

## ABOUT PROSTATIC ENLARGEMENTS

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From a large number of observations during ten years I shall try to show that prostatic enlargements play an important role in cases which are considered neurasthenic or reflex sufferers.

First two histories of prostatic hypertrophy.

Mr. S., 60, consulted me in November 1931 on account of chronic bronchial catarrh with asthma. He also complains of frequent urge to urinate, especially at nights, with slow and difficult micturition. After relieving the asthma and bronchial catarrh the patient was given prostate massage twice weekly, and internally Ferrum picricum 4x three times daily, which improved the micturition difficulty. December 32 till February 33 and from then in almost every year, usually in December, more massage courses became necessary. On account of hardness of the prostate and patient's mental depression Aurum iodatum 4x was given with an occasional dose of Sabal serrulata 2x. It is always possible to relieve the micturition greatly.

Mr. Sch., 59, has frequent urination with small stream. Five massages and Selenium 6x improved so much that patient got along without treatment for about four years, when a few massages were necessary; internally Aurum iodatum 4x on account of depressed mood. The after treatment was Sabal serrulata 2x.

In both patients of the pycnic (short-strong-thickset) type there was a typical prostate hypertrophy. I wish to call special attention in these two cases to the mental depression which I have found in many prostatitics, and to the massage. I do not think that massage has any effect on the hypertrophy itself, but it, without doubt, relieves the accompanying venous stasis and thus the micturition difficulty as well as the depression.

The two following cases are essentially different:

Mr. G. P., 45, came under my treatment complaining of pressure in the region of the stomach, eructation and some difficult breathing in climbing. Objectively I found only a swelling of the liver of about an inch, and a distinct prostatic swelling with much pain. This patient also was depressed and irritable. Carduus marianus 2x alternating with Ferrum picricum 4x and prostate massage twice weekly improved the objective as well as the mental constitution which later became more balanced in about six weeks.

Mr. O. V., 49, came under my care in 1930 complaining of painful pressure in hypogastrium, full feeling, palpitation and mild breathing difficulty in climbing. Blood pressure 155/80, accelerated pulse of 84 while lying down, enlarged, painful prostate. Irritable and easily depressed mood. Treatment and result the same as in last mentioned case.

In these two patients there certainly was an enlarged prostate gland, but

apparently not a hypertrophy unless it was just beginning. The massage caused a diminishing of gland to about normal size (not part action of the homoeopathic remedy?—S.W.S.), therefore the enlargement must have been caused by congestion. This can be considered part of the unquestionable abdominal plethora. It seems essential to me, that the action on the moods and improvement of the irritability were quite evident.

In the following report we have younger patients before us. Complaints which suggest prostatic hypertrophy recede to the background or are lacking entirely. These patients are usually of the slender asthenic type.

Mr. W. F., 40, complained of attacks of fear evenings; easily exhausted, unable to do any mental work; easily excited; libido decreased; feeble urinary stream. General examination negative. Dermographism. Reflexes very lively. Prostate much enlarged, especially left lobe, and very sensitive. The treatment was regular prostate massage; internally Acidum phosphoricum 3x. A general improvement took place, more equanimity, can concentrate better; the general working ability normal.

Mr. P. L., 28, since his 14th year has suffered frequent attacks of depression, ennuï, inclined to brooding. The last months brought a dull pressure in head; ability to work and concentrate very low, as also the libido. Examination negative except for enlarged and painful prostate. Massages and Ferrum picricum 4x reduced the swelling and relieved the pain, and changed the moody condition to happiness and love of work to a degree the patient had not had for years.

Mr. E. K., 24, is trembling all over during frequent attacks of excitement which were caused by slight difficulties. During the last year erections are weak with ejaculations too soon. Hence action excited; respiratory arrhythmia. Dermographism very pronounced. Reflexes lively. Prostate much swollen and painful. Treatment and result same as in previous case.

In these three patients we find subjective symptoms of great nervous irritability and nerve exhaustion leading to mental inability to work; during examination plain symptoms of disturbed nervous equilibrium were present, but no other organic condition. One would therefore be inclined to diagnose neurasthenia, or in some cases sexual neurasthenia. But we also find pronounced and painful swelling of the prostatic gland. A gonorrhoea could not be proved in our cases.

Two reasons force me to examine the prostate in all cases of similar complaint in the absence of any organic symptoms. First my attention was brought to the consideration of complications when some nervous patients at the same time complained of some urinary disturbances. Secondly, I studied the homoeopathic remedies which are so efficient in troubles of the prostate. It is striking that in these remedies we find abundant symptoms of disturbed moods and vegetative action.

A short summary:

## ACIDUM PHOSPHORICUM:

Bodily and mental exhaustion.

Patient is sad and depressed; guilty feeling especially after sexual mistakes.

Sleepy during the day, sleepless during nights.

Weakness of sexual functions; ejaculation praecox.

Results of onanism.

Palpitation, head congestions with vertigo from least mental exertion.

## ACIDUM PICRICUM AND FERRUM PICRICUM:

Nervous exhaustion from mental work.

Unable to perform physical or mental work.

Downhearted.

Insomnia.

Sexual irritability and weakness.

Results of onanism and sexual excesses.

## AURUM METALLICUM AND AURUM IODATUM:

Low mentality. Weak memory.

Downhearted, ennui.

Sexually excited; nocturnal erections and impotency.

Congestions to head and heart. Oppression. Glands hardened.

## NUX VOMICA:

Results of mental overwork, anger, excesses.

Aversion to physical and mental work; makes mistakes in speaking, chondriasis.

Insomnia.

Frequent pollution followed by lame back; morning erections.

Libido without strength; impotency.

Results from excesses and onanism.

Palpitation from alcohol and mental excitement.

Congestive headache.

Abdominal plethora with constipation and haemorrhoids.

## SEPIA:

Inability to do physical work; mind lively. Memory poor, especially for proper names.

Angry, storming, sullen, irresolute, full of fear.

Sleep superficial, restless; lively dreams.

Ejaculation praecox; nocturnal erections, pollutions.

Onanism; results of onanism and sexual excesses.

Congestions, heat on vertex; palpitation without cause.

Venous engorgement in portal system. Haemorrhoids.

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