

CASE REPORT

UDC: 616.65-002.2-085.814.1

Acupuncture treatment for chronic prostatitis

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Article received: 18 Aug. 2025

Article revised: 23 Aug. 2025

Article accepted: 30 Aug. 2025

DOI: <https://www.doi.org/10.59710/oaijoaru264132za>

Abstract

The prostate is a small male gland located in the lower urinary tract. It lies beneath the bladder, in front of the rectum, and encircles the urethra. Because of where it's located and its role in the body, issues with the prostate can impact both urination and sexual function. Prostatitis refers to inflammation of the prostate gland and is often associated with pain. Chronic prostatitis develops slowly and may persist for several months or even years. When caused by a bacterial infection, the condition is known as chronic bacterial prostatitis. Traditional Chinese Medicine (TCM) views the root cause of chronic prostatitis as primarily related to kidney dysfunction. Key contributing factors include yin deficiency with internal heat, as well as qi stagnation and blood stasis. TCM offers a distinctive diagnostic and treatment approach for managing chronic prostatitis, and this method has shown notable clinical effectiveness. This research paper includes a case of a 75-year-old male patient who has had a prostate problem and elevated PSA for more than 3 and a half years. In August 2025, the PSA laboratory result was 6, the prostate ultrasound volume = 31, and the residual urine = 15 ml. The sessions started in October 10, 2024. After 5 treatments, the PSA laboratory result in January 2025 was 2.22, and the last analysis in June 2025 was 1.73 ng/ml. In June, the patient also had an ultrasound, the prostate was homogeneous with an estimated volume of 48 cm and a residual urea of 79 ml. By June 2025, the patient had undergone 10 treatments. Acupuncture as part of TCM gives positive results in the treatment of patients with chronic prostatitis, significantly reducing symptoms without any side effects.

Key words: Prostate, prostatitis, PSA, acupuncture, TCM

Introduction

The prostate is a small male gland located in the lower urinary tract. It lies beneath the bladder, in front of the rectum, and encircles the urethra. Because of where it's located and its role in the body, issues with the prostate can impact both urination and sexual function. Prostatitis is the inflammation of the prostate gland, often accompanied by pain. It can be acute or chronic prostatitis. Chronic prostatitis be like to develop slowly and can last for several months or even years. When it results from a bacterial infection, it is specifically referred to as chronic bacterial prostatitis. Acute prostatitis is a fast developing condition that usually clears up within a few days or weeks when treated appropriately. It is the leading cause of urinary tract problems in men younger than 50 and the third most common urinary condition in men over the age of 50. [1]

Symptoms of prostatitis depend on the condition, they include: trouble urinating, pain or burning feeling when urinating, urinating often, mostly at night, pain in the belly, pain or discomfort of the penis or testicles, painful ejaculation, cloudy urine, blood in urine, fever, chills, muscle aches and etc.

Sources of this condition depend on the type of prostatitis. Acute bacterial prostatitis is usually caused by common bacterial strains. The infection often begins from other areas of the urinary or reproductive tract before reaching the prostate. Chronic bacterial prostatitis is usually caused by the same bacteria which is responsible for acute infections. It can occur if the initial treatment for an acute episode is too short or doesn't completely eliminate the bacteria. Chronic prostatitis, also known as chronic pelvic pain syndrome, may result from a combination of factors. These can include a previous infection, problems with the immune or nervous system, hormonal imbalances, or psychological stress. Asymptomatic inflammatory prostatitis, on the other hand, has no identifiable cause and is often discovered incidentally during evaluations for other health conditions. [2]

According to some epidemiological research and studies, there are several factors that may represent risk factors for the occurrence of prostatitis in the male population at a certain period of their lives. This includes *age*, more frequently in 36 to 65-year olds than in those who are younger than 36, obesity, diet, physical activity, sexual activity, sexually transmitted disease, vasectomy, family history of prostate cancer, previous history of BPH or current lower urinary tract symptoms, procedures aimed at diagnosis, stress, environmental factors. [3]

To diagnose prostatitis, your doctor will first ask about your medical history, perform a physical examination, and recommend tests. During the physical examination, it is checked whether there is any discharge, swelling or tenderness in the scrotum, enlarged or tender lymph nodes in the groin, also do a prostate exam to see if the prostate looks unusual, tender or swollen maybe. When a patient visits a urologist, he will suggest tests such as: urinalysis, (to test urine sample for some infection), blood test (to check for infection or other problems including cancer), urodynamic test, cystoscopy, ultrasound to look for any unusual signs, biopsy to test a prostate tissue and semen analysis. If you're dealing with prostatitis, your doctor can recommend treatments to help relieve your symptoms and manage the discomfort. These treatments may involve certain medications: antibiotics, pain medicine, supplements, medication that improve sexual function, urinary catheter, prostate massage, physical therapy and etc. [4]

Case report

This research paper includes a case of a 75-year-old male patient who has had a prostate problem and elevated PSA for more than 3 and a half years. In August 2025, the PSA laboratory result was 6, the prostate ultrasound volume was 31, and the residual urine was 15 ml. During that period, doctors prescribed him a pill therapy that included Pancef 400 mg, Fexid 500 mg, which he took for 10 days, and Tamlos 0.4 mg, which he should take for 6 months. The patient has been using acupuncture since 2021, but for the prostatitis concretely we started the session in October 10, 2024. After 5 treatments, the PSA laboratory result in January 2025 was 2.22, and the last analysis in June 2025 was 1.73 ng/ml. In June, the patient also had an ultrasound, the prostate was homogeneous with an estimated volume of 48 cm and a residual urea of 79 ml. By June 2025, the patient had undergone 10 treatments.

The acupuncture treatments were made in an acupuncture clinic for acupuncture and TCM in Skopje, North Macedonia by a doctor specialist in acupuncture. Acupuncture treatments were with a duration of 30 to 45 minutes. Treatments were done indoors, on a room temperature, with normal (dry) acupuncture with fine sterile disposable needles

sized 0.25x25mm. Acupuncture points used in the treatments are: DU20, LI4, KI11, ST30, GB20, ST36, SP4, KI3

In Traditional Chinese Medicine (TCM), Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPSP) is categorized as *Jingzhuo*, a male reproductive condition primarily characterized by the discharge of a white fluid during urination. The condition is believed to stem from several underlying causes: liver qi stagnation and damp-heat are considered the predominant pathological factors, kidney deficiency serves as the foundational root, and blood stasis is viewed as a consequence of disease progression. In Traditional Chinese Medicine (TCM), the diagnosis of CP/CPSP encompasses more than just lower urinary tract symptoms and discomfort in the pelvic and perineal regions; it also includes systemic manifestations and associated health conditions. Additionally, growing emphasis is being placed on the influence of psychological and social factors in the development and management of chronic prostatitis. Acupuncture works by unblocking the meridians, balancing the flow of Qi and blood, enhancing metabolism, improving local blood circulation, and helping to control inflammation. Contemporary medical studies have also demonstrated that acupuncture possesses anti-inflammatory and anti-allergic properties, supports the dilation of peripheral blood vessels, and enhances microcirculation. These effects contribute to symptom relief and recovery in cases of prostatitis. [5]

Conclusion

Acupuncture as part of traditional Chinese medicine provides positive results in treating diagnoses such as chronic prostatitis. Acupuncture has a positive effect on the entire body, i.e. it improves circulation throughout the body, and affects the endocrine and nervous systems.

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Conflict of interest

The author have declared that no competing interests exist.

Acknowledgement

None.

Statement of Informed Consent

Written informed consent was obtained from the patient for his anonymized Information to be published in this article