

TO MAKE AN UNDERSTANDING OF THE ROLE OF YOGA & THE MEASURES ADVISED IN BENIGN PROSTATIC HYPERPLASIA

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INTRODUCTION

Yoga aims to prevent disease, maintain health and to treat the diseases. Asanas & Pranayama help to keep the tridoshas under control and hence impart good health. Yoga & Pranayama play a major role in both preventing this condition and to treat it. In males, urinary incontinence is a common problem in middle & old age men. It results in pain & tenderness in the fork of the thighs & painful urination. Sexual excess, weakness of the muscles, impurities in the bloodstream, taking of strong cathartics & improper diet are the factors known to contribute to the manifestation of symptoms. Researchers regard a degree of prostatic enlargement to be a normal accompaniment of old age in male body. Symptoms of BPH are known to resemble the symptoms of Ashthila in Mutraghat .

AIM

To make an understanding of the role of Yoga & the measures advised in Benign Prostatic Hyperplasia (BPH).

OBJECTIVES

To present a more clear vision of the Yogic measures advised in Benign Prostatic Hyperplasia (BPH).

MATERIAL AND METHODS

The study is planned on conceptual basis using the texts of Yoga and Ayurveda & then a logical approach is applied to conclude the main points of the study.

DISCUSSION /OBSERVATION

THE YOGIC REVIEW OF BPH

- BPH occurs as a long term effect of excessive & imbalanced secretions of the male hormones such as testosterone, where the pituitary hormones responsible for reproductive & sexual behavior have been released in excessive & uncontrolled quantities during the earlier decades of active sexual life , the end result may be chronic infection or the uncontrolled & excessive growth of the gland until it ultimately encroaches inwards upon the urethral passageway which passes through its lobes.
- With prostatic hyperplasia, the flow of urine is gradually & progressively obstructed. The urge to pass urine becomes more frequent, but can only satisfied only by active straining. Thus the passage of urine becomes a constant & time consuming preoccupation & the sufferers movements & lifestyle are limited as he needs to be always in close proximity to a toilet.

- Since the bladder can no longer be completely emptied, a stagnant pool of urine starts to build up behind the gland, which can become infected leading to further irritation & difficulty requiring yogic & medical management.

YOGIC MANAGEMENT OF BPH :

BPH can be managed by yogic practices which systematically control the endocrine secretions, shrinking the prostate gland & restoring proper urinary control, especially in the early stages of the disorder.

ELDERLY MALE : It is often difficult for an elderly man to follow a full energetic program of asanas, pranayama & shatkarmas & meditation, though some cases of BPH have been showed to be relieved by PAWANMUKTASANA alone.

MIDDLE AGED MEN : Middle aged men who follow the program will obtain good results.

YOUNG MEN : Young men who suffer from deep seated prostatic infections should follow the program religiously & reduce the sexual activity as much as possible until the disease has been cured.

- **SURYANAMASKARA** Suryanamaskara should be performed at sunrise, to capacity, building up to twelve rounds or more. It is a very important pranic regenerator.
- **ASANA:** Commence an asana program with the Pawanmuktasana & Vajrasana series. Later on these asanas can be adopted gradually, according to one's capacity :
 1. Trikonasana,
 2. Ardhapadmapaschimottanasana,
 3. Gatyatmak Paschimottanasana,
 4. Shashank bhujangasana,
 5. Shalabhasana,
 6. Sarvangasana,
 7. Drutahalasana,
 8. Chakrasana,
 9. Dwipadakandharasana,
 10. Ushtrasana,
 11. Matsyasana,
 12. Padaangushthasana,
 13. Mayurasana,
 14. Veerasana,
 15. Bhadrasana.

Sit in Vajrasana whenever possible.

- **PRANAYAMA** Bhastrika to capacity, in combination with inner retention, moola bandha & Jalandhar bandha are recommended to restore energy. Nadi Shodhana upto stage 4 should be performed over a six month period. Surya bheda should be practiced once or twice a day, upto ten rounds.
- **MUDRA & BANDHA** Moola Bandha & Vajroli mudra twenty five times a day. Mahamudra & Maha bheda mudra upto seven times daily.
- **SHATKARMA** Neti & Kunjal should be practiced daily & laghoo shankhprakashana once a week.
- **RELAXATION** Yoga Nidra should be practiced each afternoon & abdominal breath awareness in shavasana should be practiced before sleep.
- **DIET** A light diet free of meat & excessive spices & oils is highly recommended. This conserves energy, enabling it to be redirected for healing purposes. Overeating should be avoided & the evening meal should be taken around sunset. Tea & coffee in excess are harmful, & alcohol & tobacco should be discontinued. Drink plenty of water.

- **FASTING** One day per week of fasting or missing the evening meal every few days is highly recommended.
- **AMAROLI** Amaroli can be commenced if the protein content of the diet has been reduced.
- **REST** Adequate rest is essential. A lifestyle based on social activity & late nights should be suspended, at least for some months.

RESULT

Yogic measures are useful in maintaining Prostate health ,to control the progress of disease process & also to treat it to some extent.

- **Swami Satyanand,Prostatic Disease,Yogic Management of Common Diseases,1st ed.Bihar:Yoga Publication Trust;1983.p.213-216**
- **Makarand Madhukar Gore,The Endocrine System,Anatomy & Physiology of Yogic Practices,6th ed.Delhi:New Age Books;2016.**

