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PROSTATE ENLARGEMENT: HOMEOPATHIC APPROACH

An enlarged prostate, also known as benign prostatic hyperplasia (BPH), is a disorder that generally tends to affect men as they age.

With age, the cells of the gland begin to multiply, leading to an enlarged prostate. An enlarged prostate is problematic because it presses on the urethra, creating difficulties with urination and weakening the bladder.

BPH will produce symptoms such as weak or interrupted urine stream, inability to urinate, difficulty starting or holding urination, and the need to frequently urinate, especially at night.

If left untreated, an enlarged prostate can block the flow of urine out of the bladder, leading to other complications such as urinary retention and kidney damage.

Here is natural remedies you can try at home to ease symptoms of BPH. Eat Pumpkin seeds as snacks or mix in salads because they contain both zinc and essential fatty acids (EFAs). It has anti-inflammatory properties that could help ease symptoms that are already present.

Homeopathy can treat these problems gently, effectively, without using a knife. As now perceived BPH is thought to be related to aging process and hormonal deviations associated with it. Homeopathy, which works at deep, constitutional level, brings back these deviations to normal, thus preventing further enlargement. To a certain extent, it can shrink the enlarged gland. Moreover, relief of symptoms associated with urinary problems obtained with homeopathy is without the side effects of surgery. However, it is possible to avoid surgery with timely administered homeopathic medicines.

The top five homeopathic medicines to treat BPH are **Sabal Serrulata**, **Conium Maculatum**, **Lycopodium**, **Baryta Carb** and **Chimaphila**.