

## Case Study

# Explore the Role of Homoeopathic Medicines in Urinary Tract Ailments in Males above 45yrs of Age

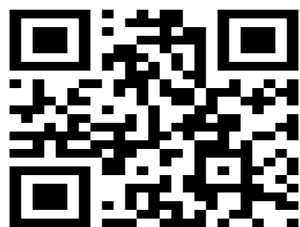
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## ABSTRACT

Urinary Tract Infections (UTI) is one of the burning topics which is common health problem, affecting millions of people each year. UTI may be defined as a condition in which bacteria enter, persist and multiply within the urinary tract. The Urinary Tract infection includes Urethritis (Inflammation of Urethra) and Cystitis (Inflammation of Bladder). The multiple causative factors which predispose to Urinary Tract Infection are incomplete bladder emptying, foreign bodies and loss of host defense. The interplay of host, pathogen and environmental factors are collectively responsible for the infection. The conventional line of treatment seems to offer only short symptomatic relief whereas Homoeopathy being gentle and safe, considers the whole individual in disease. Therefore, the study was undertaken to explore the role of Homoeopathic medicines in the management of Urinary tract infection. A Prospective study was conducted with sample size of 30, of cases fulfilling inclusion and exclusion criteria. The Individualistic approach in Homoeopathy was used to understand complete disease picture and in the management of each case. Data was analyzed by Parametric paired t-test, and the outcome was assessed by the degree of improvement as per UTI Symptoms Assessment questionnaire (UTISA) Score. The result of study concludes that Homoeopathic medicines playing important role in the management of Urinary Tract Infection.

**Keywords:** Urinary Tract Infection, Cystitis, Urethritis, Males Homoeopathic medicines



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## INTRODUCTION

Urinary Tract Infection is a collective term that describes any infection involving any part of the urinary tract, namely the kidneys, ureters, bladder and urethra. Urinary tract infections are among the most common bacterial infectious diseases and public health problem encountered in clinical practice and account for significant morbidity and high medical costs. Urinary Tract Infection has been described since ancient times with the 1st documented descriptions in the 'Ebers Papyrus dated to 1550 BC. It was described by Egyptians as 'SENDING FORTH HEAT FROM BLADDER'. Urinary Tract Infection

typically occur when bacteria enter the urinary tract through the urethra and begin to multiply in the bladder. Although the urinary system is designed to keep out such microscopic invaders, these defenses sometimes fail. When that happens, bacteria may take hold and grow into a full-blown infection in the urinary tract. Most infections involve the lower urinary tract - the bladder and the urethra. Person having urinary tract troubles out of that 30 to 40 percent suffers from Lower Urinary Tract Infection.

Urinary tract infection" is a bacterial infection that affects any part of the urinary tract. The main etiological agent is

ESCHERICHIA COLI. The common urinary problem is the urinary tract infection, which affects millions of people each year. The fact attached to urinary tract infection is the tendency to develop an infection again and again.

The most common cause of a UTI in the urethra is a sexually transmitted disease. Chlamydia and gonorrhoea are two STDs that can cause a UTI. STDs are also the most common cause of UTIs in younger men. Prostate problems can also cause UTIs. An enlarged prostate (BPH) is common in older men and can block the flow of urine

In men, the most frequent chief complaint related to urinary tract infection (UTI) is dysuria. In fact, complaints of dysuria, urinary frequency, and urgency are approximately 75% predictive for UTI, whereas the acute onset of hesitancy, urinary dribbling, and slow stream are only approximately 33% predictive for it.

The conventional system of medicines uses antibiotics to treat this condition. Unfortunately, since the medicines are expensive and this kind of treatment produces drug resistant cases leading to its complications. Homeopathy is equally effective, cheaper with no hazardous signs as compared to other systems of medicines. Correct prescription is based on what is unique about each case, to remove such things different homeopathic base of prescription is required. Patients seeking homeopathic treatment are usually acute or chronic cases in nature with acute exacerbation, need to be treated by constitutional medicines to prevent recurrence and complete cure. There are various remedies in homeopathy which are useful in treatment of urinary tract infections. Hence my aim is to study the role of Homeopathic Medicine in the management of Urinary Tract Infection in males above 45 years of age.

Urinary tract infections (UTIs) are rare in adult males younger than 50 years but increase in incidence thereafter. Causes of adult male UTIs include prostatitis, epididymitis, orchitis, pyelonephritis, cystitis, urethritis, and urinary catheters. Owing to the normal male urinary tract's

many natural defenses to infection, many experts consider UTIs in males, by definition, to be complicated (more likely to be associated with anatomic abnormalities, requiring surgical intervention to prevent sequelae).

The prevalence of urinary tract infection in males increases with age, and the lifetime prevalence is estimated at 13,000 to 14,000 per 100,000 adult men, Dysuria is the most frequent presenting symptoms of UTI. Urinary Tract Infection causes morbidity by recurrent episodes & hospitalization if not diagnosed properly at right time and not treated properly and for correct duration. Recurrent urinary tract infection may cause renal scarring and may lead to renal damage and chronic renal failure.

Homeopathy can provide best treatment for urinary tract infection without any local or systemic side effects. Homeopathy has an effective role to play in management and also in prevention of urinary tract infection. There are medicines which can build up immune system and prevent further recurrence of urinary tract infection, when maintained with proper lifestyle and hygiene. The conventional system of medicines uses antibiotics to treat this condition. Unfortunately, since the medicines are expensive and this kind of treatment produces drug resistant cases leading to its complications. Homeopathy is equally effective, cheaper with no hazardous signs as compared to other systems of medicines. Correct prescription is based on what is unique about each case, to remove such things different homeopathic base of prescription is required. Patients seeking homeopathic treatment are usually acute or chronic cases in nature with acute exacerbation, need to be treated by constitutional medicines to prevent recurrence and complete cure. There are various remedies in homeopathy which are useful in treatment of urinary tract infections. Hence my aim is to study the role of Homeopathic Medicine in the management of Urinary Tract Infection in males above 45 years of age.

## Aims and objectives

### Aim

Establish the role of Homoeopathic medicines in the management of urinary tract ailments in males above 45 years of age.

### Objectives

The overall objective of the study was to explore the role of Homoeopathic medicines in the management of urinary tract infection in males above 45 years of age. Specifically, the study attempted to find out the following.

1. To study the clinical presentation of Urinary tract Ailment.
2. To study the role of Homoeopathic medicines in the management of urinary tract ailments in males above 45 years of age.
3. To study control and prevention of UTI in males.

### Research question

Whether Homoeopathic medicines play any significant role in the management of urinary tract infection in males above 45 years of age?

### Hypothesis

Null hypothesis

Homoeopathic medicines having no significant role in the management of urinary tract infection in males above 45 years of age.

### Result and conclusion

This study was designed with an objective of study is to explore the role of Homoeopathic medicine in the management of Urinary Tract Infection. A total of 30 cases were selected according to Inclusion and Exclusion criteria.

1. The Incidence of Urinary Tract Infection is more common in age group of 51-60 years.
2. Homoeopathic medicines is more effective in patients of age group between 51 to 60 years, while Sarsaparilla Officinalis has efficient role in age group between 51 to 60 years respectively.
3. The prevalence of Urinary Tract Infection is more in people with poor hygiene and in low socio-economic background.
4. Reduced water intake, avoiding the urge to urinate, using deodorant sprays or other feminine products, unhygienic health conditions, wrong selection of undergarments, sexual intercourse, etc. are

responsible for Urinary Tract Infection.

5. Clinical Presentation of Urinary Tract Infection symptoms is – increased frequency, urgency, painful/burning micturation, difficult emptying/ passing, discomfort, lower back pain and Hematuria.

6. Anger, Irritability, Anxiety, Jealousy, Restlessness, Sensitive, Contradiction intolerant, offended easily, Sensitive, Indifference, disappointed and Discontented with everything are the Characteristic Mental State present in Urinary Tract Infection.

7. Urinary Tract Infection is more predominant seen in patient with Psoric and Sycotic Miasmatic background.

8. Patient with Urinary Tract Infection presents with High state of Susceptibility; hence these cases respond well to high potency like 200 and 1M.

9. As Urinary Tract Infection has the psychosomatic origin, the mental theme of anger, irritability, pissed off feeling i.e. disrespected, dominated, criticized or being contradicted commonly present in the patients. Thus, the homoeopathic medicines resolve this mental state, which help to treat the cause behind the disease condition, resulting in the complete Holistic recovery of every Individual case.

10. The study proves that Homoeopathic medicines selected as per the totality of symptoms of the case effectively help in reducing the intensity and frequency of the symptoms. Accurate homoeopathic similimum selected on appropriate totality (Holistic approach) helps in non-occurrence of episodes thus offering complete cure in most gentle way.

11. Apis Mellifica and Sarsaparilla Officinalis, Lycopodium, Pulsatilla, Sulphur, Berberis vulgaris have effective role in treatment of Acute as well as Chronic cases of Urinary Tract Infection.

According to statistical scale, the effect of treatment was evident. 27 cases (90%) showed marked improvement whereas 2 cases (7%) showed partial improvement and 1 case (3%) with no improvement, conclude that, Homoeopathic medicines have significant role in the management of Urinary Tract Infection.

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