

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

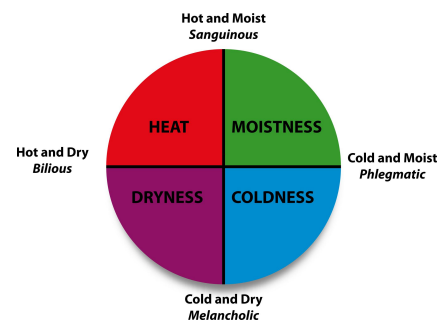
Increased frequency of urination, usually first noted at night (*nocturia*); difficulty in urination; dribble or overflow incontinence; inflammation of the urethra and bladder due to stagnant urine; aching and burning feeling on urination and complications such as malaise and even mental disorders.

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.

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 meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes	
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce
	green pepper			pecan nuts			fenugreek seeds	cloves, garlic		herbal teas (see herbs)				peri-peri sauce
	lobsters			leek			walnuts	gram flour		green/red chilli				
	mackerel			onion				mustard seeds		fenugreek				
	oily fish			red pepper				popad		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 (see fruits)	salt		chocolate	honey smaks			
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli			
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel	green masala				vermicelli		nutri-k	
mutton	sweet potato	papaya		sunflower seeds				marjoram							nutrific
turkey	turnips			wheat	fresh cream			mint, sage							oats
				macaroni				soya sauce							puffed wheat
			dill seeds				thyme, turmeric							taystee wheat	
							watercress							weetbix	
							white pepper								