

## Evaluating the Efficacy of *Vasthi* in Benign Prostatic Hyperplasia: A Case Study

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Benign prostate hyperplasia is a histological diagnosis characterized by the proliferation of smooth muscle and epithelial cells within the transient zone of prostate gland. The incidence and severity of lower urinary tract symptoms due to benign prostate hyperplasia are increasing day by day and more likely to occur in after 40 years of age. Due to the resemblance of clinical feature, it is often correlated with *Asthila*, a type of *Mutraghata* according to all the *Acharyas*. The objective of this study was to evaluate the effectiveness of an Ayurveda treatment in benign prostate hyperplasia. A male patient presented at the OPD of District Ayurveda Hospital, Bibila, Medagama where he was diagnosed with *Asthila* based on clinical features and an abdomical ultra sound scan. The patient was treated with local *Sneha karma* (application of oil) using *Hingu thriguna* oil, and *Sweda* with *Dashamool nadi sweda* followed by *Yoga vasthi* with *Punaenawashtaka kwatha* (480ml). Herbal decoctions and *Vasti* were administered orally for 28 days. Patient assessment was conducted using International Prostate Symptom Score (IPSS), prostate weight, and post void residual urine volume. After completion of *Vasthi* treatment, significant relief was observed in symptoms. The IPSS score was decreased from 13 before treatment to three after treatment. The volume of the prostate reduced from 26cc to 16cc. This study conclusively demonstrated the effectiveness of *Punarnawashtaka niruha vasti* with favorable results supporting further studies to evaluate the efficacy of this regimen.

**Keywords:** *Asthila, Benign Prostate Hyperplasia, Punarnawashtaka Niruha Vasthi*