

Treatment of benign prostatic hyperplasia with phytosterols.

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In a randomised, double-blind study, the preparation Curbicin, obtained from pumpkin seeds and dwarf palm plants (*Cucurbita pepo* L. and *Sabal serrulata*), was compared with a placebo in the treatment of symptoms caused by prostatic hyperplasia; 53 patients took part in the study, which was carried out over a 3-month period. Urinary flow, micturition time, residual urine, frequency of micturition and a subjective assessment of the effect of treatment were all significantly improved in the treatment group. No untoward side effects were noted.

Publication Types:

- Clinical Trial
- Randomized Controlled Trial

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