



Review Article

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BENIGN PROSTATE HYPERPLASIA MANAGEMENT THROUGH YOGA

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Abstract:

This review paper focuses on management of benign prostate hyperplasia (BPH) in yogic practice also called prostate gland enlargement. It is a common condition seen in older men. Yoga is an ancient science which treats considering holistic health. It offers lifestyle management to many common psychosomatic disorders and illness along with prevention of diseases, preservation and promotion of health. By the process of purification, harmonious interaction and development, conscious control of many physiological, biochemical, neurological, psychological etc. The objective experimentation is the most important aspect of searching the truth employed by modern science that search into many practices of yoga demands both subjective as well as objective tools for understanding the effects for further application and wider acceptance. While laying too much importance on the objective variables, researchers-conducting study in yoga tends to miss many subjective aspects of a diseased person. In fact, yoga treats the individual as a whole while modern science conducts research concentrating upon a particular organ or a disease. Studies conducted on many yogic practices for the management of BPH around the world by researchers and experts were lopsided, though revealed very important information and suggested possible role as an alternative and adjunctive mode of treatment.

Key words: management prostate enlargement yogic practices,

INTRODUCTION:

In this universe, everything is changeable something takes new place, acquire more place, how time of things grow like slightly change in their functions too according to nature law its growth and degradation happen in everything exists on earth. Like that human hair get white at the certain age and other also get slow the function of the body organs. According to time or an age some hormonal changes will happen particularly some changes in women and some particularly in men. Here I am going to write on prostate enlargement and its management through yogic practices. The Hindu mythology gives winning stories about this demi-god 'karma', the lord of passion, whose wife rati, the lady of love jointly hunt down the young folk by shooting a flowery arrow from the flowery bow and the hunted young hearts are directly overwhelmed with love numerous pangs. The name of the prostate gland is kama granti or madana granti. The prostate gland is auxiliary sex-gland, just the size of a chestnut and is situated around the neck of the bladder. The function of the prostate is to secrete a slightly alkaline fluid, milky or white in appearance that usually constitutes 50%–75% of the volume of the semen, along with seminal vesicle fluid. The prostatic fluid is expelled during ejaculation together with most of the spermatozoa.

Meaning of prostate enlargement:

This is a part of the aging process. Prostate gland and its enlargement is a common problem in aging males it causes a major problem in old age. Prostate is a gland situated at the neck of urinary bladder encircling the urethra¹. A healthy human prostate is classically said to be slightly larger than a walnut. Mean weight of the "normal" prostate in adult males usually ranges between 7 and 16cc².

The prostate has got two lateral lobes, anterior, posterior, and a median lobe. The posterior aspect of the prostate gland, which surrounds the distal urethra, is usually the seat of cancer in it. This zone surrounds the ejaculatory duct. The part of prostate, surrounding the proximal urethra, is the seat of benign enlargement. Prostate gland increases as age advances³. Usually, it starts after 50 years of age. When it increases in size, it presses the urethra causing difficulty in passing urine.

Benign prostatic hyperplasia:

BPH is an enlarged prostate. The prostate goes through two main growth cycles during a man's life. The first occurs early in puberty, when the prostate doubles in size. The second phase of growth starts around age 25 and goes on for most of the rest of a man's life. BPH most often occurs during this second growth phase. As the prostate enlarges, it presses against the urethra. The bladder wall becomes thicker. One day, the bladder may weaken and lose the ability to empty fully, leaving some urine in the bladder. Narrowing of the urethra and urinary retention – being unable to empty the bladder fully – cause many of the problems of BPH. BPH is benign. This means it is not cancer. It does not cause or lead to cancer. However, BPH and cancer can happen at the same time. BPH is common. About half of all men between ages 51 and 60 have BPH. Up to 90% of men over age 80 have it.

Benign prostatic hyperplasia (BPH) refers to a proliferative process of the cellular elements of the prostate, an enlarged prostate, or the voiding dysfunction resulting from prostatic enlargement and bladder outlet obstruction⁴. It is estimated that BPH affects at least 50% of men in their 60s and that close to 90% of men in the United States will develop histological evidence of the condition by age 80. Thus, histological bph appears to be an inescapable part of the aging process and its prevalence is expected to increase as the US population continues to age⁶.

Benign prostatic hyperplasia, or BPH, means your prostate is enlarged, but is not cancerous. It is very common in older men. An enlarged prostate may make it very difficult to urinate or cause dribbling after you urinate. The prostate is located beneath the bladder and around the urethra. It is a gland, and may become enlarged. Bph is an enlargement of the prostate gland. When the prostate becomes enlarged, it puts pressure on the urethra. This may make it harder for a man to urinate.

Men with BPH may find:

- Feeling that the bladder is full, even right after urinating
- Feeling that urinating "can't wait"
- A weak flow of urine
- Needing to stop and start urinating several times
- Trouble starting to urinate

- Trouble starting to urinate
- Needing to push or strain to urinate

Benign prostatic hyperplasia (BPH) is caused by changes in hormone levels as a man gets older. It is a normal part of the aging process and is not dangerous.

Causes for enlargement of prostate:

Benign prostatic hyperplasia (BPH) also called prostate gland enlargement is a common condition as men get older. An enlarged prostate gland can cause uncomfortable urinary symptoms, such as blocking the flow of urine out of the bladder. It can also cause bladder, urinary tract or kidney problems. Caused by enlarged prostate include⁶:

- Urinary tract infection
- Inflammation of the prostate (prostitutes)
- Narrowing of the urethra (urethral stricture)
- Scarring in the bladder neck as a result of previous surgery
- Bladder or kidney stones
- Problems with nerves that control the bladder
- Cancer of the prostate or bladder

Comparing normal and enlarged prostate glands open pop-up dialog box:

- The prostate gland is located beneath your bladder. The tube that transports urine from the bladder out of urethra passes through the center of the prostate. When the prostate enlarges, it begins to block urine flow.
- Most men have continued prostate growth throughout life. In many men, this continued growth enlarges the prostate enough to cause urinary symptoms or to significantly block urine flow.
- It isn't entirely clear what causes the prostate to enlarge. However, it might be due to changes in the balance of sex hormones as men grow older.

Symptoms

The severity of symptoms in people who have prostate gland enlargement varies, but symptoms tend to gradually worsen over time. Common signs and symptoms of BPH include:

- Frequent or urgent need to urinate
- Increased frequency of urination usually more at night
- Difficulty starting urination or difficulty in passing urine
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Inability to completely empty the bladder
- Frequent urge to urinate
- Need to get up many times during the night to urinate
- Passing blood in urine or semen
- Painful or burning urination
- Not being able to urinate
- Painful ejaculation
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs
- Unable to pass urine
- Weak urinary stream

The size of your prostate doesn't necessarily determine the severity of symptoms⁷. Some men with only slightly enlarged prostates can have significant symptoms, while other men with much enlarged prostates can have only minor urinary symptoms.

Risk factors:

The following are some major risk factors⁸

- Aging: prostate gland enlargement rarely causes signs and symptoms in men younger than age 40. About one-third of men experience moderate to severe symptoms by age 60 and about half do so by age 80.

- Family history: having a blood relative, such as a father or a brother, with prostate problems means you're more likely to have problems.
- Diabetes and heart disease: studies show that diabetes, as well as heart disease and use of beta blockers, might increase the risk of BPH.
- Lifestyle: obesity increases the risk of BPH, while exercise can lower your risk.

Complications:

- Sudden inability to urinate (urinary retention): you might need to have a tube (catheter) inserted into your bladder to drain the urine. Some men with an enlarged prostate need surgery to relieve urinary retention.
- Urinary tract infections (itis): inability to fully empty the bladder can increase the risk of infection in your urinary tract. If itis occur frequently, you might need surgery to remove part of the prostate.
- Bladder stones: these are generally caused by an inability to completely empty the bladder. Bladder stones can cause infection, bladder irritation, blood in the urine and obstruction of urine flow.
- Bladder damage: a bladder that hasn't emptied completely can stretch and weaken over time. As a result, the muscular wall of the bladder no longer contracts properly, making it harder to fully empty your bladder.
- Kidney damage: pressure in the bladder from urinary retention can directly damage the kidneys or allow bladder infections to reach the kidneys.

Most men with an enlarged prostate don't develop these complications⁹. However, acute urinary retention and kidney damage can be serious health threats.

Suggestions to know about prostate problems:

Yoga treatment works wonders as an adjuvant therapy in prevention and curative stages. It also helps in health promotion, by eradicating any chance of recurrent attacks and side effects of the drugs. If taken care in the early stages it can be treated without medicine. It always better to prevent the problems and many people lack internal and external hygiene¹⁰. Here are a few suggestions to follow; it is also a necessary preventiary measures during the prostate problems.

1. Do not control the urge to pass urine. Empty the bladder completely and quite often.
2. Drink at least 2-3 liters of water in a day to detox blood and flush out the bacteria.
3. Dinner must be complete before sunset and early go to bed.
4. Quickly pass urine after having lunch and dinner.
5. Use to take fresh vegetables and fruits.
6. Be care about formation of constipation.
7. Practice regular yoga in daily life.
8. Avoid sitting long time in one place.
9. Avoid all types of drugs.
10. Avoid usage of excessive salt and salted items like pickles and processed foods, which increases the risk of water retention and does not allow free flow of urine.
11. Avoid using unhygienic public toilets, it is better to use Indian style toilets rather than western type.
12. Avoid stress and acidic foods sugar excessive coffee and tea.

Review of literature:

Now a day's yoga attracted global attention and studies on yoga practices were scattered when it stated in early 1920s¹¹. Initially many researchers were amazed to find certain definite changes at physiological, biochemical, and neurological and psychological levels¹². Recent studies conducted on the effects of yogic practices many researchers, in fact, summarizes the positive effects of yogic practices¹³.

An ancient science of yoga that claims to its practitioner- a physical, mental, spiritual well-being¹⁴. There are many schools of yoga that includes physical postures, breath regulation techniques, a technique to relax the surface mind and bring muscular, emotional and mental relaxation, a practice of holding mind to desired object for awakening inner faculties, practices of meditation and many other practices.

Traditional yoga is mostly authoritative ancient yoga. Yoga developed around 5,000 years ago according to the researchers. Yoga is part of Vedic literature and was proposed by Maharishi Patanjali.

Yoga consists of various physical postures, breathing techniques, meditation, relaxation which brings physical, mental and spiritual stability¹⁵. Some of the major effects of yoga observed are:-

Depression: breathing exercises mainly help to reduce distractions. Yoga has been seen to reduce the neurotransmission and electrophysiological flaws which alleviates depression.

Fatigue: various factors together lead to fatigue. Practice of yoga asana facilitates increased blood and oxygen supply which reduces fatigueness in individual.

Anxiety and anxiety disorders: a state of excessive uneasiness, worry, which needs to be treated. Regular yoga practice reduces the feeling of restless and anxiety.

Stress: regular practice of yoga triggers some of the points and thus reduces stress and makes one feel relaxed.

Improved sleep: irregular sleep patterns are due to a number of reasons which is most common in middle age. Yoga is most effective to reduce sleep problem.

Physical fitness: yoga increases oxygen supply to whole body, increases blood flow, better bone health, builds muscle strength, improves flexibility, protects spine etc.

Sympathetic and para-sympathetic activation: the different poses of yoga stimulate the nervous system and nerve signaling. This helps the body and mind to relax and heal.

Cardiovascular health: yoga is a practice that emphasizes breath, focus and meditation. This is a healthy and natural alternative for heart; it reduces blood pressure, removes bad cholesterol level, increases lung capacity and improves heart functions.

Hormone imbalance: yoga brings homeostasis and harmony. Practicing yoga triggers all the organs to work efficiently and improves its and also improves hormones regulation.

Yogic practices as a therapy for BPH:

Yogic practice is holistic living; it means conscious correct living in every moment. Every moment requires extraordinary awareness, conscious control and transformation of what is not desired or harmful for and in life- negative attitudes, habits detrimental to health, unconscious drives and movements, regulation in physical, emotional and mental activity while constantly evolving the mind to higher states of consciousness. Further yoga aspires to take every human being to a state of consciousness that is

beyond stress, free from all conflicts, a balanced but detached way of living at material level while living within or in a state of consciousness guided by love, energy awareness and harmony.

Yogic practice for BPH should include practices for all levels-physical, mental, emotional, spiritual and social levels. The increased endurance and elasticity of body, stamina and vitality, higher level of awareness to remain detached with outer events and condition that brings conflicts, stress, anxiety and depression, learning emotional poise which prevents emotional burdens and outbursts, brings mental peace and tranquility, calm and relaxes, least excited of brain for maintaining normal activity of brain and nervous systems. Yoga is a science that offers regulation of all activities of living. It is an art of living consciously in joy at all time, irrespective of any conditions, events and circumstances.

An integrated practice of yoga for BPH offers unique management program rather, fragmented practices of yoga it is easy to practice an integrated program of yoga while understanding. Five layers of existence which covers the real self or the highest state of consciousness. It is the consciousness which manifests in all these layers but remains unaffected and is full of attributes of peace, harmony, delight, and health.

Yogic practices must be include the following practices-

1. Contemplation upon the aim of life as truth, wisdom and health, harmony and happiness. This can be done by many practices of prayers, couples seeking truth, aspiring for truth, mantra, chanting.
2. Breathing practices for increase the level of awareness of self or withdrawing the scattered mind with for physical, mental and emotional relaxation as well. Conscious correct breathing is key to good health, autonomic balance and positive impact on many biochemical and metabolic functions.
3. Yogic cleansing techniques are recommended for bph, kunjla, agnisara are very essential.
4. Asana practices should be selected and useful for hypertension like trikonasana, parswa konasana, veerasana, utkatasana, garudasana, vajrasana, supta-vajrasana, jaanusirasana, paschimottanasana, ustrasana, vakrasana, ardhamastyendrasana, shashankasana, yogamudrasana, gorakshasana, bhadrasana, padottanasana, pavanmuktasana, sarvangasana, halasana,

mastyasana, shalabhasana, bhujangasana, shavasana, minimum ten asanas may be selected depending upon the flexibility and constitution of the body.

5. Pranayama breath regulation techniques like deep breathing, anulom vilom, naadi shodhan, bhasrika and brahmari, are good. Any one or two may be selected for practice in the beginning.
6. Mudras for bph, viparitakarni mudra, aswini mudra and maha mudra.
7. Bhandas for bph, moola banda, uddiyana banda.
8. Relaxation practice
9. Meditation
10. Modification of lifestyle, food habits, sleeping habits, waking early and sleeping early, and relationships based on harmony, following principles of life and yoga for constant evolution consciously can be practiced and applied anytime.

A regular practice of yoga helps an individual to gain inner peace thus improves mental health this mainly due to the meditation and other breathing exercise whereas physical poses help an individual to attain physical fitness. From these studies it was noted that the health conditions of men practicing yoga improved. Yoga is the only path for both physical and mental wellness and has no side effects.

Research findings:

Yoga helps in diseases associated to benign enlarged prostates, it is highly beneficial to prevent the problems and helps in primitive for prevent further recurring of the BPH condition. By reducing stress, building body resistance and immunity, improve the defence mechanism, helps in emptying of urine etc.

A study of 2006 and 2011 was showed that practices such as yoga may be helpful in preventing the condition the risk of bph. Yogic practices improved muscle strength of the pelvic floor and reducing pelvic tension can help improve bladder control, making it easier to urinate.

The same study showed that yoga might help to reduce stress, and stress is believed to make the symptoms of bph worse. Reducing stress through yoga means bph symptoms are less likely to be aggravated.

In case 1, the patient has received tablet rapilif (silodosin) 8 mg from may 2013 to july 14 and later on 4 mg till july 31, and from august 1, it was totally stopped and then the

patient started practicing a special yoga module for prostate. The serum PSA level came down to normal from 25.24 to 0.82 ng/ml with medical line of treatment. USG was done on May 23, 2013; June 6, 2013; and July 15, 2013. All these investigations showed prostate size as 144 cc in spite of taking rapidly which, from medical literature, is supposed to reduce the size drastically (Rains, & Ritchie, 1979; Wein, 2007), but it has actually made no difference in size. However, after starting yoga module on August 1 and when USG was repeated on August 15, it has reduced from 144 to just 37 cc. Also, the uro-flowmetry done after yoga intervention showed improvement.

In case 2, as per the investigations and diagnosis by the doctor, patient took the required treatment. After April 10, 2012, the patient stopped all treatment and started practicing a special yoga module. After practicing special yoga module for 15 days, USG showed drastic reduction in the size of prostate from 91 to 23.6 cc and serum PSA has reduced from 128.5 to 16.35 ng. This definitely proves that yoga appears to have a definite role in reducing prostate size.

Act of micturition depends upon the good coordination between the bladder muscle and sphincter muscle tone. When bladder muscles contract and sphincter muscles relax the act of micturition can be completed. Yogic practices strengthen the pelvic muscles and sphincter muscle tone (Digambarji, & Gharote, 1978; Digambarji, & Kokaje, 1971; Kuvalayananda, 1933). This improves the contractibility of bladder muscles to enhance the act of micturition, which is completed by the relaxation of sphincter muscles to open the passage for urine to flow out. Yogic kriyas and asanas improve the blood flow to the prostate gland so as to reduce the inflammation (Kuvalayananda, & Vinekar, 1963; Tiwari, 2015). Rise in serum PSA due to inflammation, can also be reduced resulting in its reduced level. Authors, however, are not referring to a rise in serum PSA due to cancer (carcinoma).

Both the patients are healthy and now in 2016, their daily working schedule is more hectic and busy perhaps compared to most men in the age group of 50–60 years.

Physical activity may improve the HRQoL, it is necessary to make older patients actively participate in physical activities by increasing healthy behaviors in daily life. Utilizing health care medical devices to help improve the lack of physical activity and bed lifestyle habits will improve the HRQoL of older patients with BPH by increasing the amount of action in daily life. A 2013 study trusted source found that men who did

pelvic floor exercises each day for 12 weeks following prostate surgery improved their urinary function and overall quality of life. They reduced lower urinary tract symptoms and had maximal urinary flow rate. Performing the following yoga stretches can help you develop muscular control and flexibility in the pelvic region. The calming nature of these practices may also help relieve stress and pelvic tension.

This study, if undertaken on a large scale, can help standardize the yogic treatment for prostate disease, which has become a main hurdle in the life of senior citizens. As life expectancy, in general, has increased, the population of senior citizens is also on the rise. This population is facing not only physical but also social and psychological problems. By implementing this yoga module, we can make the life of senior citizens significantly happier.

CONCLUSION:

This conscious effort brings changes in the whole personality, attitude, lifestyle is in fact a way of transformation of life, mind and body. Studies conducted around the globe suggest positive changes at physiological, biochemical, psychological levels that are bound to bring an integrated approach in the management while standardizing the techniques and tools applied for wider acceptance and application amongst researchers and scientists. While there should be conscious effort required even amongst these scientists to recognize and develop tools that can help in better understanding. Of subjective changes take place while following yogic lifestyle. But it is sure that lifestyle changes brought about by yoga can either act as an alternative mode of management of BPH.

Various research reviews and my experience in the field states evidently that yoga can be helpful in strengthening the pelvic floor muscles which include improved bladder and bowel control and improved recovery after prostate surgeries. It should be adopted for all the BPH patients. Yoga practices are beneficial for prostate health, promote flexibility, circulation and development of the muscles of the pelvic floor.

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