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Case Study

## Effect of regimetal intervention by *nutool* (irrigation) in a case of chronic prostatitis/chronic pelvic pain syndrome

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### ABSTRACT

**Background:** '*Nutool*' is one of the regimetal therapy used in Unani medicine since centuries in various inflammatory and painful conditions. Chronic prostatitis (*Warm-e- Gudda Mazi Muzmin*) is associated with 'chronic pelvic pain syndrome' (CP/CPPS), is a chronic pain condition of non-bacterial origin in men with mixture of other symptoms such as lower urinary tract voiding, ejaculatory ailments and negative impact on quality of life (QOL), which almost lacks uniform effective therapy in conventional medicine.

**Objectives:** The purpose of our case study was to assess the impact of *nutool* in CP/ CPPS refractory to standard therapies and collect data to warrant further research in this area.

**Case study:** A 30 yrs. old Asian male admitted with symptoms of pelvic pain and pain during ejaculation from 6 month in absence of lower urinary tract symptoms with negative thoughts, diagnosed as CP/ CPPS on the protocols of NIH. *Nutool* of anti-inflammatory Unani drugs was given as the main therapy, daily for two weeks. Thus we report our case experience with the integrated short, review of literature and validated assessment, based on 1) VAS, 2) NIH-CPSI which includes pain index, urinary, and QOL score.

**Results:** Results were validated over the pain on the basis of VAS (visual analogue scale) and NIH-CPSI (standard questionnaire of the national institute of health—chronic prostatitis symptom index) which showed significant improvement after 2 weeks of therapy.

**Conclusion:** The preliminary findings, although limited, suggest the potential therapeutic role of *nutool* in the treatment of CP/CPPS.

**Keywords:** Chronic prostatitis, Unani: *Nutool*, Regimetal therapy, Unani Medicine, complementary therapies, Graeco-Arab Medicine, CP/CPPS,

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### INTRODUCTION

Prostatitis is a very poorly understood and difficult to define disease because of high variability in the clinical features, unknown multifactorial causes and the unclear diagnostic approach<sup>1</sup>. It was previously classified in Unani and Modern medicine into two types<sup>2,3</sup> e.g.

- I. Acute (*Warme guddae mazi haad*) and
- II. Chronic prostatitis (*Warmae guddae mazi muzmin*).

It is now classified by NIH (National institute of health) [NIDDK/NIH] into four categories:

- I. Acute bacterial prostatitis (ABP)
- II. Chronic bacterial prostatitis (CBP)
- III. Chronic pelvic pain syndrome (CPPS)

A. Inflammatory CPPS: WBC in semen/EPS/voided bladder urine-3 (VB3)

B. Non-inflammatory CPPS: no WBC semen/EPS/VB3

IV. Asymptomatic inflammatory prostatitis (histological prostatitis)

Chronic prostatitis (*Warm-e- gudda mazi muzmin*)<sup>2</sup> is associated with 'chronic pelvic pain syndrome' is the new term applied to patients with symptomatic prostatitis of non-bacterial origin (category III B).<sup>1</sup> It accounts for 90%-95% of prostatitis cases<sup>4</sup> and is of unknown etiology. It is marked by a mixture of pain, urinary, and ejaculatory symptoms producing depressive thoughts and social dysfunction with no uniformly effective therapy in conventional medicine.<sup>5</sup> The etiology and pathophysiology of chronic prostatitis remains a mystery. Some of the

theories have proposed that the pain and the subsequent irritative, and obstructive voiding symptoms are due to bladder neck problem, detrusor sphincter dysfunction, urethral stricture, autoimmune factor and urinary reflex in prostatic acini.<sup>4</sup>

Recently, a multi-modal treatment approach and the utilization of complementary and alternative medicine (CAM) strategies such as *nutool* (pouring of lukewarm medicated water on affected part) has also been suggested as potential treatment options for CP/CPPS. *Nutool* is one of the regime under *Ilaj Bit Tadbeer* in Unani medicine which provides rehabilitation and has been used to treat painful, inflammatory and chronic conditions of the body.<sup>7</sup> As per Unani concept, *nutool* is used for purpose to produce anti-inflammatory (*tehleel mawad*), to change the temperament of organ (*tadeele mizaj*) and to empowerment of the organ

(*quawat a'za*). *Nutool* is effective in relieving chronic diseases, pains and stiffness of various types, in the treatment of arthritis (*Waja- ul mafasil*), migraine (*Shaqqeqa*), meningitis (*waram-e- nukhaá*) and mastitis (*waram-e- sadi*).<sup>7</sup>

Thus, it may be useful in the symptoms of pain, urinary and deranged quality of life (QOL) frequently observed in men with CP/CPPS. While the etiology, treatment, long-term effects on QOL and CP/CPPS as a predictor of future prostate disease are yet to be determined, the rationale for safe and effective treatment practices for this complex condition is needed. This case study was implemented in order to test the efficacy of *nutool* on pain, urinary and QOL related to CP/CPPS and inform future research and randomized clinical trials of *nutool* for the management of symptoms related to CP/CPPS.

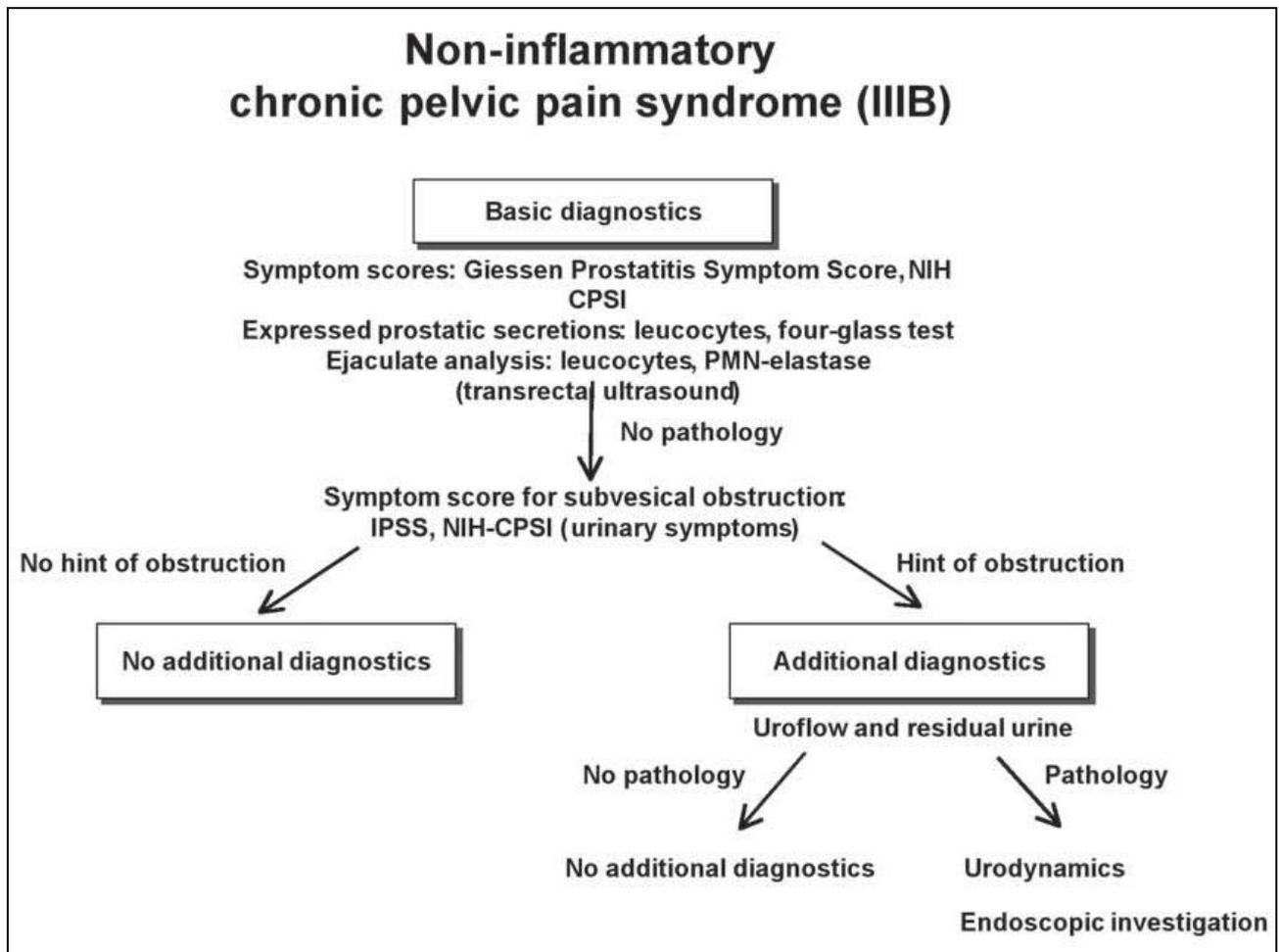


Figure 1: Diagnostic criteria of CP/CPPS

**MATERIAL AND METHODS**

**Case study**

A 30 yr old, unmarried male admitted in the Majeedia Unani hospital with the chief complains of pain in pelvic area including testicles\*\*\*5 months, backache\*\*\*5 month, pain in lower abdomen while holding urine, pain in lower abdomen and genital area during ejaculation\*\*\*5 months, nocturnal emission\*\*\*1 yr, negative feeling & depressive attitude toward future life\*\*\*1 yr. There was no history of diabetes mellitus, tuberculosis, asthma, urinary tract infections, fever and sexual intercourse. Micturition history revealed no history of burning, obstruction in flow, pus discharge,

involuntary voiding, urine frequency of 7-8 /day during pain. Patient was admitted in a hospital one wk ago where he was treated with antibiotics & analgesics despite sterile reports of repeated urine cultures. He reported no relief in pain. General and systemic examinations were normal. Per-rectal examination showed tender prostate and perineum and other were non conspicuous. Initial evaluation is done with routine investigation with no obvious deviations, per-rectal ultrasound has shown no pathology, and ejaculate analysis revealed no pus cells & bacteria in the sample. So diagnosis was made under the protocol of NIH, based on history, examination, investigation and group of questionnaire based on NIH-CSPI (National institute of health-chronic prostatitis

symptom index), NIH urinary score and pain index. (Figure 1) <sup>4</sup>

**Nutool therapy**

Regular *Nutool* with anti-inflammatory Unani drugs i.e. *nakhunah* (*Trifolium indicum*), *babuna* (*Matricaria chamomilla*), *namak lahori* (Sodium Chlorate), *makoh* (*Solanum nigrum*) & *gule tisu* (*Butea monosperma*), was given regularly for two weeks.

Procedure: Patient was allowed to sit in a tub and lukewarm solution of boiled anti-inflammatory drugs each 15g in 3000mL of water, irrigated over the lower abdomen slowly. Then patient was allowed to sit in the lukewarm solution till it lost warmness.

**Outcome measures**

Assessment of the results were done using 1) VAS (visual analogue scale), 2) NIH-CPSI which includes pain index, urinary, and QOL score. <sup>8</sup>

**RESULTS**

We used two validated methods to compare the effect of *nutool* in chronic prostatitis/chronic pelvic pain syndrome. Results were compared through NIH group of questionnaire <sup>8</sup> based on pain, urinary and quality of life, and classical visual pain scale at the time of admission and after two weeks of *nutool* therapy. Results are represented graphically below.

**Effect of nutool on VAS (Figure 2)**

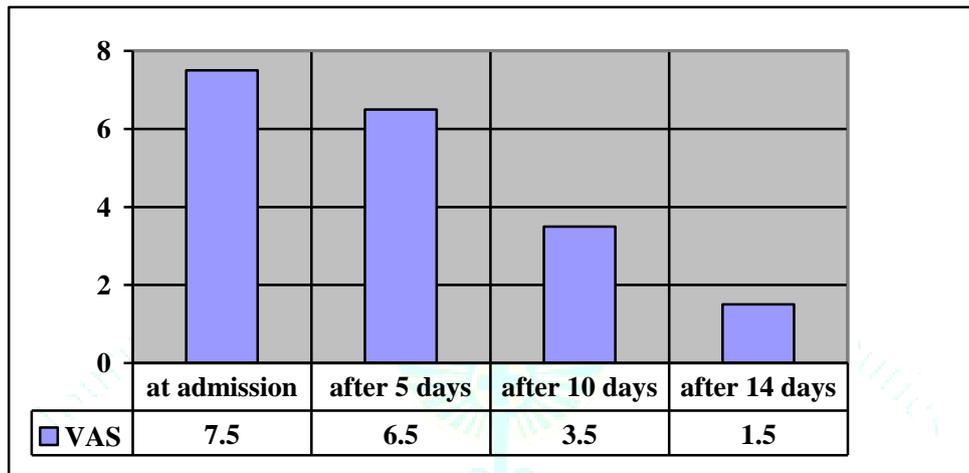


Figure 2: Effect of *nutool* on VAS

**Effect of nutool on NIH-CPSI (chronic prostatitis symptom index)**

It is based on scoring of pain, urinary and quality of life by asking group of questions from the patient. (Figure 2)

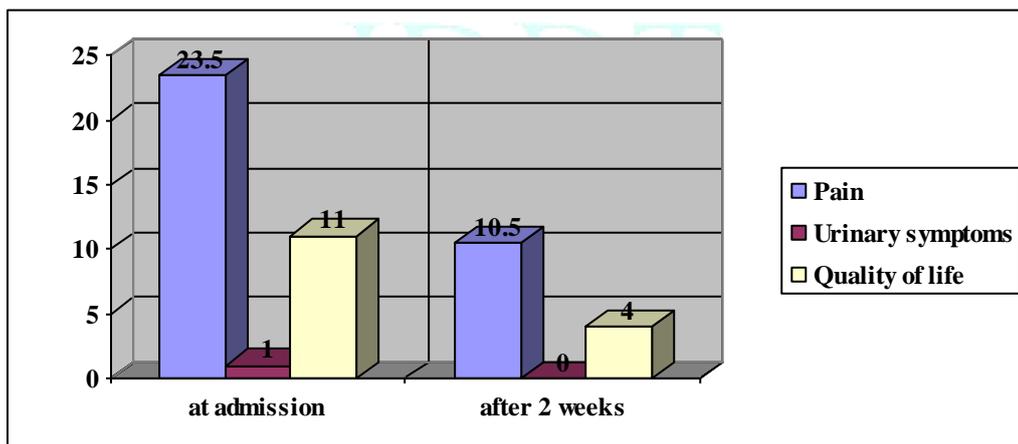


Figure 3: Effect of *nutool* in NIH-CPSI

**DISCUSSION**

*Nutool* (pouring of lukewarm medicated water on affected part), is a regimenal procedure in which the affected part is washed by a stream of water or medicated decoction from a height. It has been widely used in Unani (Graeco-Arab) Medicine to treat painful and chronic conditions, [7] may be a potential treatment to alleviate the constellation of symptoms experienced by men with CP/CPSP.

There is no uniform treatment of chronic prostatitis in allopathic medicine. Long term use of painkillers in the above mentioned condition may put a patient with the risk of serious gastric, kidney and liver problems. Hence, in our case study we have treated a case of CP/CPSP with *nutool* as a part of rehabilitation in chronic pain situation. Patient has reported significant relief in pain after having course of *nutool's* as observed in visual analogue scale. Our patient has showed sign of negativity in life, stigma of marriage due to

his present condition and inability to work associated with tiredness and weakness. After *nutool* therapy, patient reported improvement in quality of life as observed in scores of NIH-CPSI. Improvement in QOL could be due to relief in pain and weakness which our patient may have projected as better outcomes in future. The probable outcomes of *nutool* could be due to anti-inflammatory and soothing nature of lukewarm water and combination of herbs i.e. *nakhunah* (*Trifolium indicum*)<sup>9</sup>, *babuna* (*Matricaria chamomilla*)<sup>10</sup>, *namak lahari* (Sodium Chlorate), *makoh* (*Solanum nigrum*)<sup>11</sup> & *gule tisu* (*Butea monosperma*)<sup>12</sup> which have shown potential anti-inflammatory activities in various studies.

## CONCLUSION

The preliminary findings of this case study suggest a significant therapeutic effect of *nutool* as measured by a validated questionnaire for pain and lower urinary tract symptoms experienced by men with CP/ CPPS. Further studies should be conducted to warrant clinical trials with *nutool* for CP/ CPPS.

**Conflicts of interest:** None declared

**Source of support:** Nil

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