

Effectiveness of Homoeopathic Medicine in Reducing the Lower Urinary Tract Symptoms in Men Suffering from Benign Prostatic Hyperplasia: A Case Series

Dr. Manish Ragade¹, Dr. Ajay Valke²

¹BHMS, PG Scholar, Department of Practice of Medicine, Motiwala (National) Homoeopathic Medical College, Nashik, Maharashtra, India
Email: manishragade[at]gmail.com

²Professor, BHMS, MD, HOD, Professor Department of Practice of Medicine, Motiwala (National) Homoeopathic Medical College, Nashik, Maharashtra
Email: drvalkeajay1972[at]gmail.com

Abstract: **Introduction:** Benign Prostatic Hyperplasia (BPH) is a non-malignant enlargement of the prostate gland that commonly affects men over the age of 50 years. It results in Lower Urinary Tract Symptoms (LUTS) such as poor urinary flow, hesitancy, increased frequency, urgency, and nocturia. Although BPH is not life-threatening, it significantly impairs quality of life, with its prevalence increasing with age and reaching up to 80% in men above 80 years. **Background:** Benign Prostatic Hyperplasia (BPH) is a common urological condition in elderly men that causes bothersome urinary symptoms and reduces quality of life. Conventional treatments offer relief but may have limitations or side effects. Therefore, this study aims to evaluate the role of Homoeopathic medicines in the management of BPH with LUTS and improve patient well-being. **Materials and Methods:** Thirty cases of USG-confirmed Benign Prostatic Hyperplasia (prostate volume >20 g/ml) with LUTS-V score >4 were selected by simple random sampling. Individualized homoeopathic medicines were prescribed based on detailed case analysis and repertorization. Pre- and post-treatment LUTS-V scores were statistically evaluated using the paired t-test. **Result:** Post-treatment analysis showed clinical improvement in 90% of cases (27/30), while 10% (3 cases) showed no improvement. The mean LUTS-V score significantly reduced from 8.93 to 3.97 ($p = 0.0001$). Similarly, the mean prostate volume decreased from 38.17 to 33.60 ($p = 0.0001$), indicating statistically significant improvement. *Lycopodium clavatum*, *Pulsatilla nigricans*, *Thuja occidentalis*, and *Nux vomica* were the most frequently prescribed remedies. **Conclusion:** The study concludes that individualized homoeopathic treatment is effective in the management of BPH with LUTS, resulting in a significant reduction in LUTS-V scores and prostate volume. Remedies such as *Lycopodium*, *Pulsatilla*, *Thuja*, and *Nux vomica* were commonly prescribed. Clinical improvement was observed in 90% of patients, with no reported adverse effects.

Keywords: Benign Prostatic Hyperplasia (BPH), Lower Urinary Tract Symptoms (LUTS), Homoeopathy, LUTS-V Scale, *Lycopodium Clavatum*

1. Introduction

Benign Prostatic Hyperplasia (BPH) is a non-malignant enlargement of the prostate gland caused by overgrowth of prostatic tissue, leading to compression of the urethra and obstruction of urinary flow.¹ It commonly affects men above 50 years of age, with prevalence reaching 75–80% in men over 80 years.² Although rarely life-threatening, BPH significantly impairs quality of life due to Lower Urinary Tract Symptoms (LUTS), which include voiding symptoms such as hesitancy, poor urinary flow, and incomplete bladder emptying, as well as storage symptoms like urinary frequency, urgency, and urge incontinence.^{2,4} The condition primarily involves the transitional zone of the prostate, while the peripheral zone is more commonly associated with carcinoma.³ Complications of BPH may include urinary tract infections, bladder stones, and chronic renal impairment.⁴

Diagnosis is based on detailed clinical evaluation, laboratory investigations such as urine analysis and prostate-specific antigen (PSA), ultrasonography to assess prostate size and post-void residual volume, uroflowmetry, and digital rectal examination.¹ Treatment strategies depend on factors such as age, prostate size, PSA levels, and severity of symptoms, with conventional management including medical and surgical

options.⁵ However, these treatments may be costly and associated with peri-operative and post-operative complications, thereby affecting quality of life.⁶

Homoeopathy, recognized by the World Health Organization as one of the most widely used complementary and alternative systems of medicine,⁷ offers an individualized, holistic, and cost-effective approach with minimal adverse effects. Although limited data are available, existing studies report encouraging outcomes, suggesting a potential role of homoeopathic treatment in the management of BPH and improvement of patient quality of life.⁸ According to the ICD-10 classification, BPH with LUTS is coded as N40.1.

2. Objectives

- To study the effectiveness of homoeopathic medicine in reducing the lower urinary tract symptoms in men suffering from Benign Prostatic Hyperplasia.
- To assess the reduction in Prostate size using ultrasonography.
- To study the commonly indicated homoeopathic medicines present among all cases.

Volume 15 Issue 1, January 2026

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

www.ijsr.net

3. Materials and Methods

Patient’s selection on the basis of inclusion and exclusion criteria. After detailed case taking, analysis and evaluation of case had been done. Final prescription was made after the reference of homoeopathic materia medica, repertory and principles of homoeopath.

Lower urinary tract symptoms were assessed using the LUTS-V (Lower Urinary Tract Symptoms–Visual) scale. It is a simplified visual scoring system that uses pictograms to evaluate daytime frequency, nocturnal frequency, force of urinary stream, and the degree of symptom-related bother. Each parameter is visually scored, and the total score ranges from 0 to 11. Higher scores indicate increased severity of symptoms and greater impact on quality of life

Outcome Assessment:

Parameters for assessing cases were improved and not improved

Improved: Reduction in LUTS-V Scale Score by 2 marks

Not Improved: No relief of signs and symptoms and no change in the score in LUTS-V Scale

Table 1: Age Distribution in Case Study

Sr.no	Age Group	No of Patient	Percentage
1	50-54	2	6.67%
2	55-59	3	10%
3	60-64	3	15%
4	65-69	5	16.67%
5	70-74	6	20%
6	74-79	5	16.67%
7	80-85	6	20%

Table 2: Medicines Used in Case Study

Medicine Names	Number of Medicine Used in the Study
Lycopodium Clavatum	13
Pulsatilla Nigricans	5
Nux Vomica	4
Thuja Occidentalis	3
Sulphur	2
Calcarea Carbonica	1
Phosphorus	1
Sepia	1
Total	30

Table 3: Result in Case Study After Homoeopathic Prescription

Sr. No	Result	No. of Cases	Percentages
1	Improved	27	90%
2	Not Improved	3	10%
	Total Cases	30	100%

Table 4: Result of LUTS Scale Before and After Homoeopathic Prescription

Case No	LUTS Score Before Treatment	LUTS Score After Treatment
1	10	5
2	9	4
3	10	5
4	8	3
5	10	9
6	9	3
7	7	2
8	8	3
9	10	3
10	9	5
11	9	4
12	9	3
13	7	4
14	8	2
15	10	3
16	9	3
17	8	2
18	10	3
19	9	4
20	11	10
21	9	5
22	7	5
23	7	2
24	11	4
25	10	4
26	10	3
27	8	2
28	8	8
29	9	3
30	9	3

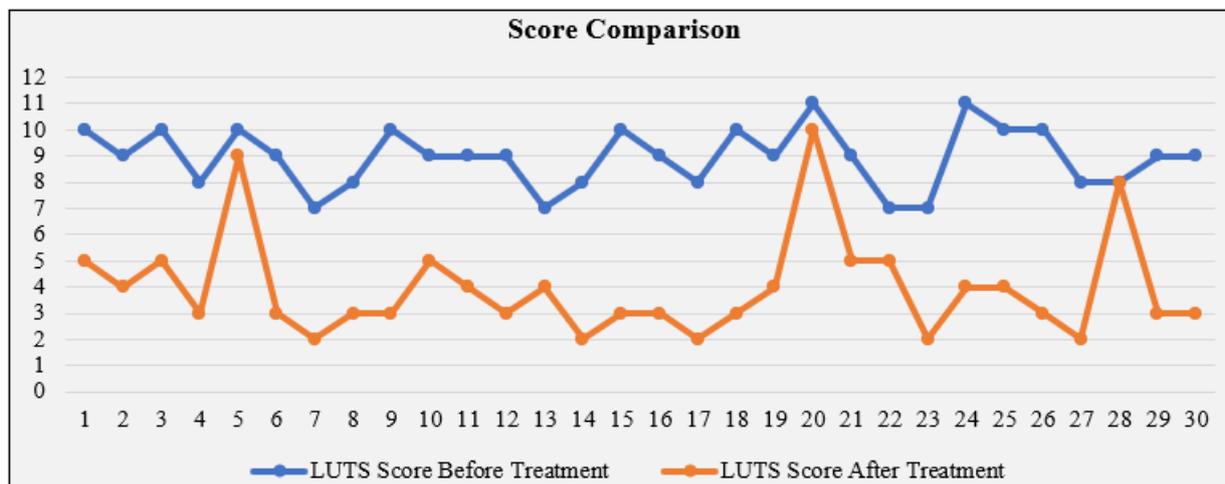


Figure 1: Before and After LUTS Score

4. Result

Post-treatment data revealed that 27 out of 30 cases (90%) showed clinical improvement, while 3 cases (10%) did not demonstrate any improvement. The mean LUTS-V Scale score before treatment was **8.93**, which **reduced** significantly to **3.97** after treatment ($p = 0.0001$), indicating a marked reduction in lower urinary tract symptoms.

Similarly, the mean prostate volume showed a statistically significant reduction from **38.17** to **33.60** following treatment ($p = 0.0001$), suggesting improvement in prostate size as assessed by ultrasonography.

5. Discussion

The study was carried out in patients suffering from Benign Prostatic Hyperplasia (BPH) with Lower Urinary Tract Symptoms (LUTS). Among the 30 samples, 03 patients (10%) belonged to the age group of 50–59 years, 12 patients (40%) to 60–69 years, 10 patients (33.33%) to 70–79 years, and 05 patients (16.66%) belonged to the age group of 80 years and above.

The commonly prescribed homoeopathic medicines were *Lycopodium clavatum*, *Nux vomica*, *Pulsatilla nigricans*, and *Thuja occidentalis*. Out of the 30 cases, 27 cases (90%) showed clinical improvement, while 03 cases (10%) did not show significant improvement.

LUTS -V Scale

The LUTS-V is a recently developed and simplified scoring tool designed for the evaluation of lower urinary tract symptoms (LUTS) in men. Unlike traditional questionnaires, it employs pictograms to facilitate patient understanding, thereby reducing dependence on literacy levels and making the assessment more patient-friendly. The scale primarily evaluates three key aspects of urinary function: daytime frequency, nocturnal frequency, and the force of the urinary stream. In addition, it incorporates a quality-of-life component, wherein the patient is asked to indicate how bothersome their bladder symptoms are. Each parameter is illustrated through a series of visual response options, allowing the patient to select the depiction that most accurately represents their experience. The responses are then scored, and the individual values are summed to yield a total score ranging from 0 to 11, with higher scores reflecting greater symptom severity and a more significant impact on quality of life.



Figure 2: LUTS-V Scale

6. Conclusion

From the analysis we can conclude that homoeopathic medicines are efficacious in reducing LUTS Symptoms in patient suffering from Benign Prostatic Hyperplasia (BPH) using LUTS V Scale.

Acknowledgement

We extend our sincere gratitude to the institutional authorities for providing the necessary facilities to conduct this study. We are thankful to all the patients who willingly participated and cooperated throughout the study period. We also acknowledge the guidance and support of our teachers and colleagues, whose valuable inputs contributed to the successful completion of this research work.

Conflicts of Interest

There are no conflicts of interest.

References

- [1] Irfana, N. et al. (2022) A STUDY ON PREVALENCE, ETIOLOGY AND MANAGEMENT OF BENIGN PROSTATIC HYPERPLASIA AND ITS COMPLICATIONS, 13(8). doi:10.24327/IJSR
- [2] Gupta, Y. and Sharma, A.S. (2019) Benign Prostatic Hyperplasia and It's Homoeopathic Therapeutics, 8(10). doi:10.21275/ART20202113.
- [3] Mohan, H. (2015) Textbook of Pathology. 7th edn. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd.Pg. No.704
- [4] Ralston, S.H. et al. (2018) Davidson's Principles and Practice of Medicine. 23rd edn. Elsevier.Pg. No.437,438
- [5] Sharma B, Mehra P, Oberai P, et al. Homoeopathic treatment for lower urinary tract symptoms in men with benign prostatic hyperplasia: An open label randomised multicentric placebo-controlled clinical trial. Indian J

Res Homoeopathy 2018;12(3):113-124. doi:
10.4103/ijrh.ijrh_36_18

- [6] Oberai P, Roja V, Ramesh D, et al. Homoeopathic medicines in the management of benign prostatic hyperplasia: A multicentric prospective observational study. Indian J Res Homoeopathy 2012;6(3):16-25. doi: 10.53945/2320-7094.1694
- [7] Silva CS, de Araujo UM, Alvaia MA, Freitas KS, Tiraboschi TLN, Gomes CM, de Bessa 34 J Júnior. Luts-V: A new simplified score for assessing lower urinary tract symptoms in men. Int Braz J Urol. 2021 May-Jun;47(3):525-532. doi: 10.1590/S1677-5538.IBJU.2020.0278. PMID: 33620997; PMCID: PMC7993949.