

# Healthy Ovary Prostate

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## Traditional Vietnamese Herb *Crinum Latifolium* Shows Promise for Prostate & Ovarian Health

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by Stephen Levine, PhD

*Crinum latifolium* shows promise to become one of the leading treatments in the world for benign prostate hypertrophy (BPH) and ovarian conditions, including polycystic ovarian syndrome. Its benefits for prostate cancer should be explored.

### Traditional Vietnamese Herb

One of Vietnam's most potent and effective medicinal herbs for prostate and ovarian health, *Crinum latifolium*, has recently come into the spotlight. Used traditionally for longevity, Crinum was so revered in Vietnam that it was reserved only for royalty, and commonly referred to as the "Medicine for the King's Palace" and the "Royal Female Herb." These traditional nicknames highlight one of Crinum's most unique aspects - its ability to target both prostate and ovarian health conditions. As clinicians well know, it is quite unusual for an herb to be effective for both men and women's health conditions, but Crinum appears to be effective for both. Crinum's benefits have also been reported to extend beyond prostate and ovarian health.

### Benign Prostatic Hyperplasia

Crinum has been shown to alleviate the symptoms of Benign Prostatic Hyperplasia (BPH) (enlarged prostate). BPH is one of the most common male health conditions, the main symptom of which is frequent and sometimes painful urination. There are over 500 successful case histories using Crinum for BPH. After seven years of research, the International Hospital in Vietnam reported that 92.6 percent of BPH patients had good results using Crinum (confirmed by measurements of prostate size and clinical evaluations by urologists). 1 The doctors used the extract for 21-day cycles, with 7 days off in between. They reported no side effects and no lethal level in animals (meaning incredible safety).

One of the study patients, a 72-year-old man, had suffered from BPH symptoms for three years, waking up 4-5 times per night with difficult urination. He was evaluated at the International Hospital, and diagnosed with BPH with prostate dimensions of 4.1, 5.4 and 4.8 cm, with a weight of 53 grams. Previously, he had been advised to have his prostate removed, but because of a hypertensive condition, he tried a Crinum protocol instead. After only three cycles of treatment (21-days each), his prostate dimensions reduced to 2.9, 4.2 and 3.6, with a weight of just 22 grams. All his symptoms resolved and he reported feeling healthy.1

The International Hospital research was highly praised by the Vietnamese Health Ministry, and The National Health Committee declared Crinum to be the most promising area of research for the treatment of BPH.

In a Vietnamese study, 158 BPH patients were given a Crinum-based herbal preparation two times per day. After 64 days, patients were evaluated by clinical and ultrasound examinations. Researchers found that prostate size returned toward normal in 154 patients (97%). A three-year follow up confirmed a high rate of long-term success for those patients who completed therapy.2

In a recent report from the Vietnamese Central State News Agency (September 2005): *Crinum latifolium* extract has a very good therapeutic effect on benign hypertrophy of prostate (BHP), the National Institute of Traditional Medicine, the Institute of Traditional Medicine of Ho Chi Minh City, and the Institute of Aging Disorders of Hanoi tested Crinum in a large number of patients (627 patients) with BHP. The results have shown a 33-93% reduction in urinary symptoms. 90% of the tested patients achieved a reduction in prostate size. Among them a significant number of patients achieved a normalization of prostate size and urinary health after three months of therapy. There were no significant adverse reactions.3

### The Hoang Family of Doctors

Although most of the research available on Crinum focuses on the prostate gland and men's health, much of the early research using Crinum for ovarian cysts was reported by the Hoang family of medical doctors. The Hoang family is made up of three generations of progressive Vietnamese physicians who have shared their research with each other and worked together to move the uses of Vietnamese and Chinese herbs to a new and innovative level in modern alternative medicine. Dr. Kha Hoang was the grandson of the Chief Teacher for the Vietnamese royal family and was responsible for making Crinum a "national treasure" for prostate and ovarian health. In 1984, Dr. Hoang's daughter had so many ovarian cysts that she was scheduled for surgery. But instead, Dr. Hoang put her on a Crinum tea protocol, and six weeks later, her cysts were gone. In all, the Hoang family of doctors have used Crinum combined with other herbs to successfully treat well over one hundred patients with ovarian and prostate conditions, and to date have reported a high success rate.4

### Ken's Story

Ken Malik is the Co-Founder and Executive Director of the Prostate Awareness Foundation, a San Francisco-based non-profit organization that offers support, information, and resources for prostate cancer patients.

In his own personal battle with prostate cancer, Ken Malik decided to take the natural approach - opting for nutritional protocols and lifestyle modification. He had been using the herbal supplement PC Specs for eight years and found that it stabilized his condition. PC Specs had been marketed as an all-natural herbal formula, and had shown remarkable results for prostate conditions. But recently, it was pulled from the market after researchers found that certain PC Specs products actually contained synthetic and potentially harmful substances. Ken was one of thousands of men worldwide who were negatively affected when PC Specs was pulled off the market. After discontinuing the product, Ken's PSA levels slowly began to rise, so

he began his search for a replacement. This is when he found Crinum.

Ken started taking Crinum, along with a number of other supplements, in January of 2002, and over the course of ten months, his PSA levels continued to rise, however his biopsies showed his prostate to be completely free of cancer cells. (Ken's rise in PSA levels coupled with normal biopsies is just one more report that adds possible credibility to recent claims that PSA testing may not be an accurate assessment tool for diagnosing and tracking of prostate cancer.)

Ken was so excited about his personal results with Crinum that he organized an informal trial with ten members of The Prostate Awareness Foundation. Participants took a proprietary Crinum formula daily for three months, and all ten reported some level of functional improvement.<sup>5</sup> (To view a recap of this informal trial go to: [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org))

The Prostate Awareness Foundation (PAF) is an educational foundation that provides men and their families with non-biased, patient-driven information on prostate health issues and treatment options. The foundation places an emphasis on lifestyle changes, diet and supplements as preventative measures.

They also provide free-of-charge consultations, a support group program, monthly bulletins and a mentor program. PAF recommends an integrative approach to prostate problems using the best from both conventional and alternative medicine and encourages men to take proactive responsibility for their health and healing.

Currently, Ken continues to use Crinum daily, and also takes artemisinin, as well as a number of other supplements, which he rotates seasonally. Although his last biopsy in 2005 showed microscopic traces of prostate cancer, Ken reports that his cancer does not appear to be progressing. To date, Ken has lived a healthy, active life with prostate cancer for over eleven years. During that time, Ken's PSA levels have been as low as 2.1 and as high as 19.1. Ken notes that he has learned to live with what he sees as a cyclical rhythm to his PSA, and does not become alarmed at a high readings, but instead, looks for trends. This is a novel perspective and needs to be further explored.

### Crinum for Women

There is much less data available on the use of Crinum for women's health conditions. However, as Crinum becomes more popular, new data is emerging. Below are some very promising case histories from prominent doctors on the use of Crinum for polycystic ovarian disease.

*"I have found Crinum to be universally effective for several patients with ovarian cysts."*  
- Dr. Abram Ber, M.D.

### Polycystic Ovarian Syndrome

#### Dr. Thomas Dorman, M.D.

**Case History:** Dr. Dorman recently had a female patient with polycystic ovarian syndrome (PCOS). Her symptoms included irregular periods, decreased sex drive, weight gain, and excessive facial hair (from excess male hormones, confirmed by a laboratory), all of which are quite common in PCOS. After only two months on a Crinum formula, as a single intervention, her menstruation and weight normalized, her facial hair diminished, and her sex drive returned. There has now been nine months follow-up without a deterioration in this regard.<sup>6</sup>

#### Dr. Abram Ber, M.D.

*"I have shared this case history to confirm the efficacy of Crinum latifolium. I have found it to be universally effective for several other patients with ovarian cysts."* - Dr. Abram Ber, M.D.

**Case History:** C.G. is a 39-year-old woman who has polycystic ovaries as a part of the complex Syndrome X. She developed menorrhagia and her gynecologist referred her for a pelvic sonogram on 4/26/05. She subsequently had a visit in my office and I prescribed *Crinum latifolium* 3 caps tid. She began to take the Crinum capsules over the Memorial Day weekend and felt twitches in the area of her right ovary. 3-4 days later, she had a fever of 103, which lasted for three days. During these days she was anorexic. After the fever, she was ten pounds lighter. This weight loss was very welcome and the weight was not regained. On June 16, 2005, a repeat pelvic ultrasound showed a complete resolution of the previously described complex cyst. She now feels wonderful and relieved of all symptoms pertaining to the cyst.<sup>7</sup>

#### Dr. Graeme Shaw, M.D.

**Case History:** A 52-year-old woman in perimenopause was evaluated by her gynecologist for heavy periods and was diagnosed by pelvic ultrasound as having a uterine fibroid tumor and multiple bilateral cysts. Her gynecologist suggested ovarian surgery, but she requested a trial on natural supplements and was placed on a Crinum compound (3 caps 2x per day). Seven weeks later, she had a repeat pelvic ultrasound and there was no evidence of any cysts, and her surgery was cancelled.<sup>8</sup>

### Speculations About Mechanism

The Crinum plant is a large tropical plant with lily-like flowers that is found in the tropical and subtropical regions throughout the world. Phytochemical analysis has recently yielded a vast array of compounds, including more than 150 different alkaloids of the Amaryllidaceae plant family, whose most noted effects are analgesic, anticholinergic, antitumor and antiviral.<sup>9</sup> While numerous successful case studies exist, researchers are still not sure exactly how Crinum works. Some researchers believe it may enhance the cellular communication that is responsible for maintaining the balance between cellular proliferation and apoptosis. Without this check and balance system, unhealthy cells may be left to proliferate. Recent research has shown that Crinum encourages cells to produce a substance called neopterin, which is responsible for communicating with immune cells - calling them into action against foreign invaders and unhealthy or proliferative cells. This suggests that Crinum may not only be valuable for prostate and ovarian conditions, but may also be beneficial for other conditions in which unhealthy, proliferative cells are involved. Crinum has been shown to be a strong immune stimulant based on the research of Drs. Nguyen Ngoc Tram, Do Tat Loi, D. Fuchs (Austria), Dr. Popov and Zvekova (Bulgaria).<sup>10</sup> Dr. Ba Hoang, M.D., Ph.D. also states that in Vietnam, Crinum has been used successfully for hot flashes, as well as tonsillitis, laryngitis, and cough.

### Crinum May Offer Protection

Another potentially valuable benefit of Crinum is that it may be used as a preventative agent, offering protection against prostate and ovarian conditions before they start.

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