

Benign Prostatic Hypertrophy(BPH)

What is BPH?

BPH, also known as an enlarged prostate, is a common complaint amongst men over fifty. The middle section of the gland enlarges, partially blocking the flow of urine through the urethra.

Signs and Symptoms

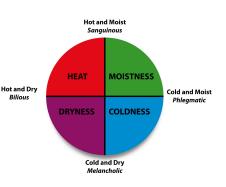
Increased frequency of urination, usually first noted at night (*nocturia*); difficulty in urination; dribble or overflow incontinence; inflammation of the urethra and bladder due to stagnant urine; aching and burning feeling on urination and complications such as malaise and even mental disorders.

What Causes BPH?

In most men, the prostate continues to grow throughout life. The exact cause of this is unknown; however it may be due to changes in the balance of sex hormones.

The Tibb View of BPH

According to Tibb, BPH is due to **excessive moistness with cold**. This excessive moistness results from an improper diet which is rich in carbohydrates, refined sugar and cold and moist foods. With age, the metabolism slows down resulting in insufficient heat to process moist foods. Although sanguinous/phlegmatic temperamental types are more at risk other temperaments can also be affected from poor lifestyle.



Management of BPH

Treatment and management is aimed at **reducing excess moistness with coldness**, associated with BPH, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This will assist Physis in addressing both the symptoms and the causes of benign BPH.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** such as bittergourd, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** – like beef, cabbage, lemon and peanuts.
- Eat less of Hot & Moist foods such as mutton, banana, fennel and sweet potato, and the least amount of Cold & Moist foods like rice, butternut and cucumber.
- Avoid alcohol, as it decreases the body's ability to produce testosterone.
- Avoid dairy products, white flour products, carbonated beverages, chocolate, refined sugar and products containing artificial food colouring.
- Follow a diet which includes plenty of fruit, vegetables, nuts, and whole grains.
- Eat 20g of pumpkin seeds daily. Pumpkin seeds are helpful for almost all kinds of prostate troubles, because they are rich in zinc.
- Eliminate from your lifestyle such items as alcoholic beverages (especially beer and wine), caffeine, fluoridated water and spicy and junk food.
- Have one bitter gourd in the morning.

Other Lifestyle Advice

- Get regular exercise. However, cycling should be done with a special seat so as not to put added pressure on the prostate gland. Walking is a preferred exercise.
- Quit smoking.
- Avoid constipation regular bowel movements will relief symptoms of BHP as constipation can put pressure on the prostate gland.

Herbal Remedy

- Add 1tsp Parsley, 1tsp celery seeds, 1tsp fennel seeds, 1tsp aniseed, 3 crushed black pepper corns and 1tsp saw palmetto. Add to 1 cup of boiling water. Allow to stand for 3 minutes, strain and drink.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas		1	vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						