



# HOMEOPATHY MANAGEMENT OF ENURESIS (BEDWETTING)

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## Abstract:

Enuresis is an unintended urination during sleep in the kids above the age of 5 or in some cases adults also. Gender and genetics are among the most critical potential reasons for Enuresis in early years for the age group of 3 to 12 years. Male children are more susceptible to wetting the bed as they get mature. In this paper, how homeopathy can help in curing this problem has been discussed in detail.

**Keywords:** NOCTURNAL ENURESIS, CHILDREN'S/ADULTS, HOMEOPATHY MEDICINES ETC.

## Introduction:

Many studies have reported the occurrence of enuresis as 12-25% among four-year-olds, 8-10% among eight-year-olds and 2-3% amongst 12-year-olds. Bedwetting has been common across equally in early years and old age.

Abnormal psychology, nervousness, and behavioural disorders, as well as family stress in urban Ethiopian children were found to be risk factors for enuresis.

Toddlers face this trouble since they are not educated in managing their bladder, in older adults many have complexity because of issues like urinary tract disease, nervous system dysfunction, allergic response, ruptured disk, or psychological stress.

If anyone experiences rare or once bed-wetting as an adult, they have nothing to be bothered about and accidents can occur, but regular enuresis is cause of concern.

There are two types of bedwetting:

1. Primary enuresis
2. Secondary enuresis

**Causes of Bedwetting:**

- Hormonal Issues
- Genetics
- Neurological disorders.
- Urinary tract infection
- Smaller Bladder
- Sleep apnea
- Diabetes mellitus
- Medication
- A blockage or obstruction in your urinary tract

**Diagnosis for Bedwetting:**

Depending on the situation the bedwetting can be diagnosis with the help of following:

- X-rays or other imaging tests of the kidneys or bladder to look at the structure of the urinary tract
- USG KUB
- Urinary tract tests or assessments
- Family history, intestine, and bladder behaviours
- Physical exam
- Urine tests
- X-rays or other imaging tests of the kidneys or bladder.
- USG KUB

**Home remedies and Lifestyle changes which may help in curing Bedwetting:**

- Be quick to respond to your child's feelings.
- Promote repeated toilet use throughout the day.
- Push for twice voiding of bladder prior to bed.
- Reduce liquid consumption in the late afternoon.
- Avoid beverages and foods with caffeine.

**]Homeopathic management of bed wetting:**

- Homeopathic medicines are derived from ingredients that comes from plants, minerals, or animals. Homeopathic Medicines are regularly prepared as sugar (soft) pellets but may also be in other forms, such as hard tablets, liquids, ointments, sprays, and creams.

- The homeopathic medicines are recommended in low concentrations, where the original ingredient is present, or in high concentrations, in which material quantities of the original substance are unlikely to be present.
- The homeopathic medicines act on both the psychological and physical levels of a child.
- Homeopathy reduces the regularity of the episodes of bedwetting and restores the bladder musculature and prevents uncontrolled passage of urine.

**At, Shivang Homeopathic Medical College and Hospital in Bhopal** we have successfully treated number of patients of different age groups suffering from the problem of bedwetting:

Sr. No.	Age Group	Number of Patients
1	3 to 6 years	24
2	16 to 50 years	6
4	Above 50 years	18

As per the condition of the patients their gender, their age following medicines have been prescribed for the treatment of Bedwetting:

Sr. No.	Name of Medicine	Purpose
1	Calcarea Carb	Scrofulous children sweat easily wetting the follow and catch cold easily.
2	Apis Mell	Enuresis due to weakness of bladder.
3	Cina	Enuresis during first sleep, great appetite soon after leaving the table.
4	Causticum	Particularly in children during first sleep.
5	Sepia	Incontinence of urine at night.
6	Kali Phos	Enuresis in longer children due to nervous factors.

### Conclusion:

Bedwetting is a widespread and distressing condition which has a philosophical effect on the kids or young person's routine and on their sensitive and public life. During our treatment we found that if regular doses of prescribed medicines are taken bedwetting can be cured with homeopathy.

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