

Poster presentation

Acupuncture and Phytotherapy for Benign Prostatic Hyperplasia - a case study.

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Abstract: The first recorded dissection took place in China in 16 AD under Emperor Wang Mang's orders. This event marked a significant milestone, as it took another 1500 years for dissections to occur in the Western world. Wang Mang's initiative promoted the study of anatomy in China, leading to the identification of meridians, which are neurovascular bundles connecting organs in Chinese medicine. This differs from Western medicine, which focuses on nerves and blood vessels. These distinct anatomical perspectives result in divergent clinical analyses. The prostate gland is a gland that contributes fluids to semen. It is located near the bladder and has a complex anatomical structure consisting of connective tissue, smooth muscle fibers, and glandular cells. In Eastern medicine, the prostate is associated with the flow of specific vessels, such as the Governor Vessel, Conception Vessel, and Penetrating Vessel. These vessels are linked to the prostate, hypothalamus, and pituitary gland. Furthermore, the prostate has connections to the Kidney and the heart, influencing fertility and energy distribution. It also plays a role in storing essence, an essential energy for human balance. Benign Prostatic Hyperplasia (BPH) is viewed differently in Traditional Chinese Medicine (TCM) compared to Western medicine. In Western medicine, BPH is primarily treated with muscle relaxants or medications targeting prostate enlargement. The obstruction of urine flow and the physiological changes in the bladder are the key focus. However, TCM approaches BPH by considering three main factors: deficiencies in the Kidney, Spleen, and Lung; stagnation of Essence; and stagnation of Blood. TCM sees the prostate as connected to fluid accumulation, fertility, and genital health, emphasizing holistic concepts and treatments such as herbal therapy and acupuncture. This reflects a distinct anatomophysiological perspective in TCM compared to the anatomical approach of Western medicine.

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