

Acupuncture treatment in benign prostatitis hyperplasia

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Abstract

Benign prostatic hyperplasia or benign prostate enlargement, represents a non-cancerous enlargement of the prostate gland and is a very common prostate issue for men. The treated patient is a 72 year old man diagnosed with prostate enlargement for around 15 years. The tumor marker PSA (serum), from the blood analysis made on 28.11.2022, was showing increased level - 23.50 ng/ml (ref. value 0.27-4.-0). The patient started the acupuncture treatment in the clinic on 17.01.2023. 12 treatments were done in a period of 4 months. The blood test analysis done on 12.04.2023 showed decreasing in the PSA level - 18.51 ng/ml. The patient continued with the treatments two times per month till July, 2023. The results made on 12.07.2023 show lower levels of PSA - 10.96 ng/ml. The patient will continue with the treatments until results are within the normal range. Acupuncture points used in the treatment are: Baihui DU20, Hegu L14, Zhongwan RN12, Guanyuan RN4, Tianshu ST25, Qūgǔ RN2, Zúsānlí ST36 and Sanyinjiao SP6. Acupuncture treatment as part of the Traditional Chinese Medicine, can greatly contribute and positively affect men's health. With correct and precise treatment, positive results are visible in a short time.

Key words - acupuncture, Traditional Chinese medicine, prostate, urology

Introduction

Benign prostatic hyperplasia or benign prostate enlargement, represents a non-cancerous enlargement of the prostate gland and is a very common prostate issue for men. The prostate is a small gland that is a vital part of the male reproductive system. The gland is located in the pelvis, surrounding the urethra at the neck of the bladder and is essential for man's fertility.

If the prostate is enlarged, symptoms that may occur are: difficulty fully emptying the bladder, difficulty starting to urinate, frequent need to urinate, nocturia, urinary retention, urinary incontinence, unusual urine color or smell, pain during urination or ejaculation and other. The cause of prostate enlargement is linked to the hormonal changes that appear in men as they get older. As men age, the amount of active male hormone testosterone in the blood decreases, which leaves a higher amount of the female hormones estrogen.

Therefore, benign prostatic hyperplasia may occur because of higher amount of estrogen in the prostate. Benign prostatic hyperplasia is probably the most common prostate problem in men over age of 50. [1] [2]

Based on how severe the symptoms are and how much affect the person's daily life, Western medicine treatment options include lifestyle changes (less alcohol, caffeine, cigarettes, more exercising), medications (alpha blockers), minimally invasive procedures, surgery and other. [2]

The use of the acupuncture treatment in Traditional Chinese Medicine (TCM) to treat benign prostatic hyperplasia and related urinary dysfunctions and urological problems is very common. In the acupuncture treatment are used acupuncture needles which are inserted and hand-manipulated at a specific acupuncture points located on the meridians on different locations on the body. The needles are manipulated with aim to stimulate the flow of Qi energy along the body meridians. [3]

Acupuncture treatment for benign prostatic hyperplasia can significantly relieve the symptoms and support prostate decrease in size (reduction). The treatment has been shown to be effective in reducing the feeling of urinary urgency, decreasing urinary frequency and improving the flow. [4]

Case report

The treated patient is a 72 year old man diagnosed with prostate enlargement for around 15 years. The patient is a retired military person, with normal findings, without other complications and previous health problems. From tablet therapy, the patient only takes Prenessa to regulate the high blood pressure.

The patient was treated in a clinic for TCM and acupuncture in Skopje, Macedonia, by a doctor specialist in TCM. The patient was treated with normal acupuncture, with duration of the treatment 30-45 minutes. 0.25x25mm dimension needles were used in the treatment, made by Wujuiang City Medical Health Material Co., Ltd. Acupuncture points used in the treatment are: Baihui DU20, Hegu L14, Zhongwan RN12, Guanyuan RN4, Tianshu ST25, Qūgǔ RN2, Zúsānlí ST36 and Sanyinjiao SP6.

The tumor marker PSA (serum), from the blood analysis made on 28.11.2022, was showing increased level - 23.50 ng/ml (ref. value 0.27-4.-0). The patient started the acupuncture treatment in the clinic on 17.01.2023. 12 treatments were done in a period of 4 months. The blood test analysis done on 12.04.2023 showed decreasing in the PSA level - 18.51 ng/ml. The patient continued with the treatments two times per month till July, 2023. The results made on 12.07.2023 show lower levels of PSA - 10.96 ng/ml. The patient will continue with the treatments until results are within the normal range. The results are presented on table 1.

Table 1. PSA level decrease

Date	PSA (ref value 0.27-4.0 ng/ml)
17.01.22	23.50 ng/ml
12.04.23	18.51 ng/ml
12.07.23	10.96 ng/ml

On 01.12.2022, the patient had a histopathological and microbiological analysis of 12 samples taken from the prostate by biopsy and core biopsy, with the hematoxylin and eosin staining method. Microscopically, the sections of the two bioptic materials, left and right, show an almost identical morphological picture. The samples show fragments of prostatic tissue where prostatic fibromuscular stroma contains prostatic glands lined with basal and secretory epithelium. In the samples, the stromal component is more represented than the epithelial component of the prostate. In the stroma there is a finding of moderate to rich chronic lymphocytic inflammatory infiltrate especially marked in the samples from the right lobe of the prostate. This lymphocytic inflammatory infiltrate shows a periglandular orientation. Destruction of the prostatic glands with the appearance of a granulomatous type of inflammatory reaction is also focally seen. In addition to lymphocytes, eosinophilic polymorphonuclear cells also appear focally in addition to an acute exacerbation of chronic prostatitis. Most of the prostatic glands have an acinar aspect, but are lined with atrophic epithelium. Basal cell hyperplasia is also focally seen in zones of intense inflammatory reaction. Some of the prostatic glands are also cystically dilated.

PSA is a prostate-specific antigen, a protein which is produced by normal or malignant cells of the prostate gland. Usually, when there's a prostate cancer present, the levels of PSA are increased. Beside the prostate cancer, other several benign conditions can cause the PSA level to increase like benign prostatic hyperplasia and prostatitis. An increased level of PSA is not always an indicator for prostate cancer. The PSA level may increase with age, inflammation, prostate gland size or infection. [5]

The focus of acupuncture treatment of benign prostatic hyperplasia is on relieving the unpleasant symptoms related to urination, strengthening the function of the genitourinary system and removing the obstructions. When the needles are inserted into the acupoints, an instant relieve of the tension and compression on the nerves and blood vessels occurs, allowing the system to function more normally. With the acupuncture treatment the nerves are stimulated, the blood supply to the kidneys and prostate is improved, the function of the bladder detrusor muscle is enhanced and by reducing the prostate size, the pressure on the urethra is relieved and more normal urine flow is permitted. [4] [6]

This results are inevitably satisfactory with better nutrients and oxygen delivery to the pelvic floor structures, decreasing in the venous congestion and Improvement in the pelvic floor structures control, which also improves urination. [4]

Conclusion

Acupuncture treatment as part of the Traditional Chinese Medicine, can greatly contribute and positively affect men's health. With correct and precise treatment, positive results are visible in a short time.

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Conflict of interest

The author have declared that no competing interests exist.

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None.

Statement of Informed Consent

Written informed consent was obtained from the patient for their anonymized information to be published in this article.

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