



Men's business

Benign prostatic hyperplasia and erectile dysfunction - challenges (not only) for the mature man

Sooner or later it seems to hit every man beyond 50 - benign prostatic hyperplasia. While this benign enlargement of the prostate affects about 10-20% of all men between 50 and 60, more than 90% of those over 90 already suffer from it. It is therefore time to take a closer look at this small gland in the male abdomen.

The prostate, or prostate gland, is a gland about the size of a chestnut located at the lower edge of the urinary bladder, above the pelvic floor, which surrounds the urethra and into which the glandular tubules of the prostate also open. The prostate has various tasks such as the production of a part of the seminal fluid in which the sperm remain functional and agile. It also ensures that sperm cannot enter the urinary bladder during ejaculation and urine cannot enter the ducts of the prostate during urination. Through its muscle contractions, it is jointly responsible for transporting the seminal fluid during ejaculation. Last but not least, it converts testosterone into its biologically active form, dihydrotestosterone. Undeniably, these are a lot of important tasks of the small gland. Unfortunately, in mature men it tends to get a bit out of hand at some point and thus cause some problems by constricting the urethra and later the urinary bladder through its enlargement. Thus, in the beginning, there is more frequent and nocturnal urination and increased urge symptoms. Later, the patient notices a delayed and weakened urinary stream. Eventually, there may be nighttime dribbling or overflow incontinence due to residual urine, which is very distressing for the patient and also carries the risk of urinary bladder and kidney infections.

The causes of prostate enlargement have not been adequately clarified to date. They are suspected to be hormonal imbalances or local or systemic inflammatory problems. From the repertoire of SANUM therapy, one can fall back on the proven duo consisting of NIGERSAN® D3 or D5 (suppositories and drops) and FOMEPIKEHL® D5 (drops) as well as the matching carboxylic acid CITROKEHL® (drops) for the therapy of prostate hyperplasia. For this purpose, one takes NIGERSAN® D3 1x 1 suppository (Monday to Friday in the evening before going to bed) and NIGERSAN® D5 1x 10 drops (Saturday and Sunday in the evening). In addition, FOMEPIKEHL® D5 1x 10 drops daily in the morning and CITROKEHL® 3x 5 drops daily are taken. After 4 weeks of use, a check-up can be made on the basis of which the therapist decides whether a continuation of the therapy is indicated. In the case of a latent infectious or inflammatory process or a basic mucous membrane problem, the use of EXMYKEHL® D3 suppositories or EXMYKEHL® D5 drops can also be considered.

When "it" doesn't work

Another symptom that can cause great suffering for men is erectile dysfunction. Like prostatic hyperplasia, it also occurs more frequently with increasing age. We speak of erectile dysfunction when an erection does not occur and/or cannot be maintained during sexual arousal. It is important to emphasize that it is not immediately a disorder if "it" does not work. It is only called a disorder when erectile function is regularly inhibited or impeded over a period of more than 6 months. Another common feature with prostatic hyperplasia is that the causes are often



somewhat obscure. Hormonal imbalances are a possibility here, as are medication side effects and circulatory disorders. An important factor that can contribute to erectile dysfunction is also psychological stress. This can be the cause or the result of pressure and fear of failure. Psychological causes, such as conflicts at work and in partnerships, but also depression and anxiety, are more likely to be found as causes in younger men, while the physical causes usually predominate in more mature men.

Overcoming these problems can also be well supported with the preparations of SANUM therapy. Here MUCOKEHL® can be used to improve blood circulation and likewise ARGININ-DIET Biofrid for improved blood flow and balanced homocysteine levels. In addition to the amino acid arginine, this preparation also contains vitamins B6, B12 and folic acid. Finally, the psychological component of pressure and fear of failure can be effectively countered with MUCEDOKEHL®.

Application studies on prostatic hyperplasia with FOMEPIKEHL®:

[SANUM-Post 64/2003](#)

[SANUM-Post 92/2010](#)

Read the SANUM-Post at any time as an e-paper or browse through the archive of the last SANUM-Post issues in the specialist section at www.sanum.com.

Trade forms

NIGERSAN® D5 Drops

10 ml Bottle (also available in other dosage forms)

Dosage

1-2x 5 drops daily

NIGERSAN® D3 Suppositories

10 Suppositories (also available in other dosage forms)

Dosage

1x 1 suppository daily.

FOMEPIKEHL® D5 Drops

10 ml Bottle

Dosage

1-2x 5 drops daily

CITROKEHL® Drops

30 ml Drops (also available in other dosage forms)

Dosage

1-3x 5-10 drops daily.



EXMYKEHL® D5 Drops

10 ml Bottle

Dosage

1-2x 5 drops daily

EXMYKEHL® D3 Suppositories

10 Suppositories

Dosage

1x 1 suppository daily

MUCOKEHL® D5 Drops

10 ml Bottle (also available in other dosage forms)

Dosage

1-2x 5 drops daily

MUCEDOKEHL® D5 Drops

10 ml Bottle (also available in other dosage forms)

Dosage

1x 8 drops daily

ARGININ-DIET Biofrid

100 Capsules

Recommended dosage

3x 2 capsules daily



The VADEMECUM –
From experience to evidence.

Complementary medicine has a future. If we act.

Help to secure the wealth of experience in complementary medicine.
