

Consumption of aqueous garlic extract leads to significant improvement in patients with benign prostate hyperplasia and prostate cancer

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Abstract

Investigation of possible effects of garlic extract supplementation on disease parameters of patients with benign prostate hyperplasia (BPH) and prostate cancer (PC). Materials and methods: Twenty seven patients with BPH and 9 patients with prostate cancer participated in the study. Patients consumed aqueous garlic extract at the daily amount of 1 ml/kg weight for a month and then, pre- and post- disease parameters were examined. Results: Mass of prostate was found to be significantly lowered in the BPH group after extract consumption. Urinary frequency was established to be decreased, maximum and average rates of urine flow significantly increased after experimental period. In the cancer group, significantly lowered total and free PSA values were measured after extract consumption. No change was however observed in the mass of prostate of this group. The parameters of urinary frequency, maximum and average rates of urinary flow were also established to be significantly improved in the cancer group. Conclusions: Results suggest that garlic extract supplementation leads to significant improvement in disease parameters of the patients with BPH and PC.