EFFECTIVE PHYTO-MEDICINE FOR THE TREATMENT OF BENIGN PROSTATIC HYPERPLASIA (BPH) AND OVARIAN CYST

By:
Ebenezer Olapade; Ebenezer Olapade (jrn.) Clement Olapade; Christiana Olapade Ojo and Babajide Olapade.

Abstract: Sub theme- herbal medicine: Oral presentation

Enlargement of the prostate gland in males from the age of about fifty years and above is termed prostatic hyperplasia. It can be benign or malignant. In both cases symptomatic presentations are similar, and they include frequency of urination, urgency and urine retention.

In the case of ovarian cyst, one or the two ovaries in adult females can become enlarged with tumor containing fluid, which may be benign or malignant.

Presentation of ovarian cyst is often accompanied with some internal swellings, which may be visible as a form of protrusion on the lower abdominal wall. There is general discomfort accompanied with pains and disruption of the regular menstrual flow.

Synthetic medicines used for the treatment of prostate enlargement and ovarian cysts are not usually effective. Surgical operation to remove the defective tissues appears to be preferred.

Research into herbal alternatives in the last ten years at the NARL Specialist Clinic, Centre for Research and Development of Phytomedicines, in Ibadan, Nigeria; showed promising herbal medicines which reduced the prostate specific antigen in cases of BPH to normal levels (0-4ng/dl), within the first eight weeks of treatment.

Cystic enlargements of the ovaries were also reinstated to normal sizes within eight weeks.

In both cases where there is malignancy, the same medications are used for longer periods not less than six months to get the desired result. This novel herbal medicine developed from Coco nucifera, tude and... Have been registered with NAFDAC and named prostanull.

Key words: prostatic hyperplasia, benign, malignant, ovarian cyst.
Introduction
Prostate enlargement is a physiological disorder in males from the age of about forty-five years and above. Charles Huggins in the United States of America in 1905 showed how the prostate of male dogs are enlarged when they engage in frequent sexual exercises as a result of which he won the Nobel prize for medicine. Olapade, (2002).
The prostate gland directly surrounds the base of the urine bladder, it contracts to close the urethra and open up the vas deferens during sexual intercourse. Thereafter, it relaxes to close the vas deferens and open up the urethra to allow urine flow. This organ therefore performs dual functions. After a prolonged use of the prostate gland for over thirty years, there is a tendency that it does not relax to its original size again. The sizes of the prostate vary from one person to another, with a normal average range of 28-32gms. The prostate specific antigen (PSA) produced by a normal prostate range between 0-4.0ng/dl. When there is a tumor of the prostate and it is benign, the PSA range between 4.0-10.0ng/dl. Higher PSA levels above this level is indicative of prostatic infection or malignancy. There is a progressive increase in the prostate size with advance in age and sexual activity. This increase in size of the prostate is called prostate enlargement or prostatic hyperplasia. It is called Benign prostatic hyperplasia (BPH) when benign or Prostate Cancer when malignant.

In both cases of Benign Prostatic Hypertrophy and Cancer of the prostate; symptomatic presentations are similar, and they include frequency of urination, urgency and urine retention. Patients with prostate enlargement often experience disturbance of sleep at night because of the frequency of urination, often more than twice. They experience excruciating pains when they have retention and are rushed on emergency to the hospital. Catheterisation as a palliative measure to void urine from their distended urine bladder is only a temporary measure. Surgical operation is the only cheap procedure with unpredictable results and side effects. However the new trans-urethral microwave technique (TUMT) is efficient but expensive.
All known synthetic drugs used for the treatment of prostate enlargement have not proved effective so far.

**Herbal Medicine:**
Research into herbal alternatives in the last eighteen years (1995-2013) at the Narl Specialist Clinic, Centre for Research and Development of Phyto-medicines, in Ibadan, Nigeria; showed promising herbal medicines which reduced the prostate specific antigen in cases of BPH to normal levels (0-4ng/dl), within the first eight weeks of treatment. Olapade,(2001); Olapade,(2003)and Olapade et al,(2004).

In cases where there is malignancy, the same medications are used for longer periods not less than six months. The PSA is also drastically reduced within the first two months of treatment. CA-ALL is added to this therapeutic procedure as a result of the cancer. This novel medication compounded with Cocos nucifera, piper guineense and Dioclea reflexa. Have been registered with the National Agency for food, Drug Administration and Control (NAFDAC) in Nigeria and named prostanull. The CA-ALL medication is a new herbal therapy compounded for the treatment of cancer presented at early stages and under observations. In addition each cancer patient is encouraged to eat two ripe fruits of Lycopersicum esculentum- Tomatoes fruits daily and the vegetable soup made with the leaves of Vernonia amygdalina- bitter leaf, thrice weekly.

Eighty (180) men with BPH and forty two (42) men with cancerous prostate were treated within the period of review.

**Result:**
178 men with Benign Prostatic Hyperplasia(BPH) recovered fully from this ailment 98.8%, while 2 of them aged 89 and 92 years old died with their primary causes of death due to congestive cardiac arrest, as both were known hypertensive patients.

In the case of cancer of the prostate: 18 cases recovered fully 48.8%, with all clinical investigations showing no evidence of cancer in their prostate organ or any evidence of metastasis else where within their body.
Among the remaining 24 cases which did not recover, 16 of them died within five years, while the remaining 8 who started treatment in the last six years are still living and continuing with their treatments.

**Conclusion:**
The new herbal remedy called prostanull developed from plants of the tropical African forest has provided a reliable remedy for Beningn Prastatic Hyperplasia, which can be taken advantage of by the whole world. It can be purified and repackaged, distributed for use by adult males all over the world.

As for CA-ALL, added to prostanull for the treatment of cancer of the prostate, the 42% success recorded in this study is a pointer to a likely break through in the search for cancer remedy.

**References:**


Treatment of intra uterine Fibroids in women without surgery in Nigeria.

The efficacy of herbal medicines as palliatives in HIV/AIDS Management
Paper presented at the 27th International Horticultural Congress & Exhibition. COEX, Seoul, Korea. 13-19, August,2006. 8pp
