

#657 Comparing efficacy of Alfuzosin and Amitriptyline versus Yoga and Placebo in Males with Chronic Pelvic Pain Syndrome: An RCT



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AIMS OF STUDY

- ❖ Chronic pelvic pain (CPP) is chronic or persistent pain perceived in structures related to the pelvis.
- ❖ 90% of pelvic pain cases in outpatient clinics are attributable to CPPS; more commonly seen in young men. The NIH-CPSI is the most common questionnaire used for CPPS.
- ❖ Multiple options available for treatment for CPPS- alpha blockers, antibiotics, anti-inflammatory drugs amitriptyline etc.
- ❖ Yoga enables relaxation of pelvic floor and decreases symptoms of CPPS. In this randomized crossover study, we compared the efficacy of alfuzosin and amitriptyline with yoga and placebo in males with CPPS.

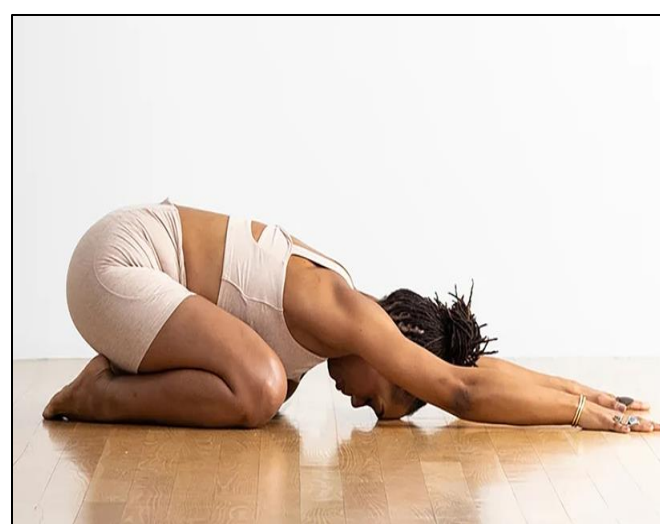
STUDY DESIGN, MATERIALS AND METHODOLOGY

This randomized crossover study was conducted in the Department of Urology and AYUSH at a tertiary care centre in Eastern India over a period of 2 years.

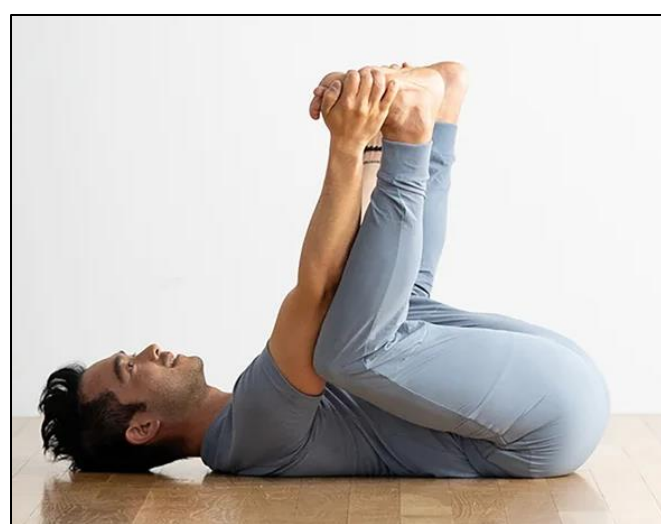
Group A received Alfuzosin (10mg) and Amitriptyline (10-50 mg) once daily.

Group B received treatment with Yoga for 1 hour and Placebo (identical cellulose tablets) once daily.

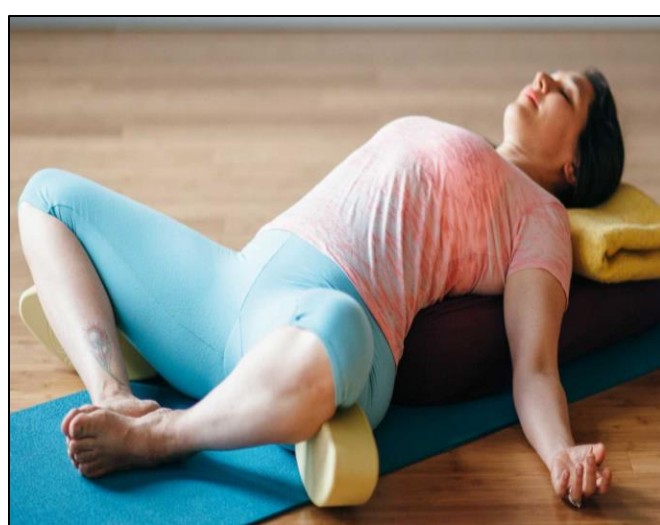
The baseline NHCPSI scores were noted. Patients were followed for 6 weeks and NHCPSI scores were noted. After a washout period of 1 week, the patients underwent cross-over to the other group after noting baseline NHCPSI scores again. These patients were again evaluated at after 6 weeks for NHCPSI scores



BALASANA



ANANDA BALASANA



SUPTA BADDHA
KONASANA



SUPTA MATS
YENDRASANA

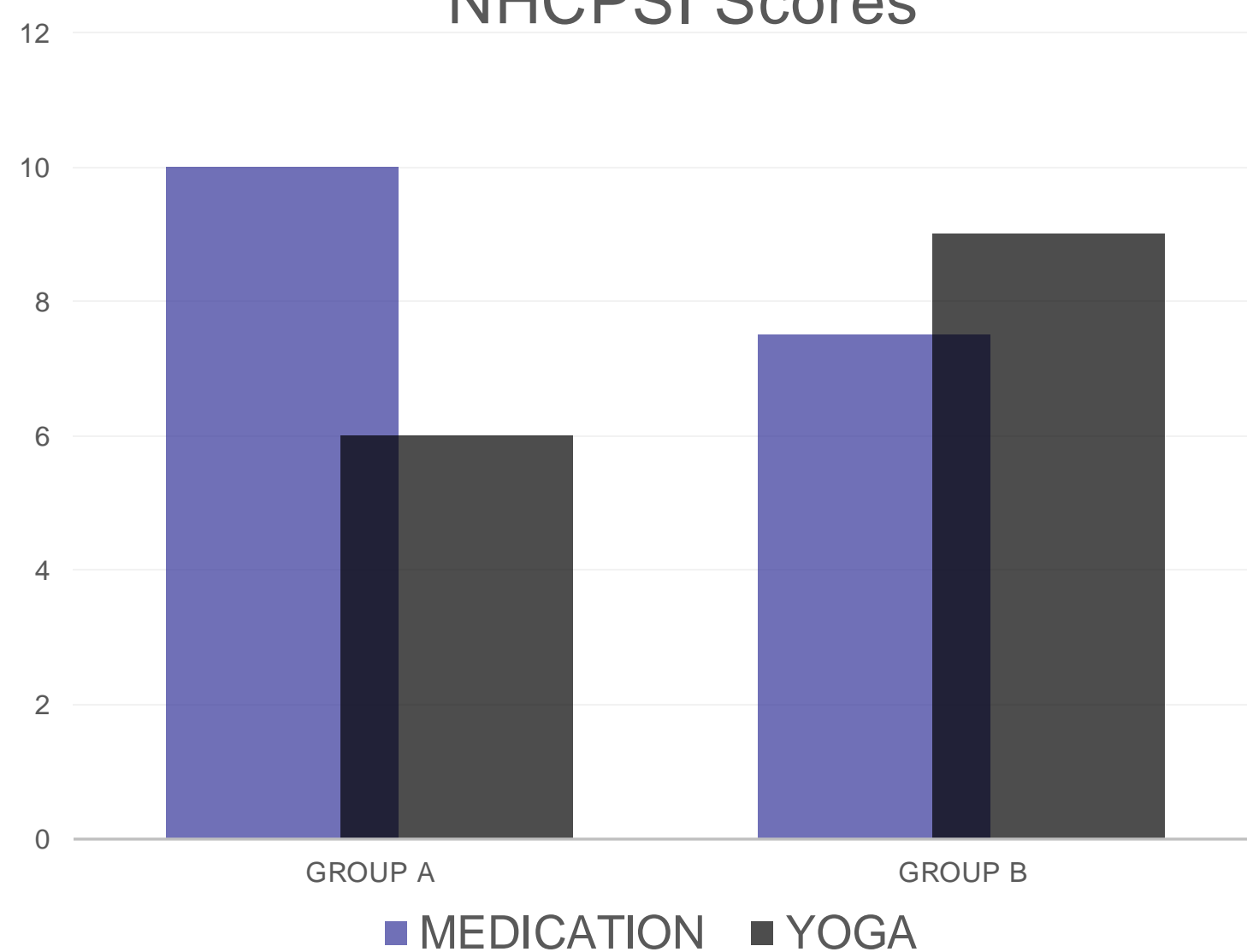


MARJARYASANA AND BITILASANA

RESULTS

- ❖ The median age in group A was 30.50 (25.25-38.00) years and in group B was 31 (26.00-34.00) years.
- ❖ The median decrease in overall NHCPSI score in **Group A** after 6 weeks of medication was **10** (8.25-13.75) points ($p < 0.001$) and after 6 weeks of Yoga was **6** (3.25-9.75) points ($p < 0.001$).
- ❖ In **Group B** the median decrease in overall NHCPSI score after 6 weeks of Yoga was **9** (5.25-11.75) points ($p < 0.001$) and after 6 weeks of medication was **7.5** (3-12.5) points ($p < 0.001$).

NHCPSI Scores



CONCLUSION

Yoga is not inferior to alfuzosin and amitriptyline for the treatment of CPPS. Therefore, patients can get long term relief from CPPS by Yoga; without experiencing the side effects of medications.

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2. Manderson L, Swain S, Ramasamy R. Comprehensive pelvic floor physical therapy program for men with idiopathic chronic pelvic pain syndrome: a prospective study. Transl Androl Urol. 2017;6(5):910-915

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