

Inhibitory effects by ayurvedic plants on prostate enlargement induced in rats

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ABSTRACT

Background Ayurveda recommends several plants and plant preparation for conditions of urogenital disorders as per its principles. Objectives: Ayurvedic plants Tamala (*Cinnamomum tamala*); Daruhalad (*Berberis aristata*); Ativish (*Aconitum heterophyllum*) were studied for mechanisms of prostatic hyperplasia induced in rats. Materials and Methods Prostatic enlargement was induced in castrated rats by testosterone injection s.c. for 21 days and simultaneously plants were dosed orally daily. On day 22 rats were sacrificed and prostate was removed; weight and volume of prostate was measured; histopathology performed. Inflammation was induced by injecting carrageenan in rat hind paw and inhibition was studied by measuring rat paw oedema at different time points. Results Tamala showed significant effect where it reduced prostatic enlargement and improved hyperplastic changes, while Daruhalad and Ativisha did not show any significant effect. All of them showed mild to moderate anti-inflammatory activity. Conclusion Study concludes that Tamala may benefit in prostate disorder by virtue of inhibition of androgen mechanisms in prostate and modulating inflammatory mediators in prostate. Daruhalad and Ativisha did not show any effect in this model of prostate enlargement while the anti-inflammatory effect may propose one of the useful properties when included in various formulations.

KEYWORDS

Ativisha (*Aconitum heterophyllum*) . daruhalad (*Berberis aristata*) . prostatic hyperplasia . tamala (*Cinnamomum tamala*)

REFERENCES