

Review Article

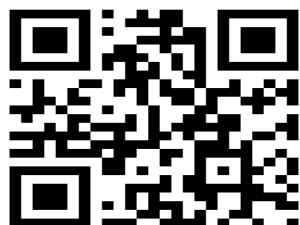
Homoeopathic Management of Nocturnal Enuresis in Children

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ABSTRACT

Bedwetting (enuresis) is a potentially serious medical and psychological problems affecting about two millions of children every year form age 6 to the adulthood. Many parents and patients who did not get help form a so called traditional medicine turned their hope to alternative medicine. Bedwetting or enuresis is a disorder in children in which they urinate involuntarily while asleep. The cause may be infection of worms, intake of excessive quantity of fluids and disagreeable food. The fact is that the cause is not always definite, and strictly speaking, a professional homeopath needs to be consulted. The present article is focused on the enuresis, its causes and homoeopathic remedies.



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INTRODUCTION

Bedwetting (Enuresis) is the inability to maintain urinary control during sleep. Involuntary urination at night is referred to as nocturnal enuresis whereas involuntary urination at daytime is called as diurnal enuresis. Bedwetting is more common in boys than girls. The word enuresis (bed wetting) was evolved from Greek word 'enourin' meaning is 'to urinate in'. It refers to involuntary passage of urine during sleep by a child old enough to have gained urinary control. The American Psychiatry Association has defined enuresis as children older than age five who are incontinent of urine at night. Studies report the prevalence of enuresis as 12-25% amongst four-year-olds, 8-10% amongst eight-year-olds and 2-3% amongst 12-year-olds. Poor scholastic performance along with poor social adaptation is common in enuretic children. Nocturnal Enuresis can be divided into Primary Nocturnal Enuresis and Secondary Nocturnal Enuresis.

Primary Nocturnal Enuresis

The common causes are

Delay in maturation of the relevant part of the nervous system.

Some children acquire control the bladder late.

Organic causes:

In Boys:

Defect in urethral valve.

Adherent / elongated prepuce

Phimosis

In Girls:

Ectopic ureters, which may open in urethral part of vagina. Suspected when the child is able to pass urine normally but dribbles day and night.

Hooded clitoris.

Psychological cause

Over enthusiasm on the part of parents regarding the child's toilet training leads to undue anxiety and enuresis. Yelling or spanking the child about his ill-performance or ridiculing him especially in the presence

of others has a negative effect on his toilet training

Secondary Nocturnal Bedwetting

In the child has experienced a minimum 6-month period of continence before the onset of the bedwetting, the Nocturnal Enuresis is considered Secondary Nocturnal Enuresis.

Common causes are:

Psychological causes: Worry at home or school has reflex irritation of the bladder resulting in enuresis.

- A move to school to school.
- A move to house to house
- Epilepsy
- Chorea is an exciting cause
- Composition of urine :
- High acidity of urine
- Presence of uric acid crystals.
- Skin diseases :
- Erythema
- Eczema
- Pruritis Diet:
- Liberal indulgence in saccharine food
- Liberal use of articles rich in sugar
- Liberal use of a fatty articles
- Liberal use of fruit rich in sugar
- Drinking of too much coffee Worms:

Symptoms

These are usually self-apparent; some children will sleep right through the night and still wet the bed while asleep while others will wake up and then wet the bed. There may be symptoms of itching in genitals or anus in some children.

Diagnosis

Sex: Clinical examination of the external genitals to rule out any organic defect.

Urine: Chemical and bacteriological examination of twenty four hours specimen of urine to determine any change in composition of urine or any sediment exerted in the urine

Stool: Examination for worms, sometimes repeated tests are required as worms are not detected in 1 st and 2 nd stool specimen examination.

Congenital Malformation: Attention should be paid to find any congenital malformation, folds or flaps of mucus membranes in the urethra, narrowing of the bladder neck etc,

Psychological Investigation: In whom the most searching investigations fail to reveal

any abnormality, they will usually be of a highly nervous disposition; here a homoeopath will play a role of physician, diagnostician and psychologist as well.

Homoeopathy and nocturnal enuresis Causticum

Particularly in children during first sleep worse in winter and ceases or becomes more moderate in summer with great debility.

Belladonna

Children with blue eyes, light hair, fine diarrhoea from boiled mil, the child is prone to complexion, restless sleep, and involuntary urination enuresis during the first sleep (Causticum). Consequent upon paralysis of sphincter muscles.

Tuberculinum

Enuresis in a child with primary

Rhus tox: Enuresis due to weakness of bladder with tuberculosis psychotic persons constant dribbling of urine.

Sulphur

For pale lean children with loose abdomen

Ferrum met

As under change of composition of who love sugar and highly seasoned food and urine. Aversion to be washed, micturition midnight.

Sabal serrulata

Due to paralysis of sphincter, constant desire to pass urine at night

Gelsemium

Due to paralysis of sphincter muscles, does not like to talk with anybody.

Dulcamara

Enuresis after some disease of bladder, worse from cold and damp. The child desires different things, but rejects on receiving them, copious turbid foul smelling urine.

Petroleum

Due to weakness of bladder, urine drops out even after urination, involuntary at night in bed.

Enuresis due to psychological causes

Kreosotum

Enuresis with dream of urination in a decent manner, wets the bed at night. A girl 16 years of age suffering from enuresis has been cured on the basis of this particular symptom.

Borax

Frequent urination at night, children who are frightened when being laid in a cot or carried down stairs.

Argentum nitricum

Great nervousness with restlessness, urine passes unconsciously and interruptedly, pale fetid urine, drinking coffee aggravates.

Sulphur

Wetting bed at night, copious discharge who suffer from chronic cutaneous eruption.

Psorinum

Worse during full moon. Intractable cases, when there is an eczematous history. In children when there are psoric manifestations. Secretion have filthy smell. The child is very sensitive to cold.

Constitutional basis

Calcarea carb

Complaints of children who are fat, fair and flabby too much emission of urination at night. Sour vomiting of children during dentition with a tendency to eat indigestible things such as chalk, pencils etc.

Medorrhinum

In children where there is a psychotic history nocturnal enuresis weak memory, fear in the dark as if someone is behind her/him.

Sepia

The sepia child is dull, depressed moody indolent with a greasy skin disinterested in work worse from change of weather. A tendency to diarrhoea from boiled milk, the child is prone to enuresis during the first sleep (Causticum).

Tuberculinum

Enuresis in a child with primary tuberculosis psychotic persons

Sulphur

For pale lean children with loose abdomen who love sugar and highly seasoned food and aversion to be washed, micturition midnight.

In young girls

Pulsatilla

Suited to cases of nocturnal enuresis occurring in children of tearful habit, conscious of its leakage but unable to control it. The urine passed drop by drop

Kali phos

Enuresis in longer children due to nervous factors.

Kali brom

Nocturnal enuresis from profound sleep of children or young persons

Lac canninum

As under psychological causes.

Opium : As under psychological causes

When with out any apparent cause but due to more habit

Equisetum ; Enuresis by day and night , it acts well when it remains a mere force of habit ,after removal of the primary cause , dreams of seeing crowd of people

Due to defective digestion

Nux vom

Loves fats and tolerated them well , nausea in the morning after eating . Irritable bladder from spasmodic splinter, frequent calls little and often with dribbling of urine.

Carbo veg

When associated with acidity of the stomach

Iodine

Children eat too much but still emaciates all the time.

Change in urine composition

Benzoic acid

when enuresis is accompanied by a high colored and strong smelling urine , benzoic acid will turn the urine normal and prevent its escape .

Ferrum met

More in day time than at night. Floods the bed 5-6 time at night stains the bed very dark and smell very strong. Clay colored sediment adhering to bottom of vessel.

Cubeba

urine foamy with smell of violets . Frequent urination due to some organic disease as uretherities prostates

Viburnum

Urine of a foul odor like cat urine, cannot hold urine walking while

When due to worms

Cina

The chief remedy for worms. The child is very irritable useful for round and thread worms (not pin worms) urine turns milky on standing. Enuresis during first sleep, great appetite soon after leaving the table.

Silica

Useful for children suffering from worms due to weakness of urinary organs

Santon

Especially useful for children suffering from ascaris, lumbricoides and thread worms and not tape worms, urine greenish if acidic, and reddish if alkaline

Sepia

Incontinence of urine at night especially 1st sleep the urine is very offensive and deposits a clay colored, sediment which adheres to the chambers.

Nat. mur.

Hungry yet loses flesh, craving for salt, aversion to bread and fats, child emaciating from neck urine passing involuntarily when walking and coughing, has to wait a long time for it to pass if others are present.

Kreosotum” and “Belladonna

Who sleep so deeply that they lose control of their bodily function? “Sepia” wets himself during the first part of the sleep, while his days are spent tidying up in order to restore a sense of cleanliness and order.

Capsicum has never recovered from a house move or other displacement.

Kali bichromicum

It is trying to define his boundaries just like an animal marking its territory

Lac caninum

It is the main remedy for long standing enuresis, which may continue through in to adolescence. The patient believes he is worthless and that he will never achieve anything.

Miscellaneous

Diet

The child should not be given any liquid diet much salty or spicy in the evening as such ireigmn tend to increase urine output, such things may be given during day time and not before retiring. The child should be put on light diet especially at night.

Sleep

Don't let the child sleep on his/her back as it is an indication of some disease. The child should not be put to bed immediately after food.

Punishment

The parents should be cautioned against punishing their children fir the act of bed wetting.

To increase the sensibility of the bladder

To allay the sensibility of bladder, the child should be encouraged to retain water as long

as possible in day time. Parents should encourage the habit while going out of house such as picnic etc,

Before putting the child to bed

She /he should be taken to bath room for urination.

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