

126 Cases of Chronic Bacterial Prostatitis Treated by Long Dan Prostate Pill

**Long Dan Prostate Pill: A formula modified from Long Dan Xie Gan Tang

Clinical Data:

Among the 126 patients, their ages are ranging from 26 to 65, average 41 years old, duration of disease 0.4 – 11 years, average 4.3 years. 93 cases were married and 33 cases were not married. 25 cases were accompanied with low libido, 7 cases with spermatocystitis, 10 cases with infertility, and 84 cases were with no complications.

126 patients were randomly divided into treatment group (90 cases) and control group (36 cases).

Treatment Method:

Control group: Compound sulfamethoxazole (SMZ), oral 1g each time, twice a day for 12 weeks.

Treatment group: (belongs to damp-heat accumulation in TCM)

Long Dan Prostate Pill:

Ingredients: Long Dan Cao, Zhi Zi, Huang Qin, Chai Hu, Zi Hua Di Ding, Hu Po, Hong Hua, Sheng Di Huang, Gan Cao, Che Qian Zi, Hu Zhang

Application: 10g/each time, 2 times/day with lukewarm water.

Observatory Indexes before and after the Treatment:

1. symptoms: frequent, urgent and painful urination, dysuria, dribbling urination, turbid or whitish drips, bearing-down sensation at perineum.
2. Rectal finger exam: enlargement, tenderness, etc.
3. Prostatic fluid: WBC>10 (+)
WBC from 20 to 30 (++)
WBC>30 (+++)
Lecithin Many (+++)
Quite a few (++)
Some (+)
Very few (±)
4. Do not eat spicy, hot food, no alcohol during the treatment period, and avoid getting tired and reduce sex.

Result:

Cured: symptoms and signs, prostate fluid become normal

Effective: symptoms and signs, prostate fluid were improved

No effect: no change with the symptoms, signs and prostate fluid before and after the treatment.

Group	Cured (%)	Effective(%)	No effect (%)	Total
Treatment group	79(87.78)	6(6.67)	5(5.55)	90
Control group	22(61.11)	6(16.67)	8(22.22)	36

Discussion:

1. Analysis of the formula:

Long Dan Cao, Ku Shen and Zhi Zi: Clear liver and gallbladder damp-heat

Ze Xie and Che Qian Zi: promote urination and clear damp-heat

Chai Hu: circulate stagnant liver qi

Zi Hua Di Ding: detoxication

Hu Zhang and Tao Ren: detoxication, clear the collaterals, lead herbs to the affected area.

Gan Cao: relax spasm to stop pain

Hu Po: move blood and disperse stasis, promote urination, calm the mind, good to release patients' anxiety.

According to modern pharmaceutical research, Zi Hua Di Ding, Hu Zhang and Huang Qin have broad-spectrum antibiotic effect. Chai Hu improves immunity and has anti-inflammatory effect. Gan Cao has anti-inflammatory and anti-allergic effects.

The whole formula is good to clear damp-heat, move the blood and disperse blood stasis.

2. Comparison

Through statistical evaluation, Long Dan Prostate Pill is better than SMZ which is considered a good medicine for prostatitis. Besides, long-term use of SMZ causes many side-effects, such as influence to kidney functions and uric crystal, etc. SMZ should not be used or should be used with caution for aged patients, patients with poor kidney functions, dehydration, or oliguria. On the other hand, Long Dan Prostate Pill does not have the above-mentioned side-effect.

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