

Homeopathic Healthcare
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Optimizing Prostate Health

Many prostate conditions are very amenable to homeopathic treatment – acute prostatitis, chronic prostatitis and prostatic hypertrophy have all been cured by homeopathy. One case, exemplary of several, comes to mind. A 50 year-old gentleman sought treatment for a recurring prostatitis. During flare-ups his prostate area felt congested and tender with a pressing sensation, aggravated by urination. He was a mild-mannered individual with strong family ties. He was also warm-blooded and thirstless. This combination of symptoms and characteristics suggested the remedy *Pulsatilla* to me and, accordingly, he was prescribed one dose of *Pulsatilla* 200C. In response, his then acute flare-up quickly cooled down and, over the next two months, the frequency and intensity of flare-ups steadily declined until the condition totally subsided.

Yet another case was that of a 65 year-old man with chronic benign prostatic hypertrophy and an elevated PSA of 10.1 (prostate specific antigen, a blood test which when elevated might indicate the presence of prostate cancer). He complained of a swollen sensation in the prostate area. His urine stream was weaker and tended to spray. He was also troubled by frequent urinary urging and occasional incontinence. Sexually he felt weaker; he noted the occasional loss of prostatic fluid. He was prescribed the remedy *Conium* 200C, one dose every two weeks. Within a month his symptoms began improving. A few months later he was symptom free and his PSA had fallen to 6.0, where it has remained these last two years.

Homeopathy possesses a large number of remedies appropriate for acute and chronic prostate conditions. Below are the prescribing indications of some of these medicines. Those with acute indications might be tried for self treatment of acute flares, but I would suggest same only for those individuals who have already been diagnosed and who are very familiar with their recurring symptoms. They should seek professional medical care if the remedy fails to act promptly.

Homeopathic Medicines for Prostate Conditions

Belladonna: Sudden acute prostatitis is often met with Belladonna. The pain is throbbing and worse from any jar. High fever, possibly with a flushed face, is typical.

Conium maculatum: This is perhaps the preeminent remedy for prostatic hypertrophy (enlargement). While it might be indicated in many instances, one very common setting is in the man whose sexual life is suddenly brought to a close – by the death of his sexual partner, for spiritual/religious reasons, or any other reason. The prostate is large and quite hard, often causing concern for prostate cancer. Urination is often restricted with much unsatisfactory urinary urging and great straining to pass just a small quantity of urine. Headache and dizziness are frequent associated symptoms.

Clematis erecta: Another common prostate remedy possessing the characteristic sensation that the bladder is almost never empty, coupled with a weak, dribbling, restricted urinary stream. Associated inflammation of the testes or epididymis is a keynote of this remedy. Itching eruptions are also common.

Chimaphila umbellata: This remedy, while an uncommon one, is a specific for acute prostatitis with great swelling of the gland and sore, bruised pain in the perineal area (the area between the scrotum and rectum), with a sensation as of sitting on a ball. On occasion, a Chimaphila prostatitis can be precipitated by sitting a long time on a cold surface.

Hepar sulphuris calcareum: This remedy corresponds to cases of acute prostatitis with exquisite tenderness of the prostate and urinary retention, the urine dripping out perpendicularly; urination feels incomplete. The patient is very chilly and often irritable.

Pulsatilla: I have found this remedy to be frequently indicated in chronic recurring prostatitis. There is a pressing pain on the prostate, bladder and urethra, aggravated after urination. Lying on the back might precipitate a strong urge to urinate. Urinary incontinence is common. Constitutionally, these men tend to be mild-mannered, emotional, needy of affection and approval, warm-blooded, thirstless, and might display a peculiar tendency to stick their feet out of the covers in bed to stay cool.

Sabal serrulata: Prostatitis with cystitis or epididymitis are indications for this remedy. There is also a decline in sexuality. The botanical version of this remedy whose common name is saw palmetto is commonly taken for prostatic hypertrophy.

Thuja: Firm hardening of the prostate is typical. Usually there is a history of past or current warts and/or condylomata (genital warts). A history of gonorrhea previously treated with antibiotics is common. Pain during urination, with abundant perspiration is a keynote symptom, as is the tendency for the urinary stream to appear forked (split into two streams).

Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). www.drgeorgeguess.com