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Effects of pumpkin seed in men with lower urinary tract symptoms due to benign prostatic hyperplasia in the one-year, randomized, placebo-controlled GRANU study - Abstract

October 7, 2014

Introduction: The German Research Activities on Natural Urologicals (GRANU) study was a randomized, partially blinded, placebo-controlled, parallel-group trial that investigated the efficacy of pumpkin seed in men with lower urinary tract symptoms suggestive of benign prostatic hyperplasia (BPH/LUTS).

Subjects and Methods: A total of 1,431 men (50-80 years) with BPH/LUTS were randomly assigned to either pumpkin seed (5 g b.i.d.), capsules with pumpkin seed extract (500 mg b.i.d.) or matching placebo. The primary response criterion was a decrease in International Prostate Symptom Score (IPSS) of ≥5 points from baseline after 12 months. Secondary outcome measures included IPSS-related quality of life, IPSS single items and diary-recorded nocturia.

Results: After 12 months, the response rate (intention-to-treat/last-observation-carried-forward approach) did not differ between pumpkin seed extract and placebo. In the case of pumpkin seed (responders: 58.5%), the difference compared with placebo (responders: 47.3%) was descriptively significant. The study products were well tolerated. Overall, in men with BPH, 12 months of treatment with pumpkin seed led to a clinically relevant reduction in IPSS compared with placebo.

Conclusion: In order to fully justify a recommendation for the use of pumpkin seed to treat moderate LUTS, these findings need to be substantiated in a confirmatory study or systematic review.

Written by:

Vahlensieck W, Theurer C, Pfitzer E, Patz B, Banik N, Engelmann U. *Are you the author?* (/index.php?option=com_content&Itemid=797&catid=1168&id=18027&lang=en&view=article)
Department of Urology, Kurpark Hospital, Bad Nauheim, Germany.

Reference: Urol Int. 2014 Sep 5. Epub ahead of print.
doi: 10.1159/000362903

PubMed Abstract (<http://www.ncbi.nlm.nih.gov/pubmed/25196580>)
PMID: 25196580

UroToday.com BPH Section (/index.php?option=com_content&view=category&id=1155&Itemid=190)

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