

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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[← Back](#)

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[Home](#) [About Us](#) [Appointments & Treatment](#)

[Refer a Patient](#)

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Equality, diversity & inclusion](#)

[Annual report](#)

[Give to MSK](#)

Pygeum may relieve symptoms of benign prostatic hypertrophy (BPH), but its effects following long-term use are not known.

Pygeum extracts have been used in traditional medicines for prostate gland inflammation, urinary problems, and other conditions. Several compounds in pygeum may reduce inflammation by stopping the production of prostaglandins, which are indicators of inflammation in the body. These compounds may also work together to reduce testosterone levels in the prostate. Although several small clinical trials suggest benefit, larger trials are needed to confirm safety and effectiveness.

## What are the potential uses and benefits?

- To treat benign prostatic hypertrophy (BPH)  
Several clinical trials show that pygeum is effective for urinary symptoms in patients with BPH, but long-term effectiveness and safety are not known.
- To reduce inflammation  
Laboratory studies show that chemicals in pygeum have anti-inflammatory effects, but human data are lacking.
- To improve sexual performance  
No scientific evidence supports this use.

## What are the side effects?

- Nausea
- Stomach upset

# What else do I need to know?

Special Point:

- When used for benign prostatic hypertrophy (BPH), it may take several weeks to see any beneficial effects.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Pygeum - Last updated on January 29, 2021

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[Nutrition & cancer](#)

[Find a doctor](#)

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