

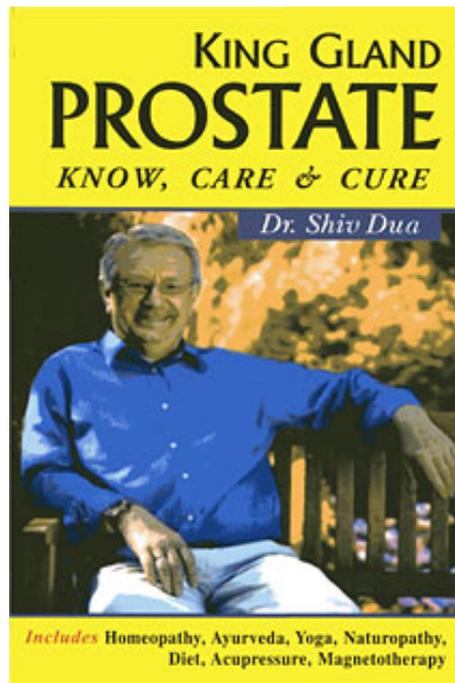
# Shiv Dua King Gland Prostate

Reading excerpt

[King Gland Prostate](#)

of [Shiv Dua](#)

Publisher: Health Harmony



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# INTRODUCTION

"Prostate is a King gland because queens do not have it. It is a proprietary providence of male's prowess to be called a Turash'. That is why it is called TORUSH OR PURASTH Granthi' in Hindi. Prostate is a symbolic pride depicting youth. When youth is gone, prostate also gets old, wrinkled, enlarged and even diseased."

This is what my father late Shri Hira Nand Dua told me about the prostate gland. He was a true devotee of Homeopathy. A doctor Milava Ram of Dera Ismail Khan, NWFP, Pakistan introduced him to homeopathy and biochemistry. He had some 'Urdu' books published by J.S. Sant Singh of Lahore. After the partition of India when our family shifted to Amritsar, I saw three books with him—Organon, Materia Medica of Kent and Boericke. I do not know how many books he was having while in Pakistan. An Urdu book 'Kamil Sanyasi' (still with me) containing pen-sketches of body's organs was his pride possession. It was this 'Unani' literature that gave me first information about the prostate gland.

In 1995, I wrote an article in Hindi, "Jab Prostate Granthi Barb. Jaye" and it was published in 'Rajasthan Patrika' (13.10.95); a leading Hindi daily of Rajasthan. Those days I was working in Geological Survey of India and posted in camp Sawar of Dist. Ajmer, Rajasthan. In the evening attended to patients at Bus Stand, Sawar. A small hardware store owner had provided verandah of his shop with table, bench, chair and wooden box to keep my medicines that were distributed free of cost to the people. After this article was published in newspaper, many aged patients having

prostate complaints started coming. Before reading this article, they never thought of the existence of this gland and they always held kidneys responsible for their urine problems. The fact is that more than seventy five percent of our male population lives in rural areas and most of them do not know about the names of glands like Prostate. This is unfortunate that people are trained to earn livelihood, trained to keep good health, trained to keep off vices but not trained to know their body parts. Parents tell their children to take milk, butter, ghee or non-vegetarian meals and also about exercise but no one tells them about working of our body. Imparting this knowledge is left to the school teachers. If a student learns something about human body during his study course, prostate does not come up in the primary functioning of body until there is a higher study of medicine.

Even if people are told about the prostate and its connection with sexual activity, they would resort to celibacy or avoid sex rather than going in for treatment or operation. For them, anything connected with urine problems is due to less intake of water or 'Lassi' or 'Chhachh'. In big cities and towns where people are better educated, they are aware of prostate problems but still they avoid its operation, thinking that it is a symbol of their existing sexual power, which they do not want to part with.

In the name of psycho-analysis (propagated by Freud), many doctors say that sexual activity entertains mind and dissolves tensions. It is a materialistic view of modern era and has no scientific basis. Freud does not say that one should indulge in sex only to entertain or erase tensions. His saying is that it should not be suppressed. Indian people are traditionally bound to think that conservation of semen through celibacy means prolonged life and youthfulness.

According to 'Vedas', loss of semen is death and its absorption in the body is life. We have two types of secretions - internal and external. Some internal secretions, when absorbed in the body, keep the body healthy and prolong longevity. Man can overcome old age diseases (prostate enlargement or prostate cancer included) by preservation of semen. By its loss, the life is shortened. When an old man, of say seventy years, indulges in prolonged sexual act, his blood pressure increases and when it is difficult to cope up with this increased pressure, it ends in paralysis or brain hemorrhage. This also means that an old man indulging in sex is putting undue pressure on his prostate for release of fluid. Where is the necessity to do so when the efficiency of prostate is on the decline? It is supposed to be left idle. Many doctors do not agree to this argument and say that prostate must be kept active for prolonged life of the gland.

According to ancient Vedic system, the life of man is hundred years. At the age of fifty, he enters '*Vaanprastha ashram.*' After the age of fifty, no one should enter into sexual acts, if he desires to live upto one hundred years. We are Indians and should believe in Indian system of living. Why should we leave our thinking and way of life and adopt western materialism, thinking, eating habits and their sex 'adventures' like anal/oral/unnatural sex? 'We should preserve precious semen after the age of fifty and let it get absorbed in the body to avoid diseases of Torush granthi', says the golden Indian philosophy. \*

Prostate is an organ that is most susceptible to cancer and no one knows when it develops and when to start preventive treatment. No other human organ in our body is so much prone to cancer as is the prostate. In America, more than two lakh men fall victim to prostate cancer each year.

About forty thousand men die of prostate cancer each year in America. When, in a country like America, with advanced medical awareness among people has such a toll of deaths, one can imagine the state of prostate cancer in India. How many Indian men die of prostate cancer? There is no record about it because of lack of data and information fed to the government hospitals. The facilities of curing prostate cancer or removal of gland in the villages and small towns are missing and hence villagers die of cancer without any record of it in dispensaries. Even if the facilities are made available one cannot educate the people on this aspect overnight. In western countries, medical awareness is far superior to eastern countries. USA has government and non-government organizations, which keep record, advise and console patients of cancer, thyroid and prostate etc. They have made societies like Thyroid, Cancer or Prostate Care.

There is a practical problem in diagnosing prostate enlargement and cancer of prostate gland. By the time, the symptoms appear, the gland is already enlarged or having carcinoma. The conventional check systems, pathological tests and electronic gadgets do help but there is still scope for such an investigating tool that could serve the purpose of early diagnosis of this disease. Recently it has been reported that a rapid check system has been installed in Mumbai's Jaslok Hospital that does the JOB!, scanning in seconds. This is done by light speed Volume Computed Tomography called VCT, which is the fastest quick-fix diagnostic tool. It enables the doctors to capture the images of the heart and coronary arteries in just five heartbeats. The machine has the potential to change the way diseases are diagnosed and treated. It scans the kidneys in just one second and can perform a complete body scan in ten seconds. At present angiography takes around thirty minutes, brain scan forty five minutes and complete body scan takes two hours.

We are in a world of continuous change in scientific and technical studies. Hopefully, the day is not far when diagnosis of cancer would be made in its budding stage for treatment.

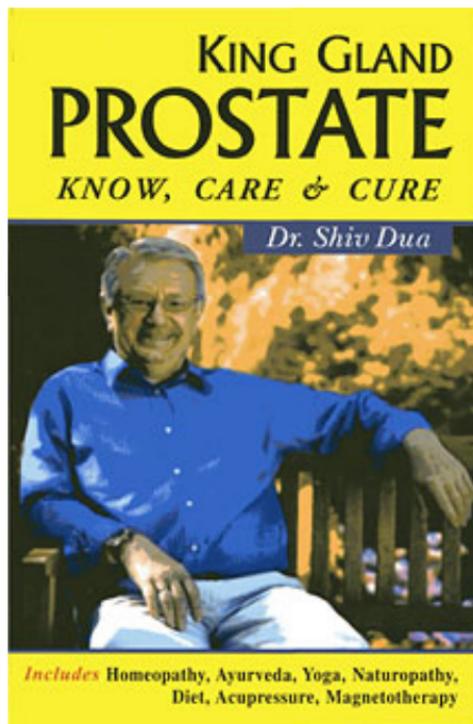
Government has recognized six systems of medicines namely Allopathic, Homeopathic, Ayurvedic, Unani, Sidha and Yoga/Naturopathy. In this book, Prostate, has been dealt with Homeopathy, Ayurveda and Yoga/Naturopathy so that the readers have options to resort to. The aim is to bring home cure before surgery is done. If early home treatment is undertaken at the onset of primary symptoms, there is every scope that operation to remove prostate gland is averted.

This book about prostate gland is written to serve those gentlemen who consult doctors for treatment of urine problems and are diagnosed with problems in prostate. Doctors have no time to tell the patients about functioning of the prostate. Even if the problem is explained, patients do not get a correct idea about its care and management. With little knowledge that the problem is with his sexual sphere, he is worried and ashamed of telling his relatives and friends. This book tells about the prostate gland in simple and non-medical language, so that there is no confusion.

The size of the book has been kept small so that one can read it in a single sitting. The utility of the book is for 'old-gold-aged' patients suffering from prostate diseases and for students or practicing medical professionals. There are ten sections in the book so that one can have complete knowledge of the gland, its diseases and care, management in a quick glance.

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224 pages, pb

publication 2011



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