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Nocturnal enuresis & It's homeopathic management

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Abstract

Nocturnal enuresis (NO) is a very common chronic problem in children with severe psychological consequences^[1]. Enuresis is often very annoying for children and parents, and in many cases it affects the quality of family life. Loss of self-esteem, social isolation, poor school performance and psychological deterioration^[2]. It is a distressing condition and can have a profound effect on the child. It may affect the behavioral and emotional and social changes

Keywords: Nocturnal enuresis, social changes, behavioral changes, questioner

Introduction

Nocturnal enuresis is a common well known “low-severity, high-prevalence” condition in pediatric patients with excessive psychosocial behavior^[3].

Nocturnal enuresis is defined as the involuntary excretion of urine during sleep, which can occur in an inappropriate, socially inappropriate place and time, and therefore has a negative impact on the quality of life of affected children and their families^[4]. Nocturnal enuresis is a socially disruptive and stressful condition that affects approximately 15-20% of five-year-old children and up to 2% of adults^[5]. It is a common condition that can cause serious psychological distress in children^[6].

Primary enuresis

If the child has never attained bladder control which is usually at the age of three^[7] Children with primary enuresis never had an episode of nocturnal incontinence (usually longer than 3 months)^[8].

Secondary enuresis

If the child has once attained the bladder control for about one year then gets this disease known as Secondary Enuresis. It involves loss of nocturnal control after a long period of dryness and generally requires assessment to correct the cause

Bedwetting is a condition that affects millions of children for which there are no magic cure. It is true that habit and training from the earliest days of childhood will make the child clean. If you hold the child regularly before and after feeds, it soon learns to empty the bladder. Sometimes appropriate hissing noises with your lips empties the bladder. Thus the mother is saved from the exhaustive work. But there are times in child's life, when in spite of the regular training, the bed wetting continues^[9].

Ethology

1. **Genetic:** Enuresis is more common in children who have family history of this problem in parents or siblings.
2. **Psychological:** Separation from parents, birth of a sibling; anger, punishment rejection from caretaker
3. **Physiological:** Delayed or lax toilet training

Pathogenesis

The pathophysiology of nocturnal enuresis is multifactorial.

Cause in Small bladder: A child's bladder may not develop enough to hold the urine produced. In the evening inability to recognize that the bladder is full – If the nerves that control the bladder are slow to develop, a full bladder may not wake your baby – especially if your baby is a deep sleeper.

Hormonal abnormalities: During childhood, some children do not produce enough antidiuretic hormone (ADH) to curb the production of nocturnal urine.

Urinary tract infection: This infection can make it difficult for your child to control urination. Signs and symptoms may include wetting, daytime accidents, frequent urination, red or pink urine and pain during urination.

Sleep apnea: Sometimes bedwetting is a sign of obstructive sleep apnea, a condition where the child's breathing stops during sleep – often due to inflamed or enlarged tonsils or adenoids

Hyperglycemia: In a child who is usually dry at night, bedwetting can be the first sign of diabetes. Other signs and symptoms may include passing large amounts of urine at once, increased thirst, fatigue, and weight loss despite a good appetite.

Chronic irregularities in bowel evacuation: The same muscles are used to control urine and stool. If the constipation is prolonged, these muscles can become dysfunctional and cause wetness.

Structural problem with the urinary tract or nervous system: Bedwetting is rarely related with defect in the child's neurological or urinary system.

Stress and anxiety: Stressful events – like becoming a big sister, starting a new school or sleeping away from home – can trigger bedwetting

Hereditary: If one of the child's parents or both parents with a past history of nocturnal enuresis the child has a Significant chance of wetting the bed as well
Organic factors, obstructive uropathy. Or sickle cell nephropathy

Clinical features

1. If The child wets the bed even after the age of five
2. If the child starts to wet the bed after being dry for a long time.
3. If the child has pain while urinating or the child feels that he has to urinate and cannot control the flow
4. Physical examination: i) abdominal palpation, ii) rectal examination to assess a distended bladder after micturating
5. Children with nocturnal enuresis should be examined for abnormalities in the central nervous system
6. In Enuretic females, there is incidence of bacteriuria. To rule out polyuria, the specific gravity and osmolality of the urine sample should be evaluated

Management

General

1. **Parental counseling:** It is done by giving the child Emotional Support, Do not Critise him. Changing the bed sheets without knowing the child. Parents should take the child into confidence and reassure the child that the condition is not his or her fault, and is curable if he or she cooperates with the efforts of the parent. Stop punishments and stop scolding the child, adopt a confident and loving attitude. Fluids towards the end of the day should be strictly avoided and the bladder

should be emptied before going to doze

2. **Change in behavior:** The child should be given less quantity of liquid after dinner – the child should be asked to urinate before going to bed. The child should be woken up to urinate after 2-3 hours of sleep.
3. **Bladder exercise:** Keep urine sand as long as possible. Practice starting and stopping the flush on the toilet. The child should practice getting out of bed and going to the bathroom before going to bed.
4. **Using alarm:** The alarm device is used to induce conditioned arousal to the feeling of the bladder being full. The alarm consists of a sensor which is small & can be attached to the child's inner garments and an alarm kept next to the bed.

Repertorial view

Boericke repertory

Urinary system – bladder- enuresis-incontinence

Urinary system -bladder-enuresis- inconvenience –cause-weak or pathetic sphincter vesicle Urinary system -bladder-enuresis-cause-worms

Urinary system -bladder-enuresis- inconvenience - occurrence -old people in Urinary system – bladder – enuresis-incontinence- nocturnal ^[10].

Kent Repertory

Bladder-urination- dysuria-alternating-with-enuresis ^[11]

Schussler's biochemic pocket guide with repertory

Urinary symptoms -nocturnal enuresis

Urinary symptoms – incontinence of urine ^[12]

Homoeopathic Therapeutics

Equisetum hyemale

It corresponds to nocturnal bedwetting of children without any cause, it is just a habit, occurs usually when the patient dreams of a large crowd. Urine is passed in a large quantity, clear, light colored urine.

Kreosotum

Can't get up fast enough at night. Wets the bed at night, wakes up quickly but cannot hold urine or can see that he is urinating properly. Urine flows during deep, first sleep, from which the child wakes up without difficulty.

Sepia officinalis

It has wetting during the first part of sleep. The flow of urine is weak, involuntary; worse when coughing, sneezing and laughing, hearing sudden sounds, startle and inattentiveness, especially in women. Involuntarily during first sleep.

Silicea Terra

It is for nocturnal bedwetting in children because of worms Profuse urination, better headache. Frequent urination with tenesmus. Nocturnal incontinence after head injury. Blood and sediments in urine

Causticum

In causticum bedwetting occurs during first sleep or on slightest excitement. Itching of meatus Burning in urethra while urinating. Worse after sex. Urine dribbles or passes slowly. Retention of urine after surgical intervention.

China Maritima

Watering on this night every full moon. Urine is cloudy and milky. Still standing. Involuntary nocturnal urination. Nocturnal enuresis; urine white, cloudy, sometimes foul-smelling. Often want to make water, a lot of approval. Wet the bed. Urine will soon become cloudy. Involuntary urination (at night).

Pulsatilla

Children are irritable, changeable, pale and cold. Involuntary urination: urine flows while sitting or walking; during coughing or passing wind; in bed at night, especially with little girls. The girl has had nocturnal enuresis for two years. Light nature, pale skin, often changing color, delicate frame; the complaint is preceded by an acute rash, probably measles.

Calcarea Carbonicum

Wet the bed. Desire for eggs; for indigestible things, chalk, coal. Fat children are swollen rather than solid, pale, but blushes easily, head sweats profusely

Belladonna

Involuntary urine, night and day, in girls or scrofulous children; consequent upon paralysis of sphincter muscle; urine contains white epithelia.

Benzoicum Acidum

Enuresis nocturnal (after failure of Nitr.); urine high colored, strongly ammoniacal. Irritating and smelling like that of horses; from digestive disturbances: in old people.

Ferrum Metallicum

Incontinence more frequent in daytime than at night or floods the bed several-times at night: Urine light-coloured. Or the ammoniacal smell of the urine: stains the linen dark: clay-colored. Yellowish sediment. Adhering to the sides and bottom of the vessel.

LAC Caninum

Frequent and profuse urination: at night she dreams or urinating. And wets the bed.

APIS Mellifica

Incontinence at night, and when coughing, with great irritation of the parts; urine clear, Straw= Coloured.

Physalis

Enuresis: nocturnal incontinence: sudden inability to hold it in women:

Plantago Major

Urine profuse flow, nocturnal enuresis

Psorinum

During full moon, Intractable cases, with eczematous history

Thyreoidinum

It suits bedwetting in weak children, who are nervous a irritable. Urine smells of violets. Frequent urination during the day. Burning along the urethra, increased uric acid. Nosodes like thuja. Tuberculinum are used as intercurrent

remedies.

Conclusion

This review article is about how homoeopathic remedies are effective in managing and curing nocturnal enuresis. If conventionally treated with drugs in long term it may give a lot of side effects like flushing, weight gain, with chances of relapse. However homeopathy has been found to be very successful in treating bed wetting with remarkable results

Conflict of Interest

Not available

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