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Urinary tract infection treated with homoeopathy: Single case report

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Abstract

Urinary tract infection, the most common bacterial infections, they are defined by presence of significant number of infecting organism in the urine. Recurrent urinary tract reported in 25% of women within 6 months of acute urinary tract infection episodes and pose a major problem. Recurrent urinary tract were caused by relapse with the primary infecting *Escherichia coli* that can invade and replicate within the urinary bladder forming bio film like intracellular bacterial communities. The patients aged 35 years presented with the complaint of pain in lower abdomen and increased temperature since 3 days, was diagnosed as urinary tract infection. She was treated with *Belladonna 1M*, daily three doses repeated for 2 days. Now, there is an improvement as a whole.

Keywords: *Belladonna*, homoeopathy, urinary tract infection

Introduction

Urinary tract infection is one of the most important causes of morbidity and mortality in Indian population, affecting all age groups especially women. Urinary tract infection is also known as bladder infection. It is commonly caused by bacteria and rarely by viral infection. It may also occur in the unhygienic conditions, lack of general health and less intake of water and improper voiding of urine. In undetermined minority destruction of renal parenchyma and severe chronic failure ensues. UTI may involve only the lower urinary tract or both the upper and lower urinary tract infection.

The patient may experience burning micturition, frequency and urgency with pain in lower abdomen, raise in temperature and other associated complaints^[1]. Urinary tract infection is defined by presence of significant number of infecting organism in the urine^[2]. Recurrent urinary tract were caused by relapse with the primary infecting *Escherichia coli* that can invade and replicate within the urinary bladder forming bio film like intracellular bacterial communities [ICBS]^[3]. It usually affects women than men usually 50% of women have urinary tract infection. Affecting 150 million people each year worldwide more than 10 million people per year are affected in India. UTIs are a significant cause of morbidity in infant boys, older men and females of all ages^[4].

In young children with fever - The prevalence of UTI in children < 2 years presenting with fever has been the subject to urinary tract infection^[5]. Homoeopathy possesses a better scope for the treatment of recurrent lower urinary tract infection; reduces the complications and preventing its recurrence by permanent restoration of health. The Homoeopathic treatment for recurrent lower urinary tract infection is based on individualization of the patient.

Materials and Methods

Case Presentation

The patient was a house wife aged about 35 years old, she has a complaint of Increased raise of temperature upto 102° F, the fever worsened by fanning and open air; Aching type of pain in frontal region of head the pain worsened by turning the head and better by pressure; Pain in lower abdomen associated with nauseating feeling, dryness of mouth and the pain better by drinking hot water. All these complaints present 3 since days. Patient was admitted in IP on 7-12-2019. Physical generals of the patient was diminished appetite, increased thirst, Sleeplessness. Patient had want of covering, aversion to fanning and desire for hot water.

Homoeopathic Analysis

The patient was admitted under inpatient ward, the case was taken and the totality of symptoms were formed as shown in table 1.

Homoeopathic Intervention

The patient was treated with homoeopathic medicines that has been shown in the table 3. The medicines were selected

according to the present totality of the symptoms. The periodic follow-ups were done at frequent intervals.

Table 1: Symptoms Evaluation and Totality Based on First Day for the First Prescription

Physical	Particular
Desire - Hot water Desire - Covering Aversion - Fanning	Fever followed by joint pain and chilliness < Fanning, open air Aching pain in head < Turning the head > Pressure Pain in lower abdomen Nauseating feeling Dryness of mouth > Hot water drinking Leucorrhea - Itching after burning White jelly color Itching whole body White peeling of skin < after sweating

Table 2: Rearranging totality for the final selected remedy

S. No	Rubric	Repertorial result
1.	Head - Pain- Forehead, in extending to - occiput	1. ARS.ALB - 19/8 2. PHOS - 17/7 3. BELL - 15/7 4. SULPH - 14/7 5. NAT.MUR - 13/7 6. PULS - 13/7 7. SIL - 12/7 8. ACON - 10/7
2.	Head-Pain-Forehead, in - night	
3.	Sleep-Sleeplessness-Headache with	
4.	Sleep-Sleeplessness-Fever during	
5.	Stomach-Thirst-Fever-during	
6.	Mouth-Dryness-Tongue-fever-during	
7.	Generals-Weakness-fever during	
8.	Fever-Intermittent	
9.	genearlas-covers-amel-desire for, and	
10.	Fever-Perspiration-absent	

Result and Discussion

The patient came with the complaints of urinary tract infection who was undergone to the urine routine before and after treatment that was shown in fig. 1 and fig 2. The patient was treated with homoeopathic medicines orally for 7 days and the improvement of lowered temperature. Homoeopathy has a lot of medicines for treating the urinary tract infection like Aconite, Apis mellifica, Belladonna, Berberis vulgaris, Borax, Cantharis,Chimaphilaumbellata, Clemats, Capsicum, Equisetum, Lycopodium, Magnesia Sulphuricum, Natrum muriaticum, Nuxvomica, Piper nigrum, Pulsatilla, Sarsaparilla, Sepia, Staphysagria [6]. Even though there are many medicines for UTI we should treat the patient according to the individuality.

Because of ‘the bad selection of medicine by the physician in some time the patient get worse from hour to hour, by the new and excisiting symptoms, so it is the physician’s duty to recovery the patients from the sufferings, by selecting the suitable, the most appropriate homoeopathic medicine for the existing state of the disease [7].

In this, case we treat the patient in same the manner. As we realised the case was gone in a wrong direction we can’t find the proper similimum in the earlier stage of patients suffering, so we rearrange the totalilty that has been shown in Table 2. There by find the suitable remedy to the patient. Afterwards the patient was totally relieved from her complaints.

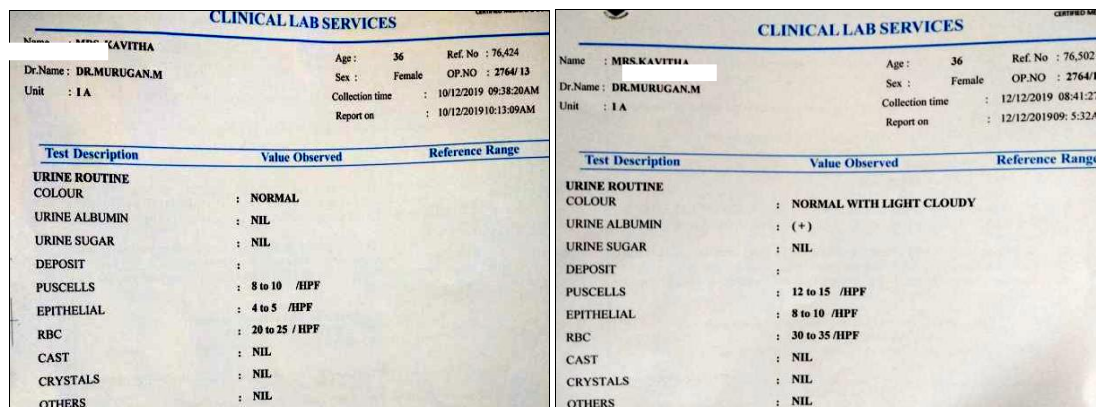


Fig 1: Urine routine during treatment

CLINICAL LAB SERVICES		
Test Description	Value Observed	Reference Range
URINE ROUTINE		
COLOUR	: NORMAL	
URINE ALBUMIN	: F,TARCE	
URINE SUGAR	: NIL	
DEPOSIT	:	
PUSCELLS	: 3 to 5 /HPF	
EPITHELIAL	: 5 to 6 /HPF	
RBC	: 1 to 2/HPF	
CAST	: NIL	
CRYSTALS	: NIL	
OTHERS	: NIL	

Fig 2: Urine routine after treatment

Table 3: Chart of medicines prescribed and regular follow up:

Date and time of follow ups	Syptoms and present status of the patient	Prescription
Day 1 7.12.2019, 10.00 am	Temp: 104.4° F, Fever with chilliness with whole body persist, Heat sensation in both eyes and also in nose, Heaviness of head, Lower abdomen pain after fever had started	PULSATILLA 1M / 1 DOSE in 10 ml aqua (st)
7.12.2019, 10.00 pm	Temp: 104° F, Following symptoms are same, Body pain, Back pain	PULSATILLA 1M / 1 DOSE in 10 ml aqua (st)
8.12.2019, 7.30 am	Temp: 101°F, Abdominal pain persist, Headache both temples persist, sleeplessness persist	PULSATILLA 1M / 3 DOSE in 10 ml aqua 1 dose at 3 hourly
8.12.2019, 7.40 pm	Fever still persist, Temp: 101.2° F, Headache still persist, Abdominal pain persist, Chillness feels better, Thirst: Increased (Hot water), Sweat: Absent	PULSATILLA 1M / 1 DOSE in 10 ml aqua 10 gtt (st)
9.12.2019, 11 am	Fever persist, Temp: 103° F, Heat all over the body, Headache all over head persist, Heaviness, Dryness of tongue and lips, Pain in abdomen, Wants to be covered, Weakness persist	VERATRUM VIRIDE 30 / 3 DOSE every dose in 10ml aqua 1 dose at 3 hourly
10-12-2019, 11.45 am	Temp: 103° F, Body weakness persisting, Heaviness of head persisting, Thirst: Increased for warm water	LYCOPODIUM 1M / 3 DOSE every dose in 10 ml aqua 1 dose at 3 hourly
11.12.2019, 2.30 pm	same, sleeplessness persist, Thirst: Increased with dryness of tongue	LYCOPODIUM 1M / 3 DOSE every dose in 10 ml aqua 1 dose at 3 hourly
12.12.2019, 10.00 am	Fever persist, Temp: 102.8° F, Heaviness of head persist, sleeplessness persist	BELLADONA 1M / 3 DOSES every dose in 10 ml aqua 1 dose in 3 hourly
12.12.2019, 7.20 pm	Fever persist but better	Sac. Lac / 1 dose (HS)
13.12.2019, 8 am	Temp: 98° F, Head ache persist, Sleep: Up to 4 o' Clock	BELLADONA 1M / 3 DOSES every dose in 10 ml aqua 1 dose in 3 hourly
13.12.2019, 12.30 pm	Temp: 98.6° F, Headache feels better, Weakness of body slightly persist but better than before	Discharge medicines: BELLADONA 1M / 9 DOSES (3 x TDS) And the patient was discharged

Conclusion

From this case we can understand the importance of individualisation in homoeopathy. Here the case was gone in wrong direction which was corrected by rearranging the

totality and the changing the treatment plan. Thus, homoeopathy plays a great role in acute diseases like urinary tract infection and that was proved with the evidences.

Conflict of Interest

Not available

Financial Support

Not available

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