for the diagnosis of Prostate problem.
 - Digital Rectal examination.
 - Urine examination.
 - Blood investigation.
 - Prostate biopsy.
 - Uroflowmetry.
- Radiological imaging include Ultrasound test for kidney, ureter, bladder and prostate with pre and post void residual urine.
- CT Scan, MRI and Bone scan are some other tests.

Non invasive-pet scanning- is a new investigation introduced in prostate problems.

Dr Naval's view on PSA test

A simple blood sample is sufficient to measure PSA. The detection of PSA requires a very sensitive type of technology (monoclonal antibody technique) because the amount of PSA is very low in the blood. One must be careful after high level of PSA; you must consult a doctor or specialist who can guide you to future course of action. High value of PSA is not a matter of concern but one must be careful and root cause has to be diagnosed before any further course of action. We usually recommend a retesting of PSA level after a course of medicine based on clinical diagnosis. In most of the cases with prostate infection and prostatitis, it comes down automatically after prescribed treatment. In these cases a repeat test after two to three weeks can give us the desired results.

PSA is has many benefits:

- It can reassure you if the test result is normal.
- It can help diagnose cancer even before any development of the symptoms.
- You add years to your life if treated at an early stage and avoid the complications associated with advanced stage of cancer (although there is no sufficient evidence for this).

High PSA test but no prostate cancer

A high PSA (prostate specific antigen) level can be due to a large number of different causes, many of which are far more common than prostate cancer. PSA elevation can be due to

- Recent sexual activity,
- Vigorous physical activity such as cycling,
- Prostate manipulation such as ejaculation,
- Prostate examination,
- Urinary retention or catheter placement,
- Prostate biopsy,
- Prostatitis,
- BHP.

Low PSA but positive prostate cancer

Low PSA and prostate cancer are not mutually exclusive. Men detected with low PSA (prostate-specific antigen) levels after screening tests can still have prostate cancer. However, the vast majority of these cases are either low or intermediate-grade cancers, which often are not clinically significant.

Few other important prostate conditions

As the Prostate is a very small organ but it needs careful attention. The main prostate conditions are:-

Non-Cancerous Conditions: Cancerous Condition

- Prostatitis
- Prostate ca
- Prostatodynia
- Benign prostatic hyperplasia (BPH)

Prostatitis

Prostatitis is not prostate cancer rather it is a benign (non - life threatening) condition that is caused by inflammation of the prostate. A deep discomfort while passing urine or with ejaculation can be felt inside the pelvis which is due to the swelling of the prostate. It is very painful and pains spreads to other areas of the pelvis.

Prostatodynia

This is persistent or chronic disease. Usually there are no clear signs of infection or inflammation, still pain or discomfort can be felt in the pelvic region. It is a type of inflammation of the prostate

which is not due to bacterial infection. Also these are no objective findings such as the presence of infection fighting cells in the urine of men who suffer from this type of condition. The patient is very anxious and restless about his condition which affects his day to day activities.

Prostatodynia is typically a chronic, painful disease. The symptoms include:

- Chills,
- Fever,
- Pain in the lower back and genital area,
- Body aches,
- Burning or painful urination, and the frequent and urgent need to urinate characteristically go away and then come back without warning.

Benign prostatic hyperplasia (BPH)

In older men, BPH (benign prostatic hyperplasia) or enlargement (BHE) is quite common. It is not prostate cancer rather just a benign condition. In most men, some enlargement of the prostate is usual from age 50 onwards. Difficulties with urination may occur if the enlargement is sufficient to squeeze the urethra which passes through the prostate. BHP, being quite common, is not at all life threatening.

10 steps for prostate disease reversal program

Whenever we develop any disease, there is a series of errors we do with our health either knowingly or unknowingly, and we slowly develop derangement of health which later results in pathological changes in organs.

Once we develop wrong habits like smoking, drinking, stress, bad dietary habits and sedentary lifestyle, all these have individual harmful effects on metabolism of the body because internal organs and systems are very delicate and sensitive to outside insults/toxins.

For example, a person who indulges in habit of highly seasoned food and lack of exercise, all the toxins in these foods get stuck in our internal organs. Kidneys cannot expel them from the body and one may develop Hyper lipidemia or High-Cholesterol Problem, Hypertension, Obesity, Diabetes. It is well proven as we see many people amongst us suffering from these disorders.

Likewise, Prostate problems develop because of serious changes occurring in our metabolism due to many internal and external factors. Lifestyle of many patients was studied to observe the pattern of development of prostate disease. Gastric derangement was found to be one of the major factors which triggers prostate problem. Many prostate patients suffered from gastric upset, constipation, and bloated abdomen.

After a careful study of these factors, we have developed a 'Dr Naval's Ten Step Prostate Health Wellness Program' to reverse prostate diseases.

10 steps to reverse prostate problems

- Role of exercises
- Kegel exercise
- Breathing exercises
- Role of yoga
- Meditation
- Prostate massage
- Obesity control
- Walking
- Homoeopathic treatment
- Diet programs.

Diet Management (Promoting Vegetarian diet, organic food products and discouraging Alcohol, Smoking and drug abuse de-addiction).

Detoxification of chemicals and mutants, that cause cancer.

Homoeopathic management of prostate disorders

In Homoeopathy you can take treatment not only for your disease but for your whole body which means reoccurrence of disease is not possible, if you choose homoeopathy for treatment. Homoeopathic treatment provide a holistic and gentle cure for your disease [1-39].

When we do slight alteration in our life style and diet and regimens, we can achieve our past healthy life. Some facts about homoeopathic medicines are as follows:

- Homoeopathic medicines are effective and gentle in every aspect.

- Medicines are safe for every age groups
- There is no resistance in homoeopathic medicines.
- In homoeopathic mode of treatment, medicines are in very much minute form which means there are no side effects such as allopathic medicines.

There are so many homoeopathic medicines for Prostate Disorders. We will provides you best plan of treatment with diet plans as per your body type. Some of them are as follows:

- Boldo
- Chimaphilla umbellata
- Conium maculatum
- Lycopodium
- Pichi pichi
- Prunus spinosa
- Sabal serullata
- Sarsaparilla
- Thuja occidentalis.

Conclusion

Main function of prostate gland is in sexual sphere, where it produces PSA which is an essential protein that helps to keep the semen in its liquid state. This PSA, when gets increased, can lead to cancer or any prostate problem.

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