

Review Article

Genitourinary tract infection and its Homeopathic Management

Shubhangi Rajendra Kolhe* and Toofan Chakravorty

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

ABSTRACT

This article is an attempt of explaining the urinary tract infection which is commonly seen in India and indications of some of the commonly prescribed Homoeopathic remedies.

Keywords: Genitourinary tract infection, Homoeopathy, treatment



QR Code for Mobile Users

Address for Correspondence:

Dr. Shubhangi Rajendra Kolhe

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

Conflict of Interest: None Declared!

(Received 10 February 2022; Accepted 25 February 2022; Published 4 March 2022) ISSN: 2347-8136 ©2022 JMPI

INTRODUCTION

A Genitourinary tract infection (UTI) is an infection in any part of the urinary system — involving kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract, the bladder and the urethra. Women are at greater risk of developing a UTI than are men. Infection limited to your bladder can be painful and annoying. Urinary tract infection can be defined as the presence or multiplication of bacteria or other microorganisms in the urine or genitourinary tissue. The entry of pathogens into the urinary tract is usually from periurethral colonization in females or often from prepuccial colonization in uncircumcised males. If complicated it can cause several renal diseases including end-stage renal failure. It is also a common source of life-threatening Gram-negative septicaemia.³

Types of genitourinary tract infection

Acute Cystitis

Acute pyelonephritis

Acute bacterial prostatitis

Chronic bacterial prostatitis

Non-bacterial prostatitis.

Acute epididymitis¹

Symptoms that are commonly seen in urinary tract infection

Pain Irritative voiding symptoms

Patient is usually afebrile

Burning sensation when urinating

Frequent, scanty urine¹

Cloudy appearance of urine

Hematuria

Strong-smelling urine

Pain or pressure In the back and lower abdomen or pressure In the back and lower abdomen

Common causes for genitourinary tract infection

1. It is very common in diabetics since glycosuria predisposes to recurrent urinary infection².
2. Certain strains of Escheria coli have some characteristics which offer them colonization and infection of urinary tract in 80-85% of cases.²
3. Klebsiella, Enterococcus and Group B streptococci are also responsible for 5-10% of cases.

Diagnosis

This is based on quantitative culture of a clean catch mid-stream specimen of urine and the presence and absence of pyuria. Dipsticks test positive for both nitrite and esterase are highly predictive of acute infection. Recurrent UTI requires radiological evaluation³.

Significant bacteriuria –presence of 1,00,000(10⁵) or more colony forming units of bacteria per milliliter of midstream urine is seen⁴.

Homoeopathic management for Genitourinary tract infection

Homoeopathy has a good scope in treating Genitourinary tract infection.

There are a number of well proved Homoeopathic remedies which has a tremendous action on genitourinary tract. Homoeopathy can provide a quick recovery when urinary tract infection is associated with the symptoms like fever, pain, foul smelling urine, discomfort etc. It is one of the safe systems which can provide relief to a patient who is suffering from long lasting recurrent urinary tract infection.

Some of the very important indicated Homoeopathic remedies

Cantharis

Irritation best expresses the totality of the cantharis effects. It irritates and inflames the mucous membrane generally. Its great action is on Genito urinary system, especially on kidneys and bladder. Burning runs through cantharis pathogenesis in a very sticking way.

Sarsaparilla

A valuable remedy in renal and vesicular affection. There is severe strangury with discharge of white, acrid, turbid matter. The most characteristic symptom of sarsaparilla is much pain at the conclusion of passing urine, almost unbearable⁶.

Apis mellifica

sensation of burning and stinging pain like the sting of the bee. Retarded to too frequent urination and when passed scalds severely. Incontinence of urine in old men as well as in cystitis.

Berberis vulgaris

Marked effects on the kidneys, liver, lumbar region. Lacinating, tearing, bubbling pain in the region of kidneys extending into spermatic cord. Burning and soreness in the region of the kidneys. Urine is greenish, blood coloured, with thick slimy mucus, transparent, reddish or jelly like sediment⁶.

Aconitum napellus

scanty, hot, red, painful urine. Tenesmus and burning at the neck of bladder. Burning in

urethra. Urine suppressed bloody. Anxiety always on beginning to urinate. Retention with screaming and restlessness.

Belladonna

Acute urinary infections. Urine scanty with tenesmus, dark and dropping. Haematuria when no pathological condition can be found. Prostatic hypertrophy.

Nux vomica

Irritable bladder, from spasmodic sphincter. Frequent, often calls for micturation and will pass little. Haematuria. Renal colic extending to genitals with, with dribbling urine. While urinating, itching in urethra and pain in neck of bladder.

Borax

This remedy can be helpful for cystitis with smarting pain in the urinary opening and aching in the bladder, with the feeling that the urine is retained. Hot smarting pain in orifice. Child afraid to urinate screams before urinating. Small red particles on diaper are seen.

Sepia

Red offensive sand in urine. Involuntary urination, during first sleep. Chronic cystitis, slow micturation with bearing down sensation⁶. Bearing down sensation in females as everything would escape through vulva.

Lycopodium

Pain in back before urinating, ceases after flow, slow in coming must strain. Retention. Heavy red sedimentation, child cries before urinating right sided renal colic.

Sulphur

frequent micturation especially at night. Enuresis especially in scrofulous, untidy children. Burning in urethra during micturation lasts long after. Mucus and pus in urine. Parts sore over which it passes, must hurry, sudden call to urinate. Great quantities of colorless urine.

Nitric acid

Scanty dark offensive urine. Smells like horse urine. Cold on passing, burning and stinging. Urine bloody and aluminous. Alternation of cloudy, phosphatic urine with profuse urinary secretion in old prostatic cases.

Equisetum

Principle action on the bladder. A remedy for

enuresis and dysuria. Severe dullness of pain and fullness of the bladder. Frequent urging with severe pain at the close of micturation. Urine flows only drop by drop. Sharp, cutting, burning pain in urethra while urinating.

REFERENCES

1. Papadakis M, Mcphee S. Current Medical Diagnosis & Treatment. 54th ed. United states of America: Mc Grawhill Education; 2015.
2. Das K. Text Book of Medicine. 6th ed. New Delhi: jaypee Brothers Medical Publisher (P) Ltd; 2017.
3. Kumar P, Clark M. Kumar & Clarks Clinical Medicine. 7th ed. london: Saunders Elsevier; 2011.
4. Allagappan R. Medicine for AYUYSH students. 1st ed. New Delhi: jaypee; 2017.
5. Shah S. API Text book of Medicine. 8th ed. Mumbai: Th Association of Physicians of India; 2011.
6. Jain j. Highlights of Homoeopathic Materia Medica. 2nd ed. New Delhi: B.jain publishesr; 2006.
7. Boericke W. Pocket manual of Homoeopathic materia medica. 13th ed. New Delhi: B. Jain publishers; 2013.
8. Allen H. Allens Keynotes. 10th ed. New Delhi: B.Jain publishesr; 2016.
9. Murphy R. Homoeopathic medical repertory. 3rd ed. New Delhi: B.Jain
10. Kent j. Repertory of the Homoeopathic Materia Medica. 6th ed. New Delhi: B.Jain publishers; 2015.