



6 Natural Remedies for the Inflamed Prostate. Symptoms and Causes



[The prostate](#) is a very important gland in the male reproductive system of humans. This nut-sized organ, which is present along the front wall of the pelvis, has as its main function to secrete a liquid that preserves and nourishes the sperm.

The problem is that, because of its position in the urethra (the tube that carries urine from the bladder to the penis), an inflamed prostate can lead to urinary disorders, which usually occur in men over 50. years. There are symptoms that could warn us of a possible disorder of the prostate, these being some of the most common:

- Difficulty urinating, little flow when urinating or interrupted.
- Frequent need to urinate, especially at night.
- Strong and persistent pain in the lower back, legs, hips and feet.
- Pain when ejaculating.
- Pain in the back of the scrotum.

What Causes the Inflamed Prostate?

1. Benign Prostatic Hyperplasia (BPH)

[BPH](#) is a benign (non-cancerous) enlargement of the prostate, which is very common in older men. It is generally thought to be caused by years of exposure to male hormones such as testosterone. BPH is such a common cause in the inflammation of the prostate that it is often referred to simply as an "enlarged prostate."

2. Prostate Cancer

Prostate cancer can also lead to an inflamed prostate. BPH is a much more common cause of prostate enlargement, but because the symptoms of prostate cancer and BPH may be identical, there is no way to determine for sure what is causing the aforementioned symptoms. This disease can often be diagnosed early and treated successfully. Generally the treatment of a prostate cancer is a significant improvement for the patient and his symptoms, since the prostate is eliminated or reduced.

3. Prostatitis

Prostatitis is the result of any type of inflammation or infection of the prostate. An inflamed prostate often swells temporarily and can cause an obstruction in the flow of urine. Since prostatitis is due to an infection, it can be treated with antibiotics and disappear relatively quickly. As prostatitis improves, the size of the prostate is also reduced.

Natural Remedies for the Inflamed Prostate.

Although the best option is without a doubt to visit the doctor, here are some [natural remedies](#) that could help alleviate this condition:

Ginger Root

Ginger has a high content of potassium and manganese, and is a good source of phosphorus, magnesium, calcium, beta-carotenes, iron, zinc and Vitamins A, C, E and B complex. Vitamins A, C and E and beta-carotenes are strong antioxidants that can protect the prostate from harmful free radicals, which are related to accelerated aging and the development of cancerous tissue. On the other hand vitamin C and zinc stimulate the immune system, which protects the prostate from bacterial infections and inflammation.

Pumpkin Seeds

These small seeds have a large number of health benefits, including those that help people with enlarged prostate. Being a store of unsaturated fatty acids (a component that is essential for the proper functioning of the prostate gland), these seeds are also excellent for alleviating common problems related to the prostate such as experiencing a burning sensation when urinating.

To use this seed effectively, it is best to use it in its powder form. A good way to use this seed regularly is to mix it with wheat flour and eat it in the form of chapatis. Another good way to use this powder is to sprinkle it over salads or mix it with honey on an empty stomach. We can also dilute it in a glass of milk.

Peppers

Vitamin C is an antioxidant that could play a role in the fight against BPH. However, not all vitamins C are the same since, according to the Mayo Clinic, only vitamin C obtained from vegetables reduces the risk of enlarged prostate and green peppers contain more vitamin C than any other vegetable. A cup of raw peppers contains more than double the amount that is advised to consume this vitamin daily.

Tomatoes

Tomatoes are rich in lycopene, a bright carotenoid that gives the tomato its characteristic red color. Lycopene may reduce the risk of developing prostate cancer, as well as may help men with BPH, according to the National Cancer Institute. Lycopene also helps lower the blood level of antigens, a protein related to inflammation of the prostate and BPH.

Tomatoes and tomato products (such as tomato sauce and tomato juice) are the best source of lycopene. You can also get this carotenoid from watermelon, apricots, pink grapefruit, and papaya.

Avocados

Avocados are rich in beta-sitosterol, a plant sterol that can help reduce the symptoms associated with BPH. Men who take beta-sitosterol supplements have better urine flow and less residual urine volume. Beta-sitosterol can also help strengthen the immune system, which can also reduce inflammation and pain.

Vegetable Juices

We all know that vegetables are good for your health, but vegetable juices are even better for people with prostate disorders. When it comes to beneficial vegetables, carrots and spinach take the palm for its immense healing effect on the prostate gland. Not only are they full of minerals like zinc, but they also have vitamins such as vitamin E and vitamin A (vitamins that help to heal the prostate and make it work optimally) that can help reduce inflammation in the gland.