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## Can homoeopathic sarsaparilla be the answer to recurrent UTI and Urosepsis

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### Abstract

UTI may be due to any of the affected location throughout bladder, urethra, ureters, and kidneys. Recurrent UTI's with Primary bladder affections (cystitis) or more severe kidney infections pyelonephritis owing to renal calculi can be treated with homoeopathic Sarsaparilla. In this article the pharmacodynamics of sarsaparilla and its indications are illustrated.

**Keywords:** Recurrent UTI, Sarsaparilla, remedial action, homoeostasis, individualization

### Introduction

- “WHO promotes Homoeopathy as integral resource in medicine”, concurrent with establishment of Global Center for Traditional medicine and alternative medicine under guidance from Indian government (news published by T.H.J. Nerozzi courtesy F. news, D.O.P. 16<sup>th</sup> Aug, 2023) this is what the evolution and progress of homoeopathy in today's world is being the word on the street. Homoeopathy, a bicentennial science has stood the test of time by demystifying the myth and hoax around it by bringing to the table for the world to see the scientific acumen of exploratory as well as explanatory research. Randomized clinical trials (RCT), literature review and meta-analysis has brought scientific credibility to the forefront.
- 1. RCT which is considered the gold standard in research involve randomly assigning patients to different treatment groups to evaluate the effectiveness of a remedy. Literature reviews help consolidate knowledge by summarizing existing research by analysing multiple studies so far to draw meaningful conclusions. Meta-analysis combines data from multiple studies to assess overall treatment effects. It provides a comprehensive view of the evidence. Meta-analyses strengthen the scientific basis of homoeopathy. Homoeopathic Pathogenetic Trial (HPT) are analogous to phase 1 clinical trials in allopathy, HPT involves testing remedies on healthy individuals.
- Homoeopathic epistemological fundamental principle of symptom similarity, based on erected totality is the basis and bedrock of the science. Dr. Hahnemann was visionary in his approach to medicine. His groundbreaking work, including the gem publication of “Essay on a New Principle for Ascertaining the Curative Powers of Drugs,” marked a paradigm shift in understanding and treating diseases for alleviating the suffering of humankind and went on the exposition of pharmacological effects of medicines with their primary physiological actions and consequent and opposed secondary physiological indirect actions of the body which can be of shorter or longer duration.

**Classical categorization of sphere of action:** Urinary organs, skin, right periosteum, and suppressed cases of syphilitic domain. Anti-inflammatory, anti-rheumatic, diuretic, immune response modulator.

### At a Glance

#### Botanical Background

- Sarsaparilla (*Smilax officinalis*) is a perennial vine native to Central and South America.
- It belongs to the Liliaceae family and has a long history of traditional use
- In herbal medicine. The rhizomes of various species of smilax. Reddish brown, scentless, bitter and acrid and can be used as a diaphoretic, blood purifier and as a restorative tonic after the abuse of mercury Trituration's and tincture of the dried

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- rhizome is used.

### Clinical Uses

- Bladder affections, Dysuria, gravel, rhagades, auto immune inflammatory skin conditions like psoriasis, abuse of mercury, renal colic right sided calculi with characteristic burning pain at the conclusion of urination, also for nephritic calculi (urine with gravel) and rheumatism.
- Blood Purification: Sarsaparilla has been used as a blood purifier. It was believed to cleanse the blood and promote overall health.
- Skin Conditions: It has been employed for various skin conditions, including psoriasis, eczema, and acne.
- Rheumatism and Arthritis: Its indications include painful urination, renal colic, and skin eruptions.

### Phytochemistry

- The root of sarsaparilla contains various saponins, including sarsaponin, sarsaparilloside, phytosterols, phytoestrogens which contributes to its medicinal properties.
- Other constituents include flavonoids, stilbenes, and steroids.
- Modern Research: Studies suggest potential anti-inflammatory and antioxidant effects.
- Homoeopathic Use: In homoeopathy, sarsaparilla is used for various conditions, including urinary pathology, skin ailments, and joints pain.

### Pharmacodynamics

Endotoxins can indeed induce inflammation, and saponins play a role in restricting endotoxins found in the gut, gums, and skin by binding to them. This binding action helps reduce the release of toxic pro-inflammatory cytokines.

As for acne during menstruation, the culprits are estrogens and progesterone. These hormones are generally beneficial, but just before menstruation, their levels drop. This hormonal shift leads to increased androgen production and excess sebum from sebaceous glands, which can clog pores and cause acne. Phytoestrogens found in sarsaparilla can help reduce androgens, thus maintaining estrogen levels and potentially minimizing acne during menstruation. The collaboration of our body's organs and immune responses works synergistically in attaining homeostasis with bone Marrow and T Cell Formation, the bone marrow, derived from the embryonic germ layer mesoderm, plays a crucial role in our immune system and is responsible for forming T cells from hematopoietic stem cells, newly formed T cells then migrate to the thymus gland for (T cells which are a great help to body), exhausts when there is continuous ongoing damage in the body, as seen in chronic inflammations. Cytokines like IL-10 or TGF-beta can also trigger T cell exhaustion during cellular responses to inflammation. This exhaustion affects the immune response and overall health.

When dealing with urosepsis is a severe condition where a UTI spreads to the bloodstream, leading to a systemic infection, a cascade of inflammatory events occurs, driven by pro-inflammatory cytokines. These events are carefully controlled. Selective suppression of cellular immune responses helps manage the flawed or exhausted T

lymphocytes.

Studies by Arora *et al.* (2013) in India explored the anticancer and anti-inflammatory of sarsaparilla. In an experimental model of kidney adenocarcinoma (ACHN), sarsaparilla demonstrated apoptosis induction even at a 30 cH dilution. This highlights its potential therapeutic effects. Sarsaparilla officinalis, also known as sarsaparilla, has a notable association with cystitis. When it comes to urination, it can become more copious than usual. Normally, a urine output of 2.5 to 3 liters is considered within the normal reference range (unless otherwise specified due to increased intake).

### There may be reasons behind excessive urination

#### 1. Increased Total Volume of Urine

- Certain diseases, such as diabetes mellitus or diabetes insipidus, can lead to an increase in the total volume of urine produced. In diabetes, the body tries to eliminate excessive unused glucose from the blood to maintain homeostasis.
- Remember our discussion about the body's self-defensive mechanisms and its role in preventing dynamic derangements? This is one such example.

#### 2. Diet and Lifestyle Factors

The consumption of certain substances can act as diuretics and increase urine output. These include caffeine, tea, sweets and alcohol. If patients life style involves frequent consumption of these substances, it might contribute to copious urination.

#### 3. Sarsaparilla's Role

- Consider sarsaparilla if excessive urination is related to urinary bladder pathology. Sarsaparilla is well-suited for people who are weak, and appear older than their actual age, lack of vitality, with fatigue, and overall weakness. Remedy aims to address both physical and constitutional aspects, helping restore balance and vitality.
- Overactive Bladder Syndrome (OABS): Chronic cystitis can result in an overactive bladder, catarrhal bladder, causing frequent urination with every time air passing out of urethra, it is caused by fermentation of the mucus (source -Lectures on Homoeopathic Materia Medica by James Tyler Kent).
- These issues may cause pain during urination or discomfort afterward.
- Sarsaparilla is prominently indicated when there is severe pain and burning during or after urination, discomfort often extends from the urethra to the abdomen. The urge to pass urine is frequent, but it may be ineffectual, leading to frustration. Effective in treating both recent and chronic cases of cystitis.
- It helps alleviate symptoms such as pain, burning, and discomfort associated with bladder inflammation. Highly considered in renal Stones and right-side kidney pain particularly with pain that extends downwards from the right kidney.
- The sand-like particles in the urine (red, white, or grey) and the presence of blood are characteristic features. Individuals needing sarsaparilla may experience weak urine flow and can pass urine freely only in a standing position, but it dribbles while urinating in a sitting position and that is because of UTI. The urine may

appear scanty, slimy, and turbid and may contain sandy particles, pus, and blood.

- Involuntary urination of children, (spasmodic affection of sphincter in urination while sitting, but when in standing position urine flows freely. (source -Lectures on Homoeopathic Materia Medica by James Tyler Kent)
- Sarsaparilla is beneficial for children who scream out of pain before and during urination. As the bladder fills up, it stretches, causing pressure and mild discomfort. Babies and young children may interpret this stretching as pain.

Removing the maintaining cause is a crucial step in managing health conditions. By identifying and addressing the root cause, we can promote healing and prevent recurrence. Whether it's related to inflammation, hormonal imbalances, or other factors, understanding and addressing the underlying issue is essential.

### Discussion

One of the greatest challenges one may come across while treating bladder affections is the possibility of relapse, recurrent infections, or chronic cystitis. These conditions can introduce obstacles to cure, these obstacles may exist at various levels:

1. **Patient Level:** Dehydration, holding urine for extended periods, and excessive tea, caffeine or alcohol consumption can affect bladder health. Factors such as diet, lifestyle, and stress components play a role in maintaining or exacerbating the condition. Identifying and addressing these patient-specific factors is essential for successful treatment.
2. **Physician's Role:** Distinguishing between primary and secondary causes is crucial step. Is the cystitis resultant of an underlying morbid condition or is it the primary cause of bladder affection. Accurate diagnosis and spotting of the problem are essential for effective treatment.
3. **Remedial Inaction:** Selecting the right remedy by considering totality to address the root cause is essential. Symptoms are the outward and visible signs of the inner disturbance of the vital force. Law of Cure, is the importance of observing the direction of cure during treatment, which dots the authenticity of reversible pathological changes and their relationship to the healing process. Prescribing through Evolutionary Totality of the case with a thorough understanding of predisposition, disposition, and patients unique expressions of illness, changed psychodynamics with altered physiological function and abnormal pathological shifts.

### Conclusion

Indeed, homoeopathy remains a people's first choice for health and wellness. Its bonafides and the solidity of (HPT) serve as the backbone in configuring evidence-based actions of remedies to reverse pathology. In the present era, as the whole world expects and explores endless possibilities in homoeopathic science, Dr. Hahnemann's legacy motivates his followers to proclaim the effectiveness of homoeopathic medicines. Dr Hahnemann was in his 41 years when the birth of homoeopathy was declared in the year of 1796, with his daring conviction the introduction of homoeopathy marked a significant shift in medical practice.

His principles, like the law of similars, individualisation and the use of potentised drugs, have shaped homoeopathic medicine as we know it apart from other cardinal laws. It's fascinating to see how his DARE TO BE WISE declarations about this wonderful science influencing and inspiring people around the world. The quintessence of his life about doing what one can with the resources available remains a timeless piece of wisdom., As the saying goes ... "start where you are, use what you have, do what you can".

### Conflict of Interest:

Not available

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