



OBSERVATIONAL STUDY::HOMEOPATHIC TREATMENT FOR URINARY TRACT INFECTION IN FEMALES

Dr. AK Dwivedi

Professor and HOD, Department of Physiology and Biochemistry, SKRP Gujrati Medical College, Indore, India

ABSTRACT

An estimated 70 % of women report having had a UTI at some point in their lives. Infection is triggered due to progression of the gut bacteria within the urinary system, but in numerous cases bacteria are not found on urine culture, despite of apparent warning sign of bladder discomfort. Homeopathic medicines work wonderfully on urinary tract infections, whether severe or returning In this paper case studies have been discussed i.e. how homeopathy has treated the UTI.

KEYWORDS : UTI, Urinary System, Bladder Discomfort, Homeopathy, Women Etc.....

INTRODUCTION:

Recurrent urinary tract infections (RUTI) are a commonly faced problem in medical practice. Roughly 30% of women in India have one or more incidents of suggestive UTIs each year. Young, sexually active women 25–55 years of age have the maximum incidence of UTIs. About 25% of these women have natural resolution of warning sign, and an equal number become infected after menopause. [1]

Urinary tract infection symptoms comprise of cramps, fatigue, and frequent urination. Reasons of urinary tract infection include microorganisms, primarily bacteria that may infect your bladder and frequently enter through your urethra.[2]. This infection may reach to kidneys also.

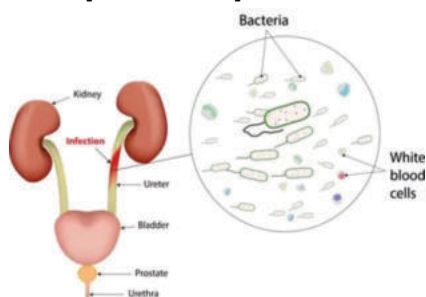


Image of UTI

CAUSES OF UTI:[4]

- Infection of the urethra
- Sexual interaction
- Consuming highly spiced food
- Eating unfit food
- Infection of the Urinary bladder
- Bacterial Infection
- Diabetes
- Use of birth control pills
- Extreme use of antibiotics

SYMPTOMS OF UTI:[3]

- A intense sensation during urination
- Continuous feeling of urination
- Spasms or aching in the lower abdomen.
- Blood or pus in the urine
- Unpleasant smell in urine
- Nausea, vomiting, and malaise
- Pelvic Pain.

Home Remedies For Reducing The Symptoms Of UTI:[1]

- Drink a lot of fluids.
- Keep away from sweetened fruit juices.
- Eat Cranberries and blueberries
- Eat antioxidant-rich foods
- Eat more high-fibre foods
- Avoid red meats

- Workout at least 30 minutes daily
- Avoid coffee
- Drink at least 2 to 3 liters of water.

In this paper case studies have been discussed i.e. how homeopathy has treated the UTI.

Case Studies:

Homeopathy presents outstanding remedy for urethritis. It helps reduce inflammation of the urethra and handle symptoms of urethritis amazingly. The homeopathic treatment helps in improving the immune system and inters increases the ability of fight against any illness.

In our Advanced Homoeo Health Center & HMR PVT LTD, Indore we have conducted the studies on following number of patients:

This observational study was the result of 238 women's who came for treatments to us. The individuals where of age groups 25 to 75 years.

During treatment 13 patients have dropped out from the treatment and the remaining 225 patients has got relived from the UTI.

Following Homeopathy Medicines where prescribed based on symptoms and condition of the individuals:

Sr. No.	Name of Medicine	Purpose
1	ACONITUM	Scanty, red, hot, painful. Burning in urethra. Urine suppressed. Bloody. Retention, with screaming and restlessness.
2	CANTHARIS	Intolerable urging. Bloody urine. Urine passed drop by drop. Burning and cutting in whole renal region. Jelly like , shreddy urine.
3	PULSATILLA	Increased desire, worse when lying down. Burning in orifice of urethra during and after micturation. Involuntary micturation at night , while coughing or passing flatus.
4	staphisagria	Cycstitis. Ineffectual urging to urinate in newly married women. Sensation as if a drop of urine were rolling continuously along the channel. Prostatic troubles, frequent urination, burning in urethra when not urinating.

6	SARSAPARILLA	Scanty, slimy, flaky, sandy, bloody. Renal colic. Urine dribbles while sitting. Bladder distended and tender.
7	APIS MELLIFICA	Burning and soreness when urinating. Frequent ,involuntary, stinging pain and strangury, scanty, high colored. Incontinence. Last drops burn and smart.
8	BERBERIS	shooting pain during urination sensation as if some urine remained after urinating. Pain in lions and thighs on urinating. Urethra burns when not urinating. Urine with thick mucus and bright red sediments.
9	TERBINTHINA	Strangury with bloody urine. Scanty, suppressed. Urethritis with painful erections. Constant tenesmus.
10	SEPIA	Red, adhesive, sand in urine. Involuntary urination, during first sleep. Slow micturation with bearing down sensation above pubis.

CONCLUSION:

From this observational research conducted we have gathered the sufficient evidence that the Homoeopathic medicine shows excellent results in the treatment of UTI, Homoeopathic treatment also helps in reducing the reoccurrence frequency of UTI and further reduce any chances of complications when prescribed by the homeopathic physicians.

REFERENCES:

1. Dr. AK Dwivedi, Urinary Tract Infections (Uti) And Homeopathy, Paripex - Indian Journal Of Research | Volume-9 | Issue-2 | February - 2020 | PRINT ISSN No. 2250 - 1991 |
2. Rose C., Parker A.H., Jefferson B., Cartmell E. The characterization of feces and urine: A review of the literature to inform advanced treatment technology. *Crit. Rev. Environ. Sci. Technol.* 2015;45:1827–1879. doi: 10.1080/10643389.2014.1000761.
3. Warkulwiz G., Hannon K., Cabano D., Mehta K. Urinary tract infections (UTIs) in rural Kenya: Screening challenges, treatment pathways, and technological solutions; Proceedings of the 2017 IEEE Global Humanitarian Technology Conference (GHTC); San Jose, CA, USA. 19–22 October 2017; pp. 1–6.
4. jerrum L., Grinstead P., Søgaard P. Detection of bacteriuria by microscopy and dipslide culture in general practice. *Eur. J. Gen. Pr.* 2001;7:55–58. doi: 10.3109/13814780109048788.
5. Harrison's Principal of Internal Medicines 17th Edition
6. Davidsons Principal & practice of Medicines
7. J.T. KENT, REPERTORY Of Homoeopathic M.M.
8. Dr. S. K. Dubey, Text Book Of Material Medica
9. DR. N.M. CHOUDHARI, A Study On Materia Medica
10. DR. WILLIAM BOERICKE, Pocket Manual of Homoeopathic Materia Medica & Repertory.
11. DR. H.C. ALLEN [Keynotes & Characteristics with Comparisons of Some Leading Remedies of The Materia Medica with Bowel Nosodes, 8th Edition.
12. DR. PAMEETA UNIYAL, Materia Medica for Students.
13. DR. RITU KINRA, Materia Medica for Students.