

The Tribulus and Prostate Enlargement Link

Benign prostatic hyperplasia (BPH) is a condition where your prostate gland becomes swollen.

It isn't harmful as such in the short-term, but may be linked to an increased risk of urinary infections, prostate cancer and infertility.

Prostate enlargement is characterized by frequent trips to the toilet, continence issues, problems urinating or pain in your hips and back.

This is because when your prostate increases in size it puts pressure on your urethra.

From the age of 40 onward, you are at a considerably higher risk of developing BPH.

Prostate enlargement and tribulus – what's the connection?

There is a tentative link showing that the Ayurvedic herb could reduce the effects of BPH, however the evidence is currently extremely weak and relates mostly to animal studies.

For example, a study on guinea pigs [3] found that an extremely large dose of 5 grams per kilogram of body weight could have diuretic effects, helping to relieve urination.

This may be due to its anti-inflammatory benefits.

But at that sort of dose, the average human man would need to consume around 400 g each day!

Human studies are confounded

One of the only reliable human studies available [4] showed that combining tribulus with nutrients from the sub-tropical curry tree (*Murraya koenigii*) over 12 weeks was able to reduce symptoms of prostate enlargement in comparison to a placebo medication in men aged over 50 years.

The issue is though that when nutrients are combined during clinical trials it can be difficult to conclude which chemical or compound is responsible for an effect.

A trial just using tribulus would have given much more reliable results.

The study was also criticized for using a poor-quality placebo drug that would have been easy to beat in a head-to-head.

The authors concluded that “studies in humans and animals revealed an important role for Tribulus in treating erectile dysfunction and sexual desire problems; however, empirical evidence to support the hypothesis that these desirable effects are due to androgen-enhancing properties of Tribulus is, at best, inconclusive, and analysis of empirical evidence from a comprehensive review of available literature proved this hypothesis wrong.”