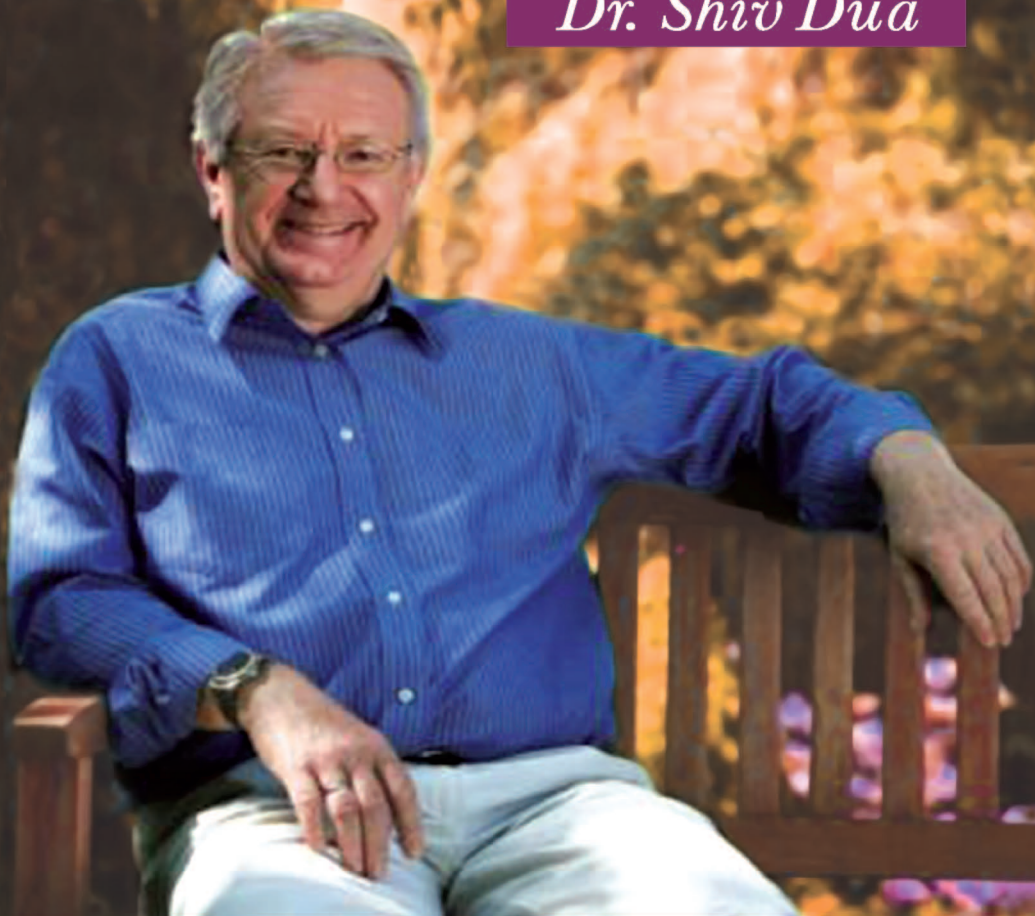


KING GLAND PROSTATE

KNOW, CARE & CURE

Dr. Shiv Dua



Includes: Homeopathy, Ayurveda, Yoga, Naturopathy,
Diet, Acupressure, Magnetotherapy

KING GLAND PROSTATE

KNOW, CARE & CURE

includes

**Homeopathy, Ayurveda, Yoga, Naturopathy,
Diet, Acupressure, Magnetotherapy**

DR. SHIV DUA

HEALTH  HARMONY

An imprint of

B. Jain Publishers (P) Ltd.

An ISO 9001 : 2000 Certified Company

Note

Any information given in this book is not intended to be taken as a replacement for medical advice. Any person requiring medical attention should consult a qualified practitioner or a therapist.

KING GLAND PROSTATE —KNOW, CARE AND CURE

First Edition: 2006

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright holder.

© with the publishers

Price Rs. 79.00

Published by Kuldeep Jain for

HEALTH  HARMONY

An imprint of **B. Jain Publishers (P) Ltd.**

AN ISO 9001 : 2000 CERTIFIED COMPANY

1921, Street No. 10, Chuna Mandi,

Paharganj, New Delhi 110 055 (INDIA)

Phones: 91-11-2358 0800, 2358 1100, 2358 1300

Fax: 91-11-2358 0471; *Email:* bjain@vsnl.com

Website: www.bjainbooks.com

Printed in India by

J.J. Offset Printers

522, FIE, Patpar Ganj, Delhi - 110 092

Phones: 91-11-2216 9633, 2215 6128

ISBN: 81-8056-779-6

BOOK CODE: BD-5936

Dedication

This book is dedicated to my respected father Late Shri Hira Nand Dua who gave me my first lessons in homeopathy. It was he who guided me about the working of the prostate gland. He always called prostate as the 'king' gland of the body.

The book is also dedicated to all "gray haired golden people" who are nearing retirement or leading a retired life.

THANKS

My wife Uma Dua, son Dharmesh, daughter Nilima; Amit, Anuradha, Tanya, Akshay and Aryan for their contribution to enable me to write this book.

Dr. Sanjeev Kumar, B. Sc., BHMS (Gold Medallist). His knowledge on anatomical and physiological aspects of the body always helps and guides me in writing my books.

Dr. R.S. Chandna, Ex-President, H.M.A.I., Faridabad for his cooperation.

All doctors of HMAI, Aligarh unit, namely Drs. B.N. Paul, Anwer Salam, Yogesh Gupta, R. Saraswat, S.K. Gaur, Manish Jain, D.C. Banerjee, R.K. Vashishta, M.C. Banerjee, Niranjana Lal, P.K. Sharma, Sagheer Ahmed, Ashok Vashishta, Rajat Saxena, R.K. Saxena, P.K. Dasgupta, Ravi Sharma, Sunil Gupta and Mrs. Poonam Batra. They conferred continuous confidence in me and invited me to their scientific meets and seminars to impart and exchange views on homeopathy.

Dr. Shiv Dua

M.A., D.I.Hom., HMD (London)

INTRODUCTION

“Prostate is a King gland because queens do not have it. It is a proprietary providence of male’s prowess to be called a ‘**Purash**’. That is why it is called ‘**PORUSH OR PURASTH Granthi**’ in Hindi. Prostate is a symbolic pride depicting youth. When youth is gone, prostate also gets old, wrinkled, enlarged and even diseased.”

This is what my father late Shri Hira Nand Dua told me about the prostate gland. He was a true devotee of Homeopathy. A doctor Milava Ram of Dera Ismail Khan, NWFP, Pakistan introduced him to homeopathy and biochemistry. He had some ‘Urdu’ books published by J.S. Sant Singh of Lahore. After the partition of India when our family shifted to Amritsar, I saw three books with him— Organon, Materia Medica of Kent and Boericke. I do not know how many books he was having while in Pakistan. An Urdu book ‘Kamil Sanyasi’ (still with me) containing pen-sketches of body’s organs was his pride possession. It was this ‘Unani’ literature that gave me first information about the prostate gland.

In 1995, I wrote an article in Hindi, “**Jab Prostate Granthi Barh Jaye**” and it was published in ‘Rajasthan Patrika’ (13.10.95); a leading Hindi daily of Rajasthan. Those days I was working in Geological Survey of India and posted in camp Sawar of Dist. Ajmer, Rajasthan. In the evening attended to patients at Bus Stand, Sawar. A small hardware store owner had provided verandah of his shop with table, bench, chair and wooden box to keep my medicines that were distributed free of cost to the people. After this article was published in newspaper, many aged patients having

prostate complaints started coming. Before reading this article, they never thought of the existence of this gland and they always held kidneys responsible for their urine problems. The fact is that more than seventy five percent of our male population lives in rural areas and most of them do not know about the names of glands like Prostate. This is unfortunate that people are trained to earn livelihood, trained to keep good health, trained to keep off vices but not trained to know their body parts. Parents tell their children to take milk, butter, ghee or non-vegetarian meals and also about exercise but no one tells them about working of our body. Imparting this knowledge is left to the school teachers. If a student learns something about human body during his study course, prostate does not come up in the primary functioning of body until there is a higher study of medicine.

Even if people are told about the prostate and its connection with sexual activity, they would resort to celibacy or avoid sex rather than going in for treatment or operation. For them, anything connected with urine problems is due to less intake of water or 'Lassi' or 'Chhachh'. In big cities and towns where people are better educated, they are aware of prostate problems but still they avoid its operation, thinking that it is a symbol of their existing sexual power, which they do not want to part with.

In the name of psycho-analysis (propagated by Freud), many doctors say that sexual activity entertains mind and dissolves tensions. It is a materialistic view of modern era and has no scientific basis. Freud does not say that one should indulge in sex only to entertain or erase tensions. His saying is that it should not be suppressed. Indian people are traditionally bound to think that conservation of semen through celibacy means prolonged life and youthfulness.

According to 'Vedas', **loss of semen is death and its absorption in the body is life.** We have two types of secretions - internal and external. Some internal secretions, when absorbed in the body, keep the body healthy and prolong longevity. Man can overcome old age diseases (prostate enlargement or prostate cancer included) by preservation of semen. By its loss, the life is shortened. When an old man, of say seventy years, indulges in prolonged sexual act, his blood pressure increases and when it is difficult to cope up with this increased pressure, it ends in paralysis or brain hemorrhage. This also means that an old man indulging in sex is putting undue pressure on his prostate for release of fluid. Where is the necessity to do so when the efficiency of prostate is on the decline? It is supposed to be left idle. Many doctors do not agree to this argument and say that prostate must be kept active for prolonged life of the gland.

According to ancient Vedic system, the life of man is hundred years. At the age of fifty, he enters '*Vaanprastha ashram.*' After the age of fifty, no one should enter into sexual acts, if he desires to live upto one hundred years. We are Indians and should believe in Indian system of living. Why should we leave our thinking and way of life and adopt western materialism, thinking, eating habits and their sex 'adventures' like anal/oral/unnatural sex? **'We should preserve precious semen after the age of fifty and let it get absorbed in the body to avoid diseases of 'Porush granthi', says the golden Indian philosophy.**

Prostate is an organ that is **most susceptible to cancer** and no one knows when it develops and when to start preventive treatment. No other human organ in our body is so much prone to cancer as is the prostate. In America, more than two lakh men fall victim to prostate cancer each year.

About forty thousand men die of prostate cancer each year in America. When, in a country like America, with advanced medical awareness among people has such a toll of deaths, one can imagine the state of prostate cancer in India. How many Indian men die of prostate cancer? There is no record about it because of lack of data and information fed to the government hospitals. The facilities of curing prostate cancer or removal of gland in the villages and small towns are missing and hence villagers die of cancer without any record of it in dispensaries. Even if the facilities are made available one cannot educate the people on this aspect overnight. In western countries, medical awareness is far superior to eastern countries. USA has government and non-government organizations, which keep record, advise and console patients of cancer, thyroid and prostate etc. They have made societies like Thyroid, Cancer or Prostate Care.

There is a practical problem in diagnosing prostate enlargement and cancer of prostate gland. By the time, the symptoms appear, the gland is already enlarged or having carcinoma. The conventional check systems, pathological tests and electronic gadgets do help but there is still scope for such an investigating tool that could serve the purpose of early diagnosis of this disease. Recently it has been reported that a rapid check system has been installed in Mumbai's Jaslok Hospital that does the JOB!, scanning in seconds. This is done by light speed Volume Computed Tomography called **VCT**, which is the fastest quick-fix diagnostic tool. It enables the doctors to capture the images of the heart and coronary arteries in just five heartbeats. The machine has the potential to change the way diseases are diagnosed and treated. It scans the kidneys in just one second and can perform a complete body scan in ten seconds. At present angiography takes around thirty minutes, brain scan forty five minutes and complete body scan takes two hours.

We are in a world of continuous change in scientific and technical studies. Hopefully, the day is not far when diagnosis of cancer would be made in its budding stage for treatment.

Government has recognized six systems of medicines namely Allopathic, Homeopathic, Ayurvedic, Unani, Sidha and Yoga/Naturopathy. **In this book, Prostate, has been dealt with Homeopathy, Ayurveda and Yoga/Naturopathy so that the readers have options to resort to.** The aim is to bring home cure before surgery is done. If early home treatment is undertaken at the onset of primary symptoms, there is every scope that operation to remove prostate gland is averted.

This book about prostate gland is written to serve those gentlemen who consult doctors for treatment of urine problems and are diagnosed with problems in prostate. Doctors have no time to tell the patients about functioning of the prostate. Even if the problem is explained, patients do not get a correct idea about its care and management. With little knowledge that the problem is with his sexual sphere, he is worried and ashamed of telling his relatives and friends. This book tells about the prostate gland in simple and non-medical language, so that there is no confusion.

The size of the book has been kept small so that one can read it in a single sitting. The utility of the book is for **'old-gold-aged'** patients suffering from prostate diseases and for students or practicing medical professionals. There are ten sections in the book so that one can have complete knowledge of the gland, its diseases and care, management in a quick glance.

25th June 06
2617, Sector-16,
Faridabad-121002

Dr. Shiv Dua
Regd. 4084-B (Haryana),
Phone: 2281764, 09312302205 (M)
E-mail: shiv_duadr@yahoo.co.in

HELLO, I AM YOUR GENTLE, GENTEEL AND GENETIC KING ORGAN, PROSTATE

Sir,

I am your prostate, living in your body in a generative zone. I am situated in the cavity of the true pelvis under the fundus of the bladder and have a base and an apex. If you are fifty years old, I am too fifty years old. My shape is like an English walnut lying in an inverted triangle and weighing about 20 grams (adult). It is variable from 20 to 30 gms. I am almost wrapped around your urethra like a ring fits the finger. Human race is due to my presence in your body. I am also called 'Porush Granthi or Purasth Granthi' in Hindi. I get activated when you do intercourse with your partner. Your testes then produce about 200 million sperm cells and my job is to dilute them with a fluid. This special fluid has enzymes, proteins, sugar and fat to nourish the fragile sperms. It provides alkalinity to overpower the acidic female tract and in this fluid, the sperms can swim towards the female egg. I do not know how I ejaculate my fluid but I definitely get directives from the lower end of your spinal cord. Many more jobs are accomplished on such directives. The sphincter valve of the bladder that opens in the urethra gets closed. My whole body contracts and the two seminal vesicles also get squeezed. The vesicles send about twenty percent of my fluid and the rest less than a teaspoonful goes out through the urethra. I have three lobes lying side-by-

side and encased in a capsule. The small urinary tube which empties the bladder crosses through the middle lobe. Any inflammation, hypertrophy and infection or cancer etc. occurring here naturally enlarges these lobes and obstructs the urine flow. When urine is not passing freely, I am very much disturbed because some urine is blocked in the bladder and becomes stagnant. Bacteria grows there and brings many more complications. I cannot tell more about that because my vision is limited to my activities.

When you were thirteen years old, my size was that of an almond weighing about 8 grams. With increase of your age and induction of hormonal signals, my size also got enlarged. At puberty, my weight became doubled. My grapelike clusters of glands began making seminal fluid for storing in my muscled pouch. I am of normal size by the age of twenty years. At the age of fifty, I am twenty percent more than the normal size. At seventy years of age, my size will be increased by fifty percent of normal and at the age of eighty, I shall be bigger by eighty percent. My enlargement is both benign and malignant. Malignancy is not very common but God forbid, if I become cancerous, please cut me out of the body so that no other friend in my neighborhood becomes cancerous.

I am fifty years old now. During the last few years, my size and weight have increased and now the tissues surrounding me are also pressing me inwards. I cannot expand more due to lack of space and hence I have to press the urethra more. The wall of bladder, my friend, is getting thicker and irritable. Naturally, it is contracting even when it has very little quantity of urine. This makes me uncomfortable and my urine is frequent. I know I am causing scanty urination and I have to get up during the night and

early morning to urinate. This is because my increased weight is pressing the urinary bladder. It is all right that you are tolerating this problem and trying to tone up the muscles of bladder and urethra through some 'Yoga' exercises. If my weight goes on increasing, you will have retention of urine, dribbling of urine, escape of semen after urination and you will feel as if some drops are left inside which you cannot vacate. At that time, it would be better if you get my photographs on ultrasound machine. Also get your blood urea, ESR and PSA examined.

At present I am having some problem with my health and I advice you to take me to a doctor. Thanks. Well, here comes the finger of the surgeon to feel me. The doctor has inserted his finger in your rectum to reach me. To him, I felt hard but without any nodule. I am happy to hear that I am not to be disturbed and cut by a knife at present. But you should follow the directions of the doctor. Stop your tea, coffee, and intake of spicy and fried food. Over and above, do not have intercourse with your wife now onwards till the doctor tells you that I am in my normal condition. Another thing, please do not drink alcohol, which you used to consume every other day with your friends.

Here is a piece of advice. Whenever you feel that my passage has blocked and you are having difficulty in urinating, contact the doctor. He will pass a rubber tube through the urethra to the bladder. He can remove me if I am found too large. In other case, he will insert a small round instrument in the urethra and he can view the whole of inside. He can then cut the obstructing tissue through an electrically operated cutting loop. He may also freeze the blocking tissue with liquid nitrogen. I am just telling you all this so that you do not get afraid of some major surgery.

I shall advice you to start 'Yoga' and with it some homeopathic medicines to maintain my health and keep me in status quo. No medicine can shrink my size to normal. I am not going to bother you and shall be delivering you my efficient work without any hindrance from the pressed bladder.

I also request you to get my condition checked through rectal route twice every year from a doctor. If you find my condition deteriorated, be it benign or malignant, do not hesitate to get me expelled from your body. I do not mind if your body is saved and I am out of it. If you ever hesitate that upon my operation, you would go impotent, it is a wrong notion. Only one out of five patients undergoing surgery get impotent. There would not be any change in your sexual capacity.

Thank you for reading me.

Your most sincere gentle, genteel and genetic organ,
Prostate

**DO YOU KNOW THE LOCATION OF YOUR
PROSTATE GLAND?**

- **Have a look below the navel. There are pubic hair above the penis. Press here and you will feel an edge of bone beneath your pressing fingers of the right hand. This is the pubic bone.**
- **Now, move fingers of the left hand directly opposite to this pubic bone and press above the mid of two hips. You will feel presence of another bone. This is called the coccyx.**
- **Draw an imaginary straight line between the pubic bone and the coccyx. This line will cross and touch your prostate gland. At this very place, the urethra (excretory canal or tube of the bladder) is also located. The urine passes from the bladder through urethra.**
- **This urethra crosses the prostate gland. This means the prostate gland surrounds urethra in the same way as a ring surrounds and fits a finger.**

ENLARGEMENT AND CANCER OF PROSTATE

- B.P.H. (Benign Prostatic Hypertrophy) or B.H.P. (Benign Hypertrophy of Prostate) or enlargement of prostate gland does not require any treatment until it produces symptoms.
- If you are 50 to 55 years of age, your urine frequency is more than usual during night and flow of urine falls vertically down without making an arc, it is time to get your prostate checked. (See page 43–self examination)
- *The symptoms of B.P.H. are:* frequent urination at night, weak flow of urine, discomfort during urination, incapability of holding back urine and great urge.
- Indian men have less frequency of prostatic enlargement in younger age group. In Negroes of Africa, prostatic enlargement is rare and in the Asiatic, it is exceptional.
- Postponement of urge for passing urine may lead to enlargement of prostate gland. (See page 26)
- B.H.P. takes many years to develop and it is wise to get a medical examination done as soon as the first symptoms appear.
- In the early stages of B.H.P., there is increased libido (desire to have sex), but in the later stages, impotence is the rule.

WHEN TO UNDERGO SURGERY FOR PROSTATE?

- Over four lakh men suffer from B.P.H. and over two lakh suffer from cancer of the prostate in U.S.A. It is the second most dangerous type of cancer in men that kills about forty thousand men each year in the U.S.
- Prostate gland is more susceptible to cancer than other organs of the human body.
- Indian males suffer from prostate cancer and still do not know it. Almost eighty percent of men aged more than sixty-five years have microscopic cancer of prostate. It takes decades to develop this cancer.
- B.P.H. can also convert to cancer of prostate if symptoms of cancer are neglected. (See page 32)

WHAT TO EAT AND WHAT NOT TO EAT FOR PROSTATE-CANCER PATIENTS? (SEE PAGE 105)

WHAT IS THE FIRST AID HOME TREATMENT FOR B.P.H. (SEE PAGE 67)

INFORMATION YOU WOULD LIKE TO KNOW ABOUT B.P.H. / B.H.P.

What is B.P.H. or B.H.P.?

B.P.H. is Benign Prostatic Hyperplasia or Hypertrophy as is known in USA. In India, some doctors name it B.H.P. or Benign Hypertrophy of Prostate. It is a condition wherein a man's prostate gland gets enlarged.

What are the symptoms of B.P.H.?

Some of the important symptoms that a man experiences due to BHP are:

- Frequent urination during night in particular.
- Difficulty in urinating.
- Painful or burning sensation during urination.
- Urine flow not easily stopped.

What are the causes of B.P.H.?

The main cause of B.P.H. is formation of dihydrotestosterone (DHT).

With the increasing age, say more than 45 or 50, the body converts more testosterone into DHT. (Testosterone is an androgen hormone and it stimulates bone and muscle growth and sexual development. It is produced in the testes).

What is the treatment available in India for B.P.H.?

The doctor tells the patient to keep a watch after he gives some primary medicines. If the patient feels that he is getting some relief in his symptoms, he should consult a doctor after 15 days.

Doctor may give some drugs to relax the muscles of the prostate and to block the hormones that enhances the

prostatic growth or give medicines to relax the bladder to improve upon continence.

Surgery is the last resort. Depending on the condition, size and enlargement of the prostate and other related medical problems, the doctor decides which surgical procedure is best suited to the patient.

(See page 105 of this book for knowing how to care for your prostate gland.)

CONTENTS

SECTION - I	
Prostate and Reproductive System	3
SECTION - II	
Causation-Pathology-Effects-Clinical Features & Examination of Patient	23
SECTION - III	
Prostatitis, Tuberculous Prostate and Prostatic Calculi....	61
SECTION - IV	
Cancer of Prostatic Gland	75
SECTION - V	
Care and Cure of Prostate Cancer	105
SECTION - VI	
Precautions and Care for Prostate	121
SECTION - VII	
Yoga and Prostate Gland	145
SECTION - VIII	
Acupressure and Prostate	157
SECTION - IX	
Magnetotherapy and Prostate	167
SECTION - X	
Homeopathy and Prostate	177
<i>Miscellaneous</i>	195
<i>Bibliography</i>	201

THIS BOOK IS INTENDED TO BE A GUIDE TO HELP CURE IN PROSTATE DISEASES BY YOGA, DIET, NATUROPATHY, ACUPRESSURE, MAGNETO THERAPY OR HOMEOPATHY.

“Prostate is a King gland because queens do not have it. It is a proprietary providence of male’s prowess to be called a ‘**Purash**’. That is why, Prostate is called ‘PORUSH or PURASTH’ Granthi in Hindi. Prostate is a symbolic pride depicting youth. When youth is gone, prostate also gets old, wrinkled, enlarged and even diseased. It would be true if I say that the very existence of human race is due to the existence of prostate gland.”

- *Hira Nand Dua*

“When the hair become gray and scanty, when specks of earth matter begin to get deposited in the tunics of the artery and when a white zone is formed at the margin of the cornea, at this period the prostate gland usually, I might perhaps say invariably, becomes increased in size”- Sir Benjamin Brodie (Courtesy- Bailey and Love’s “Short practice of surgery”).

Doctors believe that:

“If man’s life span is beyond 75 years of age, every man will have an enlarged prostate and many will have microscopic cancer of prostate.” Such is the legacy and story of this disease called B.P.H. or B.H.P. Read more about it inside. (Six prostate health Asans to keep you fit — see page No. 150 inside.)

OTHER BOOKS BY THE AUTHOR

1. Practitioner's guide to Gall Bladder and Kidney stones.
2. Oral Diseases.
3. Neck pain, cervical spondylosis.
4. Know and solve your thyroid problems.

PRECAUTIONS AND CARE FOR PROSTATE

Had breathing been an extra activity of the body without which one could survive, there would not have been time to spare for it due to busy schedule of people in big cities. It is not so and hence people have to breath in and out to live. This is a picture showing that we do not give much time to our health. This is one aspect and other aspect is that we do not respect our body. Suppose you are out to market for some urgent work and after a continuous exertion in Bank, LIC or other offices, you feel hungry and want to go to toilet also but you suddenly remember some work in IT office. Since it would be difficult for you to come again to this particular area you decide to do this work first and leave your urge to take food or go to toilet. This means that you have postponed your desire to eat and the impulse to urinate. This is one example. Now suppose you are on a bus journey and your water bottle is empty. You feel extremely thirsty. In the next terminal of halt for bus, you get down to take water.

KING GLAND—PROSTATE

There is no mineral water available in the shops but the municipal tap is running. You are afraid to take water from public tap for fear of taking contaminated water. You prefer to remain thirsty. Your body organs do not know why you are keeping them thirsty. This is another abuse of body.

But the greatest punishment and abuse to the body organs is when you prevent body urges and impulses. According to 'Unani' and 'Ayurvedic' therapies, following diseases occur when impulses listed below are stopped.

DO NOT STOP THESE URGES

When you stop	You may get major disorders or diseases like
Stool evacuation	Constipation, breathing trouble, pain in body, headache, gastric ailments, indigestion, eye diseases, eczema etc.
Urine	Renal calculi, prostate enlargement, pain in root of hair, Itching and eczema and all those diseases, which come after stopping stool.
Eructation	Hate to eat, trembling of body and hands, cough, hiccups
Sneezing	Heart sinking feeling, obstruction in neck movement, stiff neck, Bell's palsy.
Thirst	Deafness, dryness of mouth and lips,

PRECAUTIONS AND CARE FOR PROSTATE

	chest pain, tendency to doubt everyone, bodyache.
Hunger	Hates eating, body pains, tiredness and breathlessness on slight exertion. Loss of senses and change of skin color.
Cough	Asthma, anorexia, chest pain, nausea and hiccups.
Vomiting	All diseases of stomach, abdomen and skin.
Semen	Syphilis, eczema, psoriasis, depression.

**POSTPONE THE URGE FOR URINATION
AND INVITE PROSTATE TROUBLES**

If you go on postponing urination due to your laziness or if you do not want to get up from sleep to urinate or if you hesitate to go for urination because of an important meeting or discussion in the office, you are developing a habit that is dangerous for your prostate health. Postponing the passing of urine puts pressure on the bladder and thickens its walls and then it leads to enlargement of the prostate gland. This also causes obstruction in the urethra. Many problems like total obstruction in passing the urine or interruption of urine (drop by drop discharge), burning of urine and pain while passing urine is common if the urge to urinate is postponed.

HAS TENSION ANY IMPACT ON THE PROSTATE?

Research indicates that we attract almost all the diseases through our inappropriate method of handling the tensions, which act like magnet for diseases. Under the tension regime in the body, there is release of harmful toxic chemicals stored in our body which cause fatigue, pain and disease. Tensions and worries send wrong signals to the body and the result is that we get increased frequency of urination or evacuation. Here is a practical proof. When a son is scheduled to return home by, say, five in the evening and does not return even after seven and there is no phone call from him, the mother gets worried with a psychological apprehension of tragedy. The result is that she gets frequent urination or evacuation. The same type of hormonal imbalance occurs in males and frequent urination is one great symptom whose impact on prostate can be harmful. It is very difficult to deal with tensions but once a man knows the way out, he gets free from diseases. The best way is to expose your problems to your friends, relatives or write them down to find out a solution. In response to tensions, we are uneducated. Repressing the tension and worry will not save us from body ailments. On the other hand, allowing in tension make us face external situations that confirm what we are experiencing. Avoiding the tensions, ignoring them, denying them or comparing them with the tensions of other persons as not the solution. This is just like a mouse who shuts his eyes and avoids running after it sees the

cat. Tensions do bring ailments but they have a purpose to come. Tensions are meant to draw your attention to the unacceptable and your need to call for action. If you do so bravely and face the situation, tensions will not cause problems in your body. 'Difficulties are meant to rouse, not discourage', says William Ellery Channing, Psychologist.

DOES SEXUAL INTERCOURSE MAKE AN IMPACT ON PROSTATE GLAND?

Yes. During spells of experiencing prostatitis or knowing that your prostate is enlarged, better do not indulge in intercourse. There are some rules of this act. When you are not having any problem in the act of urination and you have not been to a doctor for check up of enlarged prostate and you are above the age of fifty five or sixty, you have every reason to enjoy sexual intercourse. Coition itself is an exercise for the prostate. It has to show its usefulness and get active. Any organ left unused for a long time is bound to get rotten. Prostate is no exception. If a man has not married, his life style is different and he has not used the sexual organs. In such case, prostate has negligible role. Married men with normal health can have sex but it should be during night so that a rest is obtained after this. There should be an interval of at least three hours after dinner otherwise gout, rheumatism, lumbago etc. can also aggravate, if existing. Do not have sex with a menstruating, pregnant or a

KING GLAND—PROSTATE

diseased lady. Enjoy sex with wife only once in a month or so. **Those identified with enlargement of prostate should never go in for intercourse.** It should be clear that the prostate gland gives passage to the urethra and the two ejaculatory ducts. When the prostate gland has enlarged due to old age and its connective tissue has also increased, it may interfere with the emptying of the urinary bladder.

CHANGE YOUR LIFE STYLE

You have had a busy routine life and now are a retired person. Suddenly you have developed BHP and are now worried. You have spent sixty years of life in government service or in business and are not very active these days as you used to be in prime of your age. Your health is not very good but you must know that absolute health is not existing nowadays and it is because of polluted environmental influence, unhygienic mode of living, inherited ailments, drug abuses and ignorance of rules of maintaining good health on the part of people. It can be said that seventy to eighty percent of health depends on the correct mode of life-style that one leads. This will account for normal health if not absolute health. The rest twenty to thirty percent dependence can be made on treatment by medicines. Body is designed to conserve energy or its vital force provided its maintenance is correct. We have a system of security against diseases. Let this system be implemented. The health rules are: get up early in the morning, avoid late night sleeping, go for a walk in

PRECAUTIONS AND CARE FOR PROSTATE

the morning, conduct some exercises, take balanced and nutritional diet and avoid excesses in every mode, be it food, sleep, sex, worry, tensions and so on. It has not been possible for most of us to adhere to these golden rules. **The word 'very' is troubling us at every step of life. We are 'very' busy, the life is 'very' speedy, the time is 'very' short and we want to get 'very' rich overnight.**

Having no time and being very busy, we opt for ready made food called 'fast food', tin-stuff and a variety of junk, smashing and storming the market. Our attitude towards simple but nutritional food has totally changed. We know we are eating bad stuff and still we cannot avoid it. We know that soft drinks are hard for our body system but still we go on consuming it. I cannot compel you to leave all this but can surely suggest some of the golden rules and attitudes which will keep you fit. The basic principle of healing in our ancient Indian books is that **one can create balance in the internal forces** working in an individual by altering diet and habits of living to counteract changes in external environment.

Our subject is prostate and we come to know about this when there is **indiscipline in urination**. The urinary system removes the water, salt and nitrogenous wastes of the body. It is formed in the large intestine and this waste product helps to maintain the normal concentration of electrolytes in the body fluids. The functioning of this system and output of urine depends upon our diet intake, water consumption, environmental temperature, mental state and physical condition.

VIEWS OF CONSTANTINE HERRING, MD ON URINARY TROUBLES

C. Hering was a great homeopath of his times in USA. In his book, 'Domestic Physician', he has given excellent hints about urinary troubles.

'It is strange to observe how anxious most people are about their having an evacuation from the bowels every day, without taking much notice of how often they pass water. Yet it is ten times more dangerous to go one day without urinating, than a whole week without a passage from the bowels. Never postpone the former business for any consideration whatever. Many people have died a very painful death from their having waited too long to urinate. It is astonishing how sensible people can run such a great risk on account of extreme modesty or bashfulness while attending church, parties, especially sleighing parties, concerts or other assemblies and when travelling. Do not be in a hurry when urinating, do not strain too hard, empty the bladder completely and avoid a cold draught. Consider that the few moments, which may be gained in this way, are out of all proportion to the time lost during a long illness, which may be caused by it. It is important to drink water often, particularly when the urine becomes more scanty. If the discharge of urine becomes for some time more and scanty, it is an indication of a disease, which may suddenly become dangerous; take everyday a warm foot-bath, drink plenty of water and now and then butter-milk; but beware of diuretics, such as gin, juniper berries etc. For constant desire to urinate, pain, burning etc., use

PRECAUTIONS AND CARE FOR PROSTATE

application of warm water, a warm bath and mucilaginous drink, particularly oatmeal gruel and partake of nothing acrid, salty or sour.'

INCOMPETENT FOODS

In BHP, diet plays a vital role.

Diet should be selected according to individual constitution and the region to which one belongs. Food habits of South Indians and East Indians differ from West and North Indians. The basic food is rice and wheat. This need not be changed and should be according to the region where they live.

The best is to identify one's constitution and select the food. When thinking about diet, one should see that quality and freshness of food is maintained. Food should be taken in lukewarm condition and not cold. Cold food would bring more of urine.

- The basic principle of eating is 'Do not take food unless you feel hungry and do not drink water unless you feel thirsty'.
- 'Do not take food when you are thirsty and do not take water when you are hungry'.

There are some foods that are not to be mingled or taken together. For example, *fish and milk, meat and milk, sweet and salty, curd and beef, sour food or salty food with milk, sour fruit with milk; melons with water etc. are the combinations that are harmful for the body and bring in many diseases.* When

these incompatible foods are taken together, toxins are produced and diseases like Leucoderma, Psoriasis, Tuberculosis and Cancer may result in.

SOME USEFUL SUGGESTIONS

- Get up from your bed as per your scheduled time. Do not jump out of the bed in a hurry. Sit on the bed with your feet touching the floor. Bring your hands before you, see your palms, rub them together twenty times and then sweep your face with palms upside down. Repeat this act thrice. Now thank your God that you had a nice sleep and that you are found living in this world after your death last night. Every morning God blesses you with a new life to start with, a new morning to resume your work. Sleep, you must agree, is like temporary death. So, take maximum benefit of this new day.

(Purpose: By rubbing the palms and giving time to your body after sleep, actually you have given time to your heart to cope up with circulation activities ahead for the heart to exert. The heart was at rest during sleep).

- Drink at least two glasses of water without rinsing your mouth. It is better if the water kept for drinking in the morning is stored in a copper vessel the previous night. Switch on a radio or tape-recorder to listen to devotional songs in praise of your God. Walk around the room for a few minutes and go to toilet. (Purpose:

PRECAUTIONS AND CARE FOR PROSTATE

Preventing constipation, building self confidence and enhancing mental power).

- Prefer Indian style seat for evacuation. Defecate with ease without straining. During the act of evacuation, clutch your upper and lower teeth together keeping the mouth closed. This will strengthen the roots of your teeth. If you have a feeling that your bowel is not getting cleared, there are two methods, which you can try. Press the thumbs of both hands against the skin below the corners of lower lip. Continue pressure till you count twenty. Release the pressure and count ten. Repeat this act of pressing and releasing thrice. If this method does not work, try another. Put both hands on both feet so that the palms are pressing them. In this position, raise your buttocks upwards slowly to an extent that your calves and thighs make an angle of ninety or more. While raising the buttocks, take a deep breathing inside. Hold the breath for a while when your buttocks are in raised position and then release the breath out slowly as you lower down your hips. Repeat this act twice or thrice and you will have easy evacuation. *After every evacuation, you have to make effort to urinate. This is essential for the health of prostate.*
- Go for a walk. Do not walk fast. After this, return to your home and conduct 'Yoga' exercises as detailed in this book.
- Go for a bath. Warm water may be used in winters but immediately after the bath, avoid exposure to cold winds. In summers, try to take a bath in the open

KING GLAND—PROSTATE

instead of a closed bathroom. Taking bath in the open has a freshness that is not obtained in closed bathroom. Dry your hair after washing to avoid sinus problem, if you already suffer from it.

- Before a bath, conduct the following activities: **Go for urination to empty your bladder.** Smear your right hand index finger with mustard oil and insert it in your umbilical opening ('Nabhi' in Hindi) two to three times so that 'Nabhi' is oiled. Now smear the little fingers of both your hands with oil and insert them in your ears so that the oil is applied on its inner walls. Do not pour oil in your ears. Similarly, with the help of right index finger, smear oil in both nostrils of the nose.

With the help of left hand index finger, oil your anus, inside of it and the orifice. Wash your hands. Apply some oil on both thumbs of feet (first toes).

(Purpose: Strengthening the intestines, preventing ears and nose from pollution-diseases, precaution against piles, **smoothing the bladder** by its emptying and other rectum diseases and taking care of eye sight by lubricating your feet thumbs).

- If you have a prayer place at home, devote two to five minutes in prayer and light 'dhoop' or 'agarbatti'. Pray to God for good health. You would get peace of mind.
- Your food and dress is the next thing. After breakfast, rinse your mouth with water five times so that all food particles are removed. Go for urination now. **Make it a habit to go for urination after breakfast, lunch and**

dinner. Rinse your mouth after lunch and dinner also. The best way is to keep the water in mouth and rub the teeth/gums with the help of your index finger. Using toothpick after a meal is a healthy habit.

- If you are a working man and your work involves lot of sitting on the chair, try to change your sitting posture every half an hour of continuous work or lean on the table. Slip to left, to right, forward and backward on the chair. Tilt and stretch your back and neck from time to time. Stretch your legs straight, move your neck sidewise, up, down and cover your eyes with your cupped palms for a while. If you are a retired man, you should not sit idle at home. Busy yourself by going for marketing of household goods, leaving and collecting children from bus stops, going to the nearest senior citizen club or library to read papers and chit-chat with your colleagues. If you keep sitting at home, this will **make your bladder idle and urine would stagnate**. Do not suppress or delay your urge for urination because you are busy in work or attending a meeting. **Never postpone the urge for urination.** Avoid letting the bladder full.
- At dinner, chew your food in such a way that it becomes a paste in your mouth and your intestines have an easy job to digest it. Do not watch TV and prefer not to talk much during dinner. After dinner, **go to toilet to empty your bladder (urination)**. Return and sit erect on your calves, folding your legs beneath the hips and placing your palms on the thighs. Sit in this posture for fifteen minutes.