1. **Clinical observation on therapeutic efficiency of Conprosta - Pule'an in the treatment of benign prostate hyperplasia**

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[ABSTRACT] Objective：To observe the therapeutic effect of the Conprosta Pulean in the treatment of benign prostate hyperplasia．Methods：A total of 80 patients with symptomatic benign prostatic hyperplasia were made a definite diagnosis at outpatient and randomly divided into two groups：60 patients of treatment group were treated with conprosta pulean 3 tablet，po，tid；20 patients in the control group，with Finateride 1 tablet，po，qd；All patients received 90 days as a course of treatment．The therapeutic results were assessed before and after the treatment by using following variables：the safety and efficacy of conprosta pulean，international prostatic symptom score(IPSS)，quality of life(QOL)，postvoid residual urine volume(RUV)，mean Qmax．Results：The Conprosta Pulean was safe and effective relief for patients with obstructive BPH．The total effective rates was 93．3％ in the Conprosta Pulean group．All patients were followed up for 3 months in the Conprosta Pulean group．IPSS and QOL was decreased from 14．4±3．8 and 3．1±0．6 to 10．0±2．7 and 1．7±0．6，Qmax increased from 13．2±1．9ml／s to 17．5±4．7ml／s，respectively．There were significant differences of these parameters before and after treatment(P<0．05)，there was no significant difference between two groups(P >0．05)．There were no significant differences in RUV，prostate volume and PSA before and after treatment．Conclusion：Conprosta pulean is an ideal drug in the treatment of BPH patients with obstructive symptom at present．

Weijun FU，Xueyou He，Lixin Shi，et al: Clinical observation on therapeutic efficiency of Conprosta Pulean in the treatment of benign prostate hyperplasia. Acad J P LA Postgrad Med Sch , 2008, 29(1):6-8

2. **Multicentre clinical trial on therapeutic efficiency of Conprosta Pulean in the treatment of benign prostate hyperplasia**

[ABSTRACT] Objective：To study the safety and efficiency of the Conprosta Pulean in the treatment of benign prostate hyperplasia．Methods：202 patients with symptomatic benign prostatic hyperplasia were made a definite diagnosis at outpatient and randomly divided into two groups. In treatment group, patients were treated with conprosta pulean 4 tablets three times a day. While patients in the control group were taking Qianlie Shule capsule 5 capsules three times a day. All patients received 90 days as a course of treatment．The therapeutic results were assessed by comparing international prostatic symptom score(IPSS)，traditional Chinese medicinal symptom evaluation system of prostatic，and mean Qmax before and after the treatment in two groups．Results：The total effective rate reached 78.99% in Pulean group and 78.13% in control group. IPSS score in Pulean group decreased from 13.98±4.8 to 7.39±3.73. QOL decreased from 3.30±0.18 to2.07±0.56 and TCM score decreased from 10.10 ±3.86 to 5.21±2.74.

Furthermore, Qmax increased from 11.21±5.37 to13.38±7.53 ml/s. There were no significant difference between the two groups. The Conprosta Pulean was safe and effective for patients with BPH.

Liu Shushuo, Liufei, Wang Ruwei, et al: Multicentre clinical trial on therapeutic efficiency of Conprosta Pulean in the treatment of benign prostate hyperplasia. Chinese traditional and herbal drugs, 2009, 40(12):1945-1947

3. Observation on the Therapeutic Effect of Pule'an Tablet on Chronic Prostatitis

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ABSTRACT: OBJECTIVE To compare the therapeutic effect of Pule'an tablet and Prostat tablet on chronic prostatitis in a randomized, opening, parallel controlled, multi-center clinical study. METHODS A total of 174 patients with diagnosed chronic prostatitis were randomly separated into two groups: 133 patients in therapy group were dosed 4 tablets of Pule'an tablet by 3 times a day, while 41 patients in control group were dosed 1 tablet of Prostat tablet by twice a day. Both groups were treated for 8 weeks. The National institutes of health chronic prostatis symptom index(NIH-CPSI) Symptoms and the count of white blood cell and lecithin body in expressed prostatic secretion(EPS) were observed in the study. RESULTS The total effective rate in the therapy group was 77.44%, contrasted with 80.49% in the control group. In Pulean group, the score index of NIH-CPSI decreased from 21.20±5.59 to 9.49±6.14. There were no statistic differences in the count of WBC and lecithin body in EPS before and after treatment. There was no significant difference between the two groups. CONCLUSION: The Conprosta Pulean was safe and effective for patients with chronic prostatis.

WANG Chuanhang, LI Lanqun, ZHOU Qiang, et al : Therapeutic Effect Observation of Pule'an Tablet on Chronic Prostatitis. Chin JMAP, 2010 , 27(11): 1054-1056

4. Clinical trial on efficiency of Conprostat Pulean in the treatment of Chronic Prostatitis

[ABSTRACT] Objective：To study the efficiency of the Conprosta Pulean in the treatment of chronic prostatis. Methods：235 patients with chronic prostatis were made a definite diagnosis at outpatient and randomly divided into two groups. In treatment group, patients were treated with conprosta pulean 4 tablets three times a day. While patients in the control group were taking Qianlie Shule capsule 5 capsules three times a day. All patients received 30 days as a course of treatment. The therapeutic results were evaluated by recording the National institutes of health chronic prostatis symptom index(NIH-CPSI) , Quality of life (QOL), traditional Chinese medicinal symptom evaluation system of prostatis(TCM score), and the count of white blood cell and lecithin body in expressed prostatic secretion(EPS) before and after the treatment in two groups. In Pulean group, NIH-CPSI decreased from 12.98±4.16 to 7.68 ±3.47, QOL decreased from 6.75±2.09 to 4.87±2.11 and TCM score decreased from 6.18 ±2.55 to 2.88±1.70. Meanwhile, EPS- WBC decreased from 1.3±2.7 to 0.94±2.06 and the count of lecithin body in EPS increased from 1.9 ±2.1 to 2.4 ± 1.6. The total effective rate reached 75.95%. There were

no significant difference between the two groups. Results：The Conprosta Pulean was safe and effective for patients with chronic prostatis.

Liu Shushuo, Liu Fei. Clinical trial on efficiency of Conprostat Pulean in the treatment of Chronic Prostatitis. Zhejiang JITCWM, 2009, 19(9): 564-565