

Chronic Prostatitis

"The Treatment of 25 Cases of Chronic Prostatitis with Chinese Medicinals" by Cai Feng-jin, *Hu Bei Zhong Yi Za Zhi (Hubei Journal of Traditional Chinese Medicine)*, #1, 1994, p. 49

Of the 25 cases treated in this report, the youngest was 38 and the oldest was 83 years old. Two cases were unmarried and 23 cases were married. In 9 cases, their disease course had lasted from 1-2 years, in 6 cases, from 3-4 years, and in 10 cases, 5 years or more. Five cases were impotent, 2 cases had inflammation of the spermatic cord, and 1 case had testicular inflammation. Symptoms included low back and perineal distention and pain, urination occasionally accompanied by a white mucoid discharge, dry mouth and parched throat, reddish yellow, astringent and painful urination, a reddish tongue with possible static spots or patches, and a fine, rapid pulse. Digital rectal examination revealed an enlarged prostate, painful upon pressure. Examination of prostatic fluid revealed the presence of pus cells.

Treatment consisted of: Radix Scrophulariae Ningpoensis (*Xuan Shen*), raw Radix Rehmanniae (*Sheng Di*), 15g @, Gelatinum Corii Asini (*E Jiao*), dissolved, Cortex Phellodendri (*Huang Bai*), Herba Leonuri Heterophyllae (*Yi Mu Cao*), 10g @, Radix Lithospermi Seu Arnebiae (*Zi Cao*), Herba Violae Yedoensis (*Zi Di Ding*), Semen Plantaginis (*Che Qian Zi*), wrapped separately, 12g @, mix-fried Resina Olibani (*Zhi Ru Xiang*), mix-fried Myrrhae (*Zhi Mo Yao*), 9g @. These were administered 1 *ji* per day with 15 days equaling 1 course of treatment. Typically, patients received 3 whole courses of treatment.

If there was qi vacuity and lack of strength, Radix Codonopsis Pilosulae (*Dang Shen*) and Radix Astragali Membranacei (*Huang Qi*) were added. If there was yang vacuity with chilled limbs, Radix Praeparatus Aconiti Carmichaeli (*Fu Zi*) and Cortex Cinnamomi (*Rou Gui*) were added. If there was constipation, Radix Et Rhizoma Rhei (*Da Huang*) and Mirabilitum

(*Mang Xiao*) were added. If there was lower abdominal distention, Radix Linderae Strychnifoliae (*Wu Yao*) and Fructus Meliae Toosendan (*Chuan Lian*) were added. Patients were forbidden spicy foods, fats and sweets, and alcohol.

Marked improvement was defined as disappearance of symptoms, digital rectal exam showing that the prostate had returned to normal size and was no longer painful to pressure, the disappearance of pus cells in the prostatic fluid, etc. Fair improvement meant that the patient's symptoms were greatly diminished, rectal exam revealed the prostate was smaller yet still larger than normal, that white blood cells in the prostatic fluid were reduced, etc. Based on these criteria, 13 cases were markedly improved, 9 cases experienced fair improvement, while 3 cases registered no improvement. Thus the total amelioration rate was 88%.

According to the author, this disease is due to damp heat and stasis obstruction in the lower burner and kidney yin vacuity detriment. Kidney yin vacuity detriment is the root and damp heat below combined with blood stasis is the branch. In this formula, Scrophularia, raw Rehmannia, and Donkey Skin Glue enrich the kidneys and nourish yin, thus addressing the root. Viola, Phellodendron, and Lithospermum clear heat and resolve toxins. Plantago clears, disinhibits, and resolves heat, while Leonurus, Frankincense, and Myrrh dispel stasis and quicken the blood. Therefore, as a whole, this formula has the ability to nourish yin and clear heat, disinhibit dampness and dispel stasis.

"The Treatment of Chronic Prostatitis by Transforming Stasis and Disinhibiting

Dampness'' by Xia Zhi-bin, Zhe Jiang Zhong Yi Za Zhi (The Zhejiang Journal of Traditional Chinese Medicine), #2, 1994, p. 94

Chronic prostatitis is a commonly seen urinary system disease which is difficult to cure and easily recurs. A number of different treatment methods have been used in this disease but with inadequate results. From March 1988 to April 1993, the author treated numerous cases of this complaint with the methods of diffusing and opening the three burners with a total amelioration rate over 70%.

The formula used consisted of: Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), Semen Vaccariae Segetalis (*Wang Bu Liu Xing*), Herba Leonuri Heterophylli (*Yi Mu Cao*), Rhizoma Smilacis Glabrae (*Tu Fu Ling*), Rhizoma Alismatis (*Ze Xie*), Semen Plantaginis (*Che Qian Zi*), Herba Oldenlandiae Diffusae (*Bai Hua She She Cao*), Hirudo (*Shui Zhi*), Semen Pruni Persicae (*Tao Ren*), Fructus Perillae Frutescentis (*Zi Su*), Radix Achyranthis

Bidentatae (*Niu Xi*), and Radix Glycyrrhizae (*Gan Cao*). If there was aching and pain in the perineal area or testicles, Semen Citri (*Ju He*) and Semen Litchi Sinensis (*Li Zhi He*) were added. If there was low back aching, pain, and weakness, Cortex Eucommiae Ulmoidis (*Du Zhong*) and Radix Dipsaci (*Chuan Duan*) were added. If the prostatic fluid was yellow colored or contained a lot of white blood cells, Flos Lonicerae Japonicae (*Yin Hua*) and Fructus Forsythiae Suspensae (*Lian Qiao*) were added.

The above medicinals were decocted in water and administered, 1 *ji* per day with 12 days equaling 1 course of treatment. Typically, patients received 2 courses of treatment and the medicinals were stopped after 1 month if the condition was improved. During the treatment, patients also took a sitz bath in warm water for 15-20 minutes each day.

Functionally translated by Bob Flaws © Blue Poppy Press Inc., 1995

For information on other research reports or to receive a catalog, call 1-800-487-9296