

Benign Prostatic Hypertrophy (BPH)

"The Treatment of 21 Cases of Prostatic Hypertrophy with *Fu Fang Shu Fu Wan* (Compound Wood Louse Pills)" by Zeng Qing-pei, *Zhe Jiang Zhong Yi Za Zhi* (The Zhejiang Journal of Traditional Chinese Medicine), #1, 1994, p. 12

Prostatic hypertrophy is a commonly seen urological disease in old men. Based on the principles of quickening the blood and transforming stasis, dispersing swelling and opening strangury, the authors treated 21 cases of this disease with *Fu Fang Shu Fu Wan* with satisfactory results.

All the men in this study were between 57-81 years of age. Their average age was 66.3 years old. Their disease course had lasted from 0.5-13 years, with the average being 5.6 years. Their clinical symptoms included urinary frequency and urinary urgency but no force to the urinary stream and the flow of urine each time was short. Sometimes, however, the flow was also fine and prolonged in duration. If the condition was severe, there was terminal dribbling and nocturia 3 or more times per night. In 5 cases, there were urinary catheters. In 7 cases, there were white blood cells, red blood cells, and even albumin in the urine. Digital rectal examination revealed that the prostate gland was swollen, enlarged, and hard. In 5 cases, the prostate was the size of a chicken egg, in 12 cases the size of a duck egg, and in 4 cases the size of a goose egg. All of the above cases had previously taken *Qian Lie Kang Wan* (Healthy Prostate Pills) and other such medicinals without satisfactory result.

Fu Fang Shu Fu Wan consists of: *Armidillidium Vulgare* (*Shu Fu Chong*), *Succinum* (*Hu Po*), *Endothelium Corneum Gigeriae Galli* (*Ji Nei Jin*), and *Semen Vaccariae Segetalis* (*Wang Bu Liu Xing*), 60g @, *Semen Leonuri Heterophylli*

(*Chong Wei Zi*) and *Semen Sinapis Albae* (*Bai Jie Zi*), 30g @, and a small amount of *Secretio Moschi Moschiferi* (*She Xiang*). These are all ground into a fine powder and mixed with honey to form pills. These were taken 3 times per day, 3-6g per dose, after meals. Thirty days' administration equaled 1 course of treatment. While taking these medicinals, patients were instructed to abstain from eating spicy, hot, strong tasting food and alcohol, to refrain from taking cool (foods and drinks), excessive taxation, constipation, sexual intercourse, riding long distances in the saddle, and riding in vehicles. Before bed, they were instructed to take a sitz bath for 10 minutes in approximately 50° C hot water during which they should rub the *Hui Yin* (CV 1) area and lower abdomen.

Of the 21 men, not a one did not respond favorably within 1 course of treatment. All these men's urination became easy, free flowing, and not obstructed. Nocturia was limited to 2 times per night, and their urinalyses were all normal. Thus the total amelioration rate was 100%. On follow-up 1 year later, 17 men had not had recurrence for a long-term amelioration rate of 80.9%. Four patients did have recurrences. They were again given these medicinals and again they experienced improvement.

According to the author, prostatic hypertrophy is categorized in TCM as *long bi*, dribbling urinary block. All written sources agree that the cause of the onset of this condition is blood stasis. The author relates this blood stasis to a number of factors affecting blood flow and circulation

common in the elderly, such as the tendency to heart and lung disease, changes in the blood vessels, and a tendency for the elderly to like tobacco and alcohol which then results in phlegm turbidity easily becoming congelation and binding. This, in turn, causes obstruction and stagnation in the channels and collateral which easily results in prostatic hypertrophy.

Within *Fu Fang Shu Fu Wan*, Armidillidium Vulgare or Wood Lice are the main medicinal. This ingredient's flavor is sour and its nature is warm. It is without toxins. Among its many functions, it quickens the blood and transforms stasis, softens the hard and scatters nodulation, clears heat and resolves toxins, and opens and disinhibits the water passageways. According to the *Shen Nong Ben Cao Jing (The Divine Husbandman's Classic of the Materia Medica)*, "It treats qi urinary retention with unfinished urination." Because they also quicken the blood and transform stasis, disperse swelling and open strangury, using it with Succinum and Semen Leonuri and Vaccariae assists in dispersing and eliminating hyperemia and edema in the prostate at the same time as resolving and eliminating constriction in the urinary tract. Mustard Seed is added to the above in order to warm and transform phlegm turbidity as well as to free and normalize the flow of the blood vessels. In addition, Endothelium Corneum Gigeriae Galli has the affect of combating (over-)disinhibition of the urination at the same time as it strengthens the driving force of the urinary muscles.

"The Treatment of 34 Cases of Prostatic Hypertrophy with *Hua Tan Ruan Jian Tang* (Transform Phlegm & Soften the Hard Decoction)" by Cao Guan-gen, Zhe Jiang *Zhong Yi Za Zhi (Zhejiang Journal of Traditional Chinese Medicine)*, #5, 1994, p. 214

The author begins this article with the statement that prostatic hypertrophy is a commonly seen

male disease among older men. They have treated 34 cases of this condition with self-composed *Hua Tan Ruan Jian Tang* with very good results. Among these 34 cases, their ages ranged from 46-78 years old. Their course of disease had lasted from 3-25 years. Ultrasonography confirmed that their prostates were approximately 5-6.5cm. Digital rectal exam also confirmed that their prostates were enlarged. A number of cases were positive for white blood cells in their urine.

Hua Tan Ruan Jian Tang was composed of: Herba Sargassii (*Hai Zao*), Thallus Algae (*Kun Bu*), Rhizoma Alismatis (*Ze Xie*), 15g @, processed Rhizoma Pinelliae Ternatae (*Zhi Ban Xia*), Bulbus Fritillariae (*Xiang Bei*), 12g @, Concha Cyclinae Sinensis (*Hai Ge Ke*), Sclerotium Poriae Cocos (*Fu Ling*), Fructus Litchi Sinensis (*Li Zhi He*), Semen Vaccariae Segetalis (*Liu Xing Zi*), 30g @, Pericarpium Citri Reticulatae (*Chen Pi*), 10g.

If the prostate was hard like a stone with a choppy pulse and a purplish tongue, Radix Salviae Miltiorrhizae (*Dan Shen*), blast-fried Squama Manitis Pentadactylae (*Pao Shan Jia*), and Rhizoma Curcumae Zedoariae (*E Zhu*) were added. If phlegm dampness was exuberant with a fat body, loose stools, and a thick, slimy tongue coating, Cortex Magnoliae Officinalis (*Hou Po*), Semen Coicis Lachryma-jobi (*Mi Ren*), and Rhizoma Atractylodis (*Cang Zhu*) were added. If the body was cold, there were chilled limbs, and there was low back and knee aching and weakness, Rhizoma Curculiginis Orchoidis (*Xian Mao*), Cortex Cinnamomi (*Rou Gui*), and Semen Alpiniae Oxyphyllae (*Yi Zhi Ren*) were added. If there was tidal fever, heart vexation, red, hot urination, a red tongue, and a fine, rapid pulse, raw Radix Rehmanniae (*Sheng Di*), Rhizoma Anemarrhenae (*Zhi Mu*), and Cortex Phellodendri (*Huang Bai*) were added.

After 15-60 *ji*, 8 cases were cured. This meant that their symptoms disappeared,

ultrasonography showed that their prostates were smaller, and urine analysis was normal. Twenty-one cases got some improvement. This meant that their symptoms were markedly diminished and that their prostates were also smaller. Five cases got no results. Thus the total amelioration rate was 85%.

According to the author, in TCM this disease is categorized as dribbling urinary block and strangury condition. It is mostly due to decline of righteous qi in the elderly with lung, spleen, and kidney qi not able to reach. Thus upbearing and downbearing lose control and the transportation of fluids and humors lose their normalcy. Dampness gathers and this gives rise to phlegm. It is also possible for liver depression and qi binding to cause damp heat smoldering internally. The openness and regulation of the triple heater is thus inhibited and water and fluids cease and accumulate. In that case, blood stasis leads to essence retention.

Therefore, treatment should transform phlegm and soften hardness. Sargassum, Thallus Algae, Concha Cyclinae, and Fritillaria transform phlegm and soften hardness, disperse pits and scatter nodulation. Hence they are the sovereign ingredients in this formula. Vaccaria and Litchi dispel stasis and open the network vessels. Orange Peel moves the qi, while processed Pinellia dries dampness and dispels phlegm. Poria and Alisma disinhibit dampness. Thus taken as a whole, these medicinals have the ability to soften the hard and scatter nodulation, transform phlegm and dispel stasis.

"The Treatment of 58 Cases of Prostatic Hypertrophy with the Methods of Supplementing the Qi, Boosting the Kidneys & Dispelling Stasis" by Cui Xue-jiao, *Zhong Yi Za Zhi (Journal of Traditional Chinese Medicine)*, #4, 1994, p. 224

The author begins by stating that prostatic hypertrophy is a commonly seen disease in

elderly males. At 70 years and above, 50% of all males have this condition. The author has treated 58 cases of this condition in out-patients with the methods of supplementing the qi, boosting the kidneys, and dispelling stasis with good results.

Among the 58 cases treated, 3 were between 45-50, 11 between 50 plus and 60, 19 between 60 plus and 70, and 25 were more than 70 years old. In all 58 cases, night-time urination was more than 3 times per night. In all 58 cases as well, the discharge of urine was occasionally tense. In 50 cases, the discharge of urine was interrupted. In 21 cases, there was dripping after the discharge of urine. Also in 21 cases, there was false urinary incontinence. Five cases experienced hematuria. 23 cases had acute urinary retention. Examination revealed that in all 58 cases there was retained urine in the bladder in excess of 60ml. Digital rectal exam showed enlarged prostates in 54 patients. In the majority of cases, the tongue was fat and enlarged, was pale and darkish, and had a thin white coating. Also in the majority of cases, the pulse was wiry and fine.

Internally administered treatment consisted of: Radix Astragali Membranacei (*Huang Qi*), 30g, Radix Codonopsis Pilosulae (*Dang Shen*), 30g, Herba Cistanchis (*Rou Cong Rong*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 12g, Semen Vaccariae Segetalis (*Wang Bu Liu Xing*), 30g, Fructus Liquidambaris Taiwanicae (*Lu Lu Tong*), 30g, Semen Pruni Persicae (*Tao Ren*), 15g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 15g, powdered Radix Pseudoginseng (*San Qi Mo*), 3g, taken separately. One *ji* was taken per day, warm, in 2 divided doses. Two months equaled 1 course of treatment.

If there was pain with urination, *Deng Rui Hua* (probably an alternate name for *Deng Xin Cao*, Medulla Junci Effusi) and Semen Leonuri Heterophylli (*Chong Wei Zi*) were added. If there was bitter (taste) in the mouth and fever,

Cortex Phellodendri (*Huang Bai*) and Fructus Gardeniae Jasminoidis (*Zhi Zi*) were added. If the prostate felt hard, Carapax Amydae Sinensis (*Bie Jia*) and Bulbus Fritillariae Thunbergii (*Zhe Bei*) were added. If there was constipation, Radix Et Rhizoma Rhei (*Da Huang*), decocted at the end, and Mirabilitum (*Mang Xiao*), stirred in at the end, were added. If there was oral thirst, Radix Trichosanthis Kirilowii (*Tian Hua Fen*) and Radix Scrophulariae Ningpoensis (*Xuan Shen*) were added.

Complete cure meant that night-time urination was less than 2 times per night, the discharge of urine was easy, and the bladder retained less than 60ml of urine. Fair improvement meant that night-time urination was decreased in number, dribbling either disappeared or decreased, and the bladder retained 60-100ml of urine. No result meant that there was no change in symptoms or amount of urine retained in the bladder. Based on the above criteria, 39 men were completely cured, 17 experienced fair improvement, and 2 got no result. Thus the total amelioration rate was 96.5%.

According to the author, within this formula, Astragalus and Codonopsis are the essential medicinals for supplementing and boosting the original qi. The combination of Cistanches and Cornus supplements without drying, strengthens kidney yang, enriches kidney yin, and, therefore, evenly supplements yin and yang.

When kidney qi becomes replete, the lower burner water passageways become open and regulated and the discharge of urine is easy and uninhibited. Vaccaria moves the blood downward and disperses swelling. Liquidambar opens and rectifies the qi and quickens the blood, opens the network vessels and disinhibits water. Persica's character is moist and deeply downbearing. It quickens the blood and dispels stasis, moistens the intestines and frees the stool. Red Peony clears heat and resolves toxins, cools and scatters the blood. Pseudoginseng, on the one hand, stops bleeding without retaining stasis, while on the other, it scatters blood stasis without reckless movement. When these medicinals are used together, they boost the qi and quicken the blood, transform stasis and scatter nodulation, disperse swelling and restrain its spring (*i.e.*, source), disinhibit urination and open blockage.

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