

Review Article

Urinary Tract Infection and Homoeopathy

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ABSTRACT

One such commonest problem that troubles children much is “urinary tract infection. Urinary Tract Infection is an inflammatory response of the urinary tract due to bacterial invasion which is usually associated with bacteriuria and pyuria. UTIs are a among the common health problem affecting millions of children every year. It can involve the upper urinary tract comprises kidneys (pyelonephritis), or the lower urinary tract comprising bladder and urethra (ex.- cystitis and urethritis).

Keywords: Urinary tract infection, homoeopathy, cure



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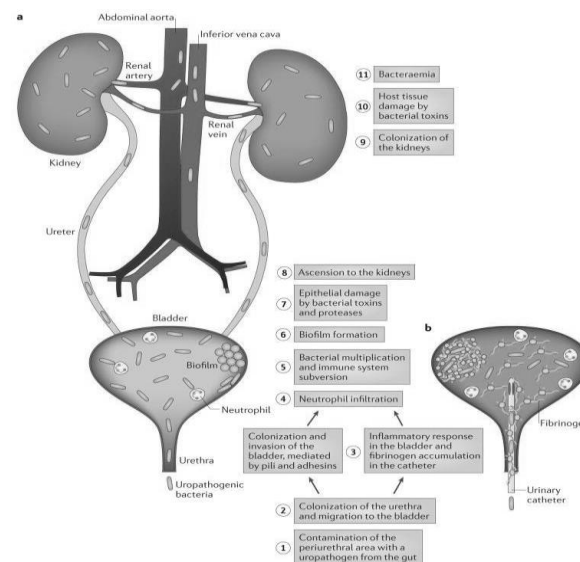
INTRODUCTION

UTIs are a among the common health problem affecting millions of children every year. It can involve the upper urinary tract comprises kidneys (pyelonephritis), or the lower urinary tract comprising bladder and urethra (ex.- cystitis and urethritis). Incidence of UTI is more seen during the first decade of life. Gender difference can be seen in first 3 years of life which comprises Boys predominance during first 3 years, but later on girls are usually affected more than boys. UTI is one of the coomonest problems in school going children for their absence from schools.

Urinary tract infection (UTI) is a common disease associated with significant mortality and long-term morbidity specially in infants and children. The clinical picture differs from unaffected infant with asymptomatic bacteriuria to a severely septic child.

Clinical presentation

In children symptoms of UTIs can come immediately. The clinical presentation of UTI in children starts with the very sign of urgency to urinate. Further there is burning



or sharp pain in the urethra can be noticed (dysuria). Sometimes there may be difficulty in emptying the bladder which can be seen with release of very little urine or pain. Occasionally there may be haematuria. There may be alsosoreness felt in lower abdomen, on the sides and back. If the bacteria enter the ureters and spread to the kidneys, symptoms also may include:-

Back pain
Chills
Fever
Nausea
Vomiting

Risk factors

Specific risk factors in children for developing UTI can be summarized as follows:

Frequent voiding,
Poor fluid intake &
Functional stool retention,
Anomalies like congenital hydronephrosis, vesicoureteral reflux, UV junction obstruction or ureteropelvic junction obstruction, etc.

Complications

Usually if UTIs are treated accurately can be reverted quickly and will not be associated with severe complications. In few cases, however, UTI may cause severe complications and long-term disabilities. Infants and younger than 3 months are increased risk of bacteraemia.

Recurrent Urinary Tract Infections

Kidney abscess

Reduced kidney functions

Kidney failure

Hydronephrosis

Sepsis, etc.

Preventive measures

Preventive measures to avoid UTIs may be requiring change in child's daily habits like,

Drinking plenty of fluid

Drinking cranberry juice or vitamin C.

Go for urinating frequently when you first feel the urge.

Always wipe from front to back after bowel movement in toilet.

Use of cotton underwear and loose-fitting clothes.

Homoeopathic indications for UTI

Cantharis for UTI

It is one of the most common homeopathic medicines for burning urination. It cures restlessness and also controls sexual desires. Doctors recommend these drops during decreased urinary output (few drops passing at a time), despite a strong urge to urinate.

Nux Vomica for UTI

It is an instant homeopathic treatment for chronic UTI in an irritable urinary bladder. It is characterized by burning sensations, cramps, and extreme itchiness during urination. It commonly causes a person to become irritated and impatient.

Sarsaparilla for UTI

There are instances when your UTI symptoms are unclear and not so common. Sarsaparilla is a lifesaver and the best homeopathic medicine for UTI in such situations. Dribbling urine occurs while the person is sitting and passes rapidly while standing. Your doctor might recommend it if there is a presence of sediments in your urine.

Apis mellifica for UTI

This homeopathic medicine for urinary tract infection reduces burning sensations that aggravate during the nighttime.

Staphysagria for UTI

Staphysagria is the homeopathic medicine for UTI associated with sexual intercourse.

Cantharis:

E. A. Farrington says **Cantharis** will be found indicated in acute cystitis more frequently than all other remedies put together. Sometimes the patient will have the desire to urinate every 2 or 3 minutes. The urine does not pass freely or copiously, but dribbles away in hot, scalding, sometimes bloody drops with burning, cutting pain, which could not be worst if the urine were molten red. This burning and urging continues after urination.

Nitric Acid

Smarting and burning in urethra during and after urination. Discharge of bloody pus and mucus from urethra. Needle like stitches in meatus. Frequent urging to urinate with scanty discharge < at night. Urine – orange, containing bile, is cold when passed. Very offensive, like horse's urine, scanty, dark brown, smelling intolerably strong and turbid. Burning in urethra, wants to urinate, thinks urinating will relieve burning. After urinating, violent burning and discharge of mucous. Spasms of urethra.

Terebinthina

Tenesmus of bladder. Incontinence of urine

at night. Dysuria, Cystitis, Urethritis, Strangury, Haematuria. Inflammation of bladder, urethra with scanty, turbid, dark urine. Distressing strangury. Burning in bladder and urethra during micturition. Complete suppression of urine. Frequent urination at night with intense burning. Urine – scanty, bloody, turbid and dark. Deposits a thick, muddy, light yellow sediment.

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