

Role of Uttarbasti in cases of benign enlargement of prostate

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Purpose: The aim of the study is to evaluate the efficacy of Uttarbasti in cases of benign enlargement of prostate. Investigations like USG were done to assess prostate size and post void urine residue in bladder. Also routine investigations like CBC, urine tests were done.

Method: Patient should lie on bed, after cleaning penile area, sterile rubber catheter is passed through penis till it reaches urinary bladder. Bladder is evacuated completely by giving pressure over basti area. Then 20 ml SAHACHAR taila is administered in the bladder. Patient should lie on bed for half an hour. Pulse and blood pressure are recorded and nadisweda is given over Basti area to avoid further pain. Medications used are Gokshuradi Guggul and Chandraprabha vati and Chandanasav. Medications was given for one month and after one-month Rasayan churna was given for two months.

Result: The effects of this treatment was observed in 18 patients. Patients reported passing of urine without pain and

after a week, burning and strain during urination was relieved. Within two weeks the patients were symptom free. Patients also reported improved sexual activity after the procedure.

Conclusion: Uttarbasti is helpful in management of cases of benign enlargement of prostate this procedure was tried on patients in rural as well as in urban areas and patients are being followed up on a long-term basis.

Speaker Biography

Ramesh Rajguru has done his Bachelor of Ayurvedic Medicine and Surgery from University of Pune. He has presented paper on study of cases of planter by using Raktamoshan in National seminar on Anushalyakarma-Mumbai (2010) and in 4th World Ayurved Congress, Bengaluru (2010) and rewarded for best video presentation. He is engaged in his clinical practice at Krupa Ayurved Health Care, Gandhinagar, Bolhegaon.

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