A short scale trial to study and evaluate the safety and efficacy of a herbal composition; Verona Anti-BPH capsule to treat Benign Prostate hyperplasia in men older than 40 years of age

Ifrah Hasan*, Aamra Khan**, Saba Fatima**, Yamna Hasan**, Mir Muhammad Uzairullah***

****,**Corresponding author, Medical Affairs and Training Dept., Herbion Pakistan (Pvt.) Ltd, Korangi Industrial Area, Sector 28, Karachi, Pakistan

***,** Medical Affairs and Training Dept., Herbion Pakistan (Pvt.) Ltd, Korangi Industrial Area, Sector 28, Karachi, Pakistan

*, Research and Development department, Herbion Pakistan (Pvt.) Ltd, Korangi Industrial Area, Sector 28, Karachi, Pakistan

Abstract:

Aims and objective:

Benign prostatic hyperplasia (BPH), is a condition that causes proliferation of the cells of the prostate causing urine retention, renal insufficiency, bladder calculi, recurrent lower urinary tract infections (LUTS) and in complicated cases hematuria with unbearable pain. The trial was conducted to study the safety and efficacy of a novel herbal product Verona anti-BPH capsules at a local clinic of Sharafi Goth, Karachi Pakistan.

Introduction:

Benign prostatic hyperplasia (BPH) is one of a major condition. The prevalence of the diseases increases to around 8-60% in men at age of 40 years which is caused mainly by a hormonal change, lifestyle changes or diet. The disease is mainly defined as an increased cellular proliferation of the prostate glands or an enlarged prostate. 50% men of age 65 years and above of the total population of Pakistan are at risk of having benign prostatic hyperplasia (BPH).

Method:

This was a single blind, placebo control phase I clinical trial. A total of 35 patients were enrolled in the study, out of which 2 patients got dropped out. 23 patients received Verona anti-BPH capsules and 10 patients received placebo. The sample paired t-test was applied to evaluate the significant level.

Results: Verona Anti-BPH capsules were found safe and effective in the treatment of Benign prostate hyperplasia (anti-BPH)

Conclusion: Verona Anti-BPH capsules were known to be effective with no harmful side effects.