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Combined effects of medicinal plants in treatment of benign prostate hypertrophy: Hope was revived

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Benign prostate hypertrophy (BPH) is a major problem of public health affecting older men. BPH's risk factors include age, androgens, growth factors, diet and life style. In Algeria, this disease is awkward and patients not only suffering from increased frequency urination and pollakiuria but also side effects of drugs used which leading to erectile dysfunction and gynecomastia. Older men, with BPH, prefer to use medicinal plants for the management of this pathology to avoid adverse

effects. In this project, it was reported some herbs widely used in Algeria to reduce BPH's symptoms. Among theme, some are effective such as *Cucurbita pepo* (seed oil), *Urtica dioical* (roots, leaves and stems), *Serenoa repens* (fruits), *Glycine max* L. Merr. (Soybean seeds), *Glycyrrhiza glabra* (roots). This work provides information on the mode of action of these plants in controlling the lower urinary tract symptoms associated to BPH. Alternative medicine relieves BPH's symptoms but have less serious side effects.



Biography

Abdelkrim Berroukche is the professor in biology department, SAIDA University, Algeria. He received PhD degree in cell biology, nutrition and oncology from SIDI-BEL-ABBES University, Algeria. He has published more than 30 papers in reputed journals and has been serving as an editorial board member in different journals.

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