

Cernilton

Cernilton, an extract of flower pollen, has been used to treat prostatitis and BPH in Europe for more than 35 years. It has been shown to be quite effective in several double-blind clinical studies in the treatment of BPH.

The overall success rate in patients with BPH is about 70%. Patients who respond typically have reductions of nocturia and diurnal frequency of around 70% as well as significant reductions in residual urine volume. The extract has been shown to exert some anti-inflammatory action and produce a contractile effect on the bladder while simultaneously relaxing the urethra. In addition, Cernilton contains a substance, which inhibits the growth of prostate cells.

In the most recent study, the clinical efficacy of Cernilton in the treatment of symptomatic BPH was examined over a 1-year period. Seventy-nine males of an average age of 68 years (range 62-89), with a mean baseline prostatic volume of 33.2 cm, were administered 63mg Cernilton pollen extract twice daily for 12 weeks. Average urine maximum flow rate increased from 5.1 to 6.0 ml/s. Average flow rate increased from 9.3 to 11 ml/s. Residual urine volume decreased from 54.2 ml to less than 30ml. Clinical efficacy, based on symptoms, was as follows:

- urgency or discomfort- improved by 76.9%
- dysuria- improved by 71.4%
- nocturia- improved by 56.8%
- incomplete emptying- improved by 66.2%
- prolonged voiding- improved by 64.1%
- delayed voiding- improved by 62.2%
- intermittency- improved by 60.6%
- post-void dribbling- improved by 42.7%
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Overall, 85% of the test subjects experienced benefits.

11% reporting “excellent”, 39% reporting “good”, 20% reporting “satisfactor” and 15% reporting “poor”, as description of their outcome.

Reference: Specific Health Problems Pg. 1150