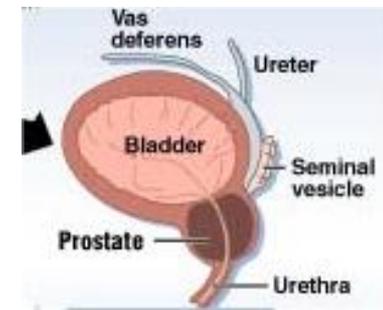


BENIGN PROSTRATIC HYPERPLASIA



Clinical manifestations

Difficult urination, reduced stream, frequent urination, nocturia, feeling of heaviness in the perineum. Tongue Swollen, sticky coating on root. Pulse slippery and Wiry on left *chi*.

Treatment principle: Resolve Phlegm, move Qi, dissolve nodules, soften hardness.

Acupuncture: BL-22 Sanjiaoshu, Du Mai, Ren-3 Xhongji, Ren-2 Qugu, BL-34 Xialiao, BL-32 Ciliao, Ren-12 Zhongwan, ST-40 Fenglong, SP-9 Yinlingquan, LIV-5 Ligou.

Prescription

Empirical prescription by Dr Zhu Ceng Bai (Kun Bu, Hai Zao, Che Qian Zi, Mu Li, Fu Hai Shi, Zhe Bei Mu, Xing Ren, Xia Ku Cao, Xuan Shen, Chai Hu, Qing Pi, Niu Xi, Chi Shao, Da\ng Gui, Ba Ji Tian, Gan Cao).

PATHOLOGY

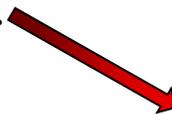
BIAO: Blood Stasis, Dampness, Phlegm, stasis of Jing.

BEN: Kidney deficiency (Yang or Yin), Spleen deficiency, Liver deficiency.

CHANNELS: Du Mai, Ren Mai, Chong Mai, Liver, Bladder.

DEEP (BLOOD) LUO

Blood stasis in the prostate is located in the Deep (Blood) *Luo* of the prostate.



PATHOLOGY OF BENIGN PROSTATIC HYPERPLASIA IN CHINESE MEDICINE

The pathology of benign prostatic hyperplasia is complex and it is always characterized by Emptiness and Fullness.

a) DEFICIENCY OF KIDNEYS, SPLEEN AND LUNGS

- A Kidney deficiency is always at the root of benign prostatic hyperplasia because:

A deficient Kidney fails to transform, transport and excrete fluids in the Lower Burner resulting in accumulation of fluids and eventually Dampness and Phlegm.

- There may also be Lung and/or Spleen deficiency. A deficient Lung fails to make fluids descend and a deficient Spleen fails to transform fluids: this leads to the formation of Dampness and Phlegm.

b) DAMPNESS AND PHLEGM

A deficiency of the Kidneys, Spleen and Lungs leads to the impairment of the transformation, transportation and excretion of fluids and therefore to Dampness and Phlegm accumulating in the prostate.

The symptoms of Phlegm accumulation in the men's genital system are as follows:

Prostatic hypertrophy

Peyronie's disease

Priapism

Impotence

Sweaty genitals

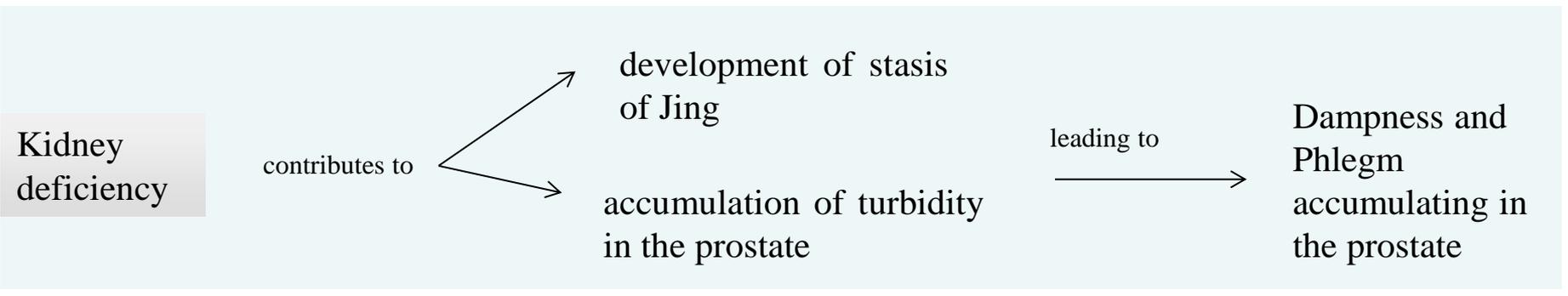
c) STASIS OF JING

- There is a pathology not only of fluids but also of Jing
- Although the ancient Chinese did not have a knowledge of the prostate and seminal vesicles, they were aware of the difference between urethral discharges of urine and of sperm.
- Urethral discharges of urine pertain to the pathology of Lin Syndrome and therefore of Body Fluids
- Urethral discharges of sperm pertain to the pathology of Jing and are generally due to a weakness of the “Sperm Gate” (Jing Guan).

- “Turbidity” is often mentioned in Chinese medicine, especially in diseases of the Lower Burner.
- In urinary diseases, “turbidity” indicates a pathological state of the fluids in the Lower Burner: this occurs when there is an impairment in the transformation, transportation and excretion of fluids in the Lower Burner. In this context, “turbidity” manifests not only with turbid urine but also with urinary difficulty.
- In genital diseases such as prostatitis and benign prostatic hyperplasia, “turbidity” refers to a pathology of Jing: in this context, it manifests with urethral discharges of sperm, prostatitis and benign prostatic hyperplasia.
- In both urinary and genital diseases, “turbidity” also refers to retention of chronic Dampness.
- Although we think of the Jing as a pure, precious fluid that is inherited from the parents, it plays a role in the physiology and pathology of men’s genital system in the same way that Blood does in women: as a result, Jing in men can become stagnant and be affected by “turbidity”.

Stasis of Jing is somewhat equivalent to Blood stasis in the Uterus in women and its clinical manifestations in men are as follows:

- Stabbing pain lumbar region
- pain in perineum
- hypogastric pain
- pain in testis and/or penis
- impotence
- premature ejaculation
- priapism
- prostatic hypertrophy
- premature greying of hair
- itching or pain in pubic region
- abnormal sperm
- sperm urethral discharge
- Peyronie's disease
- Purple tongue, Choppy, Wiry or Firm pulse



• Dampness and Phlegm in the prostate interact with stasis of Jing and these two pathological conditions aggravate each other in the same way as Phlegm and Blood stasis do.

• In particular, when stasis of Jing interacts with Phlegm, it is men's genital system that is affected.

d) BLOOD STASIS

Blood stasis resulting from stagnation of Liver-Qi and Liver-Blood and from stasis of Jing is another factor in the pathology of benign prostatic hyperplasia.

The clinical manifestations of Blood stasis in men's genital system are:

- o Stabbing pain lumbar region
- o pain in perineum
- o hypogastric pain
- o pain in testis and/or penis
- o priapism
- o prostatic hypertrophy
- o abnormal sperm, blood in sperm
- o Peyronie's disease
- o Purple tongue
- o Choppy, Wiry or Firm pulse.

- Blood stasis in the prostate occurs in the prostate's Blood Luo Mai.
- One therefore needs herbs that “penetrate the Luo Mai” (*tong Luo*) such as:

Lu Lu Tong



Tong Cao



Ju Luo



Si Gua Luo

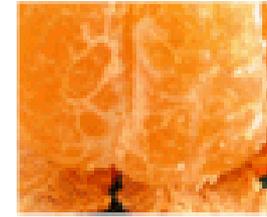


Lou Lu



- Ju Luo is the pith of the red tangerine, the “pith” being the white fibrous tissue surrounding the flesh and directly below the skin of a citrus fruit.

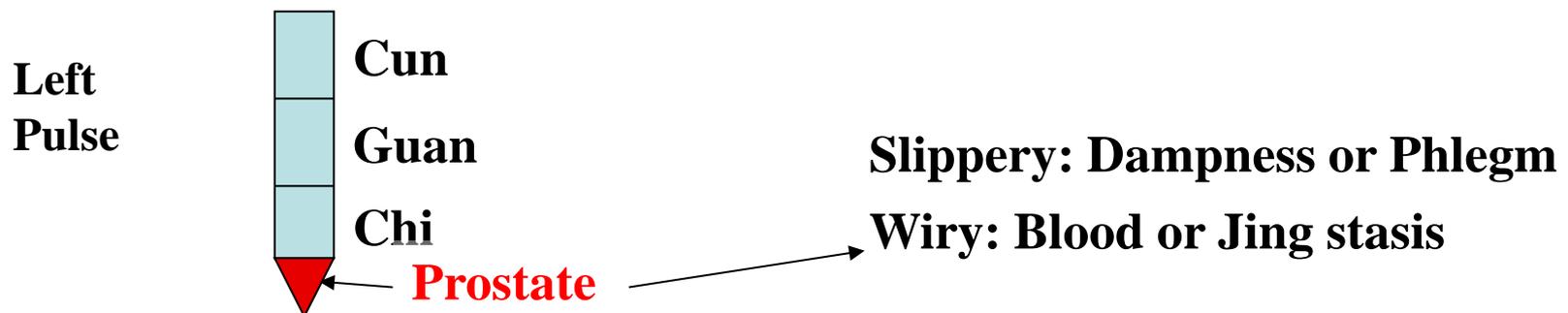
- It is interesting to note that the Luo Mai form a reticular network of channels and the pith of a tangerine resembles such network.



- It is also necessary to describe a pulse finding that is encountered frequently in practice.

- The prostate can be felt on the proximal end of the left-Rear position (left Kidney position): this is felt by rolling the finger proximally but only very slightly.

- If the prostate is enlarged, the pulse feels either Slippery (indicating Damp-Phlegm as the main cause of the swelling) or Wiry (indicating Blood stasis as the main cause of the swelling).



TREATMENT STRATEGIES

a) HERBAL STRATEGY

The following are the treatment strategies commonly adopted:

Invigorate Blood: Lu Lu Tong, Wang Bu Liu Xing, Mu Dan Pi.

Resolve Dampness: Yi Yi Ren, Bi Xie, Shi Wei, Hai Jin Sha, Tian Kui Zi.

Resolve Phlegm: Zhe Bei Mu, Ban Xia, Xia Ku Cao, Dan Nan Xing, Si Gua Luo.

Soften hardness: Yi Yi Ren, Zhe Bei Mu, Kun Bu, Hai Zao.

Resolve Toxic Heat: Bai Hua She She Cao, Shan Dou Gen, Tian Kui Zi.

Penetrate the Luo channels: Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu.

Open the orifices: Shi Chang Pu.

The method of “softening hardness” is used for abdominal masses, especially those from Blood stasis.

ACUPUNCTURE

- When treating prostate problems, it is important to treat one of the three extraordinary vessels that flow through it, i.e. the Du, Ren or Chong Mai.

Use the Du Mai for pronounced Kidney-Yang deficiency

Use the Ren Mai for pronounced Kidney-Yin deficiency

Use the Chong Mai for pronounced Blood stasis.

- In all cases, I use the opening and coupled points of the relevant extraordinary vessel.
- In men, use the opening point on the left side and the coupled point on the right, e.g. for the Du Mai, S.I.-3 Houxi on the left and BL-62 Shenmai on the right.
- The main points used according to channel and patterns are:

Du Mai: SI-3 Houxi (left) and BL-62 Shemai (right).

Ren Mai: LU-7 Lieque (left) and KI-6 Zhaohai (right), Ren-2 Qugu,
Ren-3 Zhongji.

Chong Mai: SP-4 Gongsun (left) and P-6 Neiguan (right), KI-14 Siman.

Liver channel: LIV-5 Ligou, LIV-1 Dadun, LIV-3 Taichong.

Back-Transporting points: BL-32 Ciliao, BL-34 Xialiao.

Damp-Phlegm: ST-40 Fenglong, SP-9 Yinlingquan, BL-22 Sanjiaoshu, ST-28 Shuidao, Ren-3 Zhongji, Ren-5 Shimen.

Blood stasis: LIV-3 Taichong, SP-10 Xuehai, BL-17 Geshu, KI-14 Siman.

Stasis of Jing: KI-14 Siman, Ren-5 Shimen.