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## Efficacy of homeopathy in nocturnal enuresis: A case report

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### Abstract

Nocturnal enuresis is a common problem among children now a days. It is a benign condition which may leads to significant emotional and psychological problems in the child and family. 75% of children with enuresis are wet only at night, 25% are wet day and night. Homoeopathic approach is effective along with the education of parents.

**Keywords:** Nocturnal enuresis, homoeopathic management, genetically problem, development delay

### Introduction

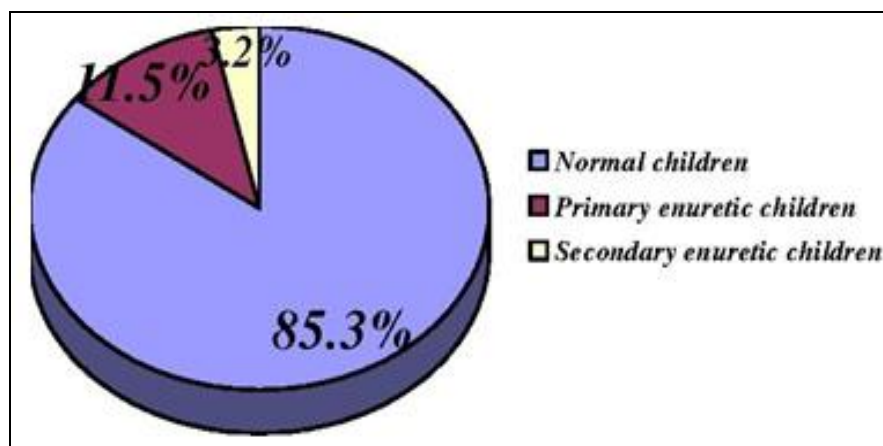
Nocturnal enuresis is involuntary urination that happens at night while sleeping, after the age when a person should be able to control their bladder. More than 85% children attain complete diurnal and nocturnal control of the bladder by 5 years of age. Remaining 15% gain continence at approx. 15% per year. By adolescence only 0.5 to 1% children have enuresis. This may be due to genetically problem or development delay.

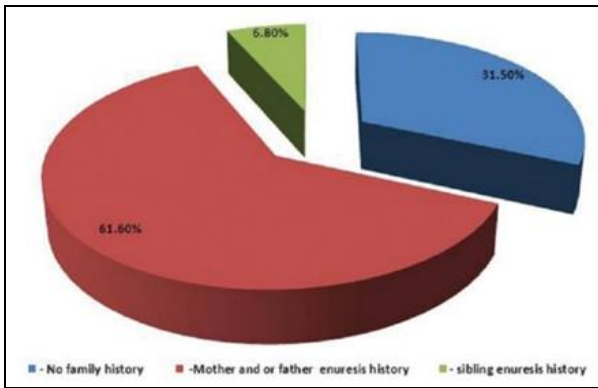
### Definition

The word enuresis is derived from the Greek “ENOUREIN” which means to void urine. Enuresis is defined as the voluntary or involuntary repeated discharges of urine into clothes or bed after a developmental age (i.e., 5years), when bladder control should be established.

### Etiology:

Maturational delay  
Lack of circadian rhythm of secretions of anti-diuretic hormone (ADH).  
Inadequate sleep arousal.  
Urinary tract infections (UTI).  
Bladder bowel dysfunction.  
Giggle and stress incontinence.  
Pinworm infestations of life<sup>[10-12]</sup>.





**Classification**

- 1. Primary:** When the child has never been dry.  
 Causes - premature, < 18 months of age  
 Inadequate bladder capacity  
 Abnormal sleep
- 2. Secondary:** When bed wetting starts after a minimum period of 6 months of dryness at night.  
 Causes - Recent emotional stress

Any underlying organic pathology - UTI, DM, seizures

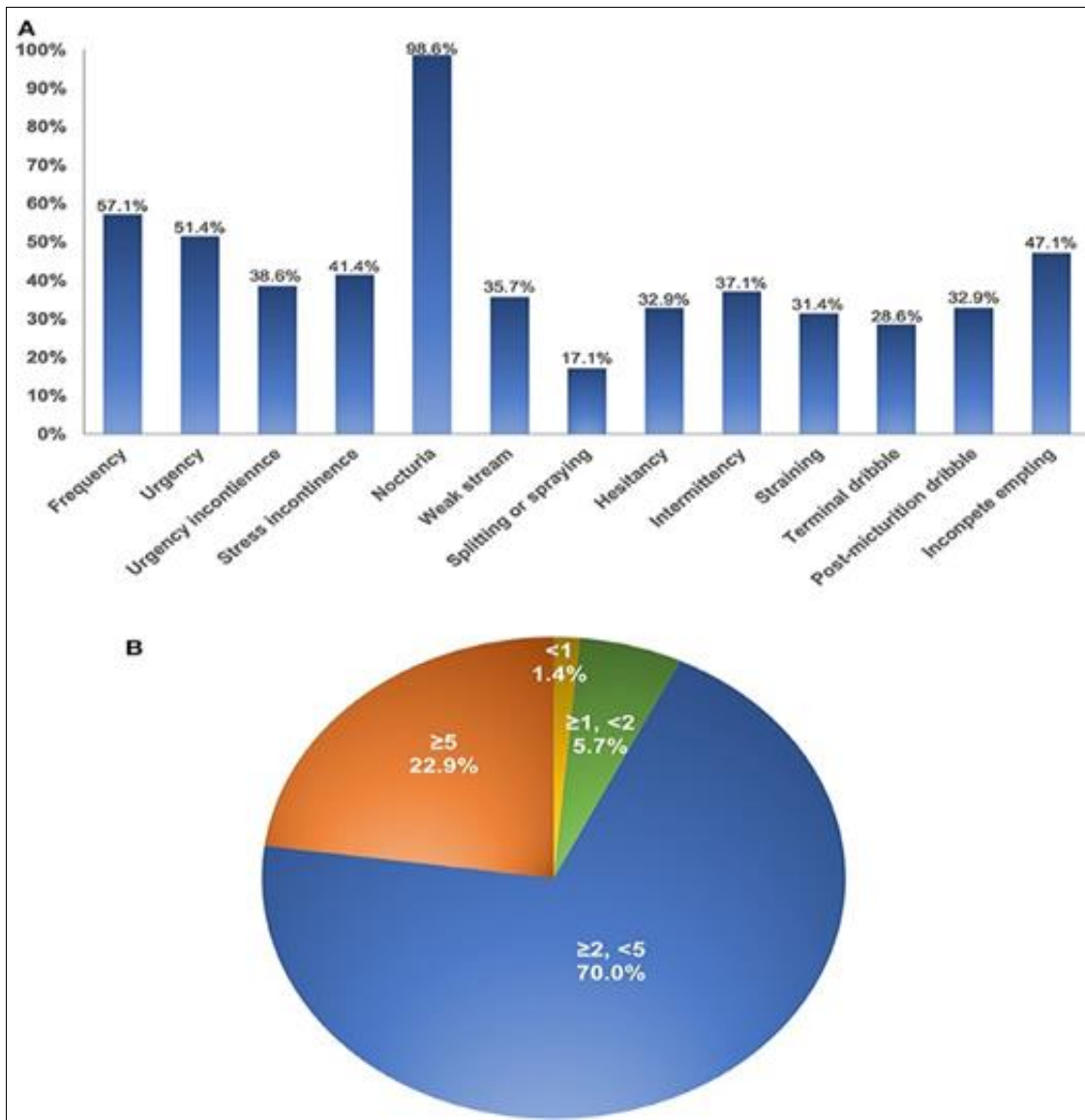
**Further classification**

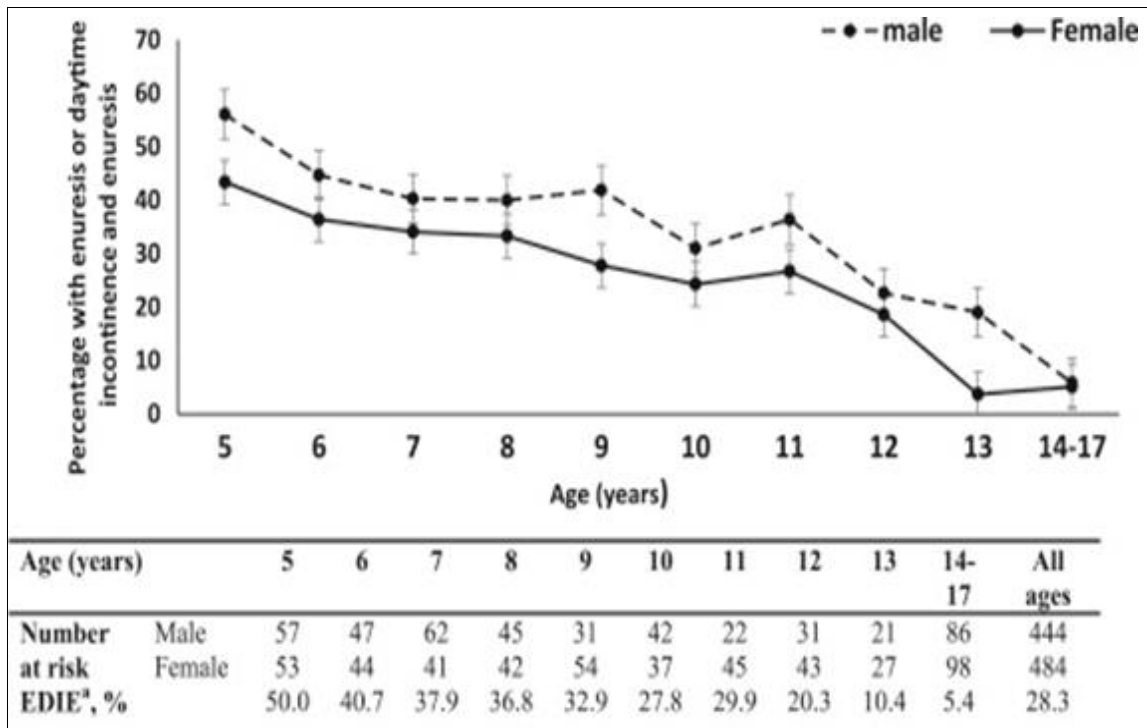
Nocturnal enuresis - voiding urine at night time.  
 Diurnal enuresis - voiding urine while awake. Commonly seen in girls.

**Clinical features:** Frequency of urination.  
 Urgency of micturition.  
 Unable to hold urine and voids.

**Investigations:** Urine analysis  
 Urine culture  
 CBP.

**Management:** Avoid taking large amounts of liquids in the evening.  
 Child should void before retiring.  
 Should make a habit of waking up in the middle of night when get a sensation.  
 Children should be given emotional support.  
 Alarm therapy (7years of age).  
 Both child and parents are to be consoled together.





**Case Presentation**

A female patient of age 13 years, studying 8th standard came with complaint of bed wetting, involuntary urination at night (Episodes-5-6 per week), unable to hold urine at night during sleep since her childhood. She reported that she feels embarrassed and ashamed about her condition. She said that she feels discouraged and worried due to her condition and feels inconvenient while talking with her friends. When enquired about family history, she said her mother has same complaint of bed wetting till she got married, and then cured without taking any medication. She said that she always thinks about her complaint.

**Totality of case** - Always thinks about her complaint.  
 Embarrassed and ashamed due to her complaint.  
 Bed wetting.  
 Involuntary urination at night.  
 Unable to hold the urine at night.

**Repertorial totality - synthesis:** Mind - ailments from - embarrassment  
 Mind - Discouraged- anxiety, with.  
 Mind - thinking - complaints about.  
 Bladder - urination - involuntary - night.  
 Bladder - urination - involuntary - children, in.

**Remedy selected** - Pulsatilla 200c, 1dose, Rubrum for 1 month.

**Repertorial sheet**

MIND			
1 MIND - AILMENTS FROM - embarrassment			⊗
2 MIND - DISCOURAGED - anxiety, with			⊗
3 MIND - THINKING - complaints			⊗
BLADDER			
4 BLADDER - URINATION - involuntary night			⊗
5 BLADDER - URINATION - involuntary children; in			⊗
Remedies	ΣSym	ΣDeg	Symptoms
puls.	4	6	1, 2, 4, 5
nat-m.	3	6	1, 4, 5
ferr.	3	5	1, 4, 5
op.	3	5	1, 4, 5
sep.	3	5	1, 4, 5
bar-c.	3	4	1, 2, 4
chin.	3	4	1, 4, 5

**Follow ups**

S. No	Complaints	Prescription with date
1	Urination at night Alternative days only. Physicals - Good.	(7-8-23) Rx - Nihilium 200c, 1 dose SL - 6 pills TDS for 1 month
2	Urination 2 times in a week. Physicals - Good.	(5-9-23) Rx - Rubrum 200c, 1 dose SL - 6 pills TDS for 1 month
3	Urination one time in a week. Physicals - Good.	(6-10-23) Rx - Castora 200c, 1 dose SL - 6pills TDS for 15days.

**Rubrics from different repertories**

**Boerick repertory** - Urinary system -Involuntary at night - bell, caust, puls, sepia.

Urinary system - enuresis - nocturnal - bell, caust, puls, rhustox.

**BBCR** - Urine - micturition - involuntary -night -in bed (bed wetting) - Arn, bell, puls, sepia.

Urine - micturition -Sleep - first in - kreos.

**Phatak repertory** - Bed wetting - Sleep during - Caust, kreos, sepia

Bed wetting - Later part - chlolo.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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