



**ORIGINAL RESEARCH PAPER**

**Homeopathic**

**BEDWETTING/ ENURESIS AND HOMEOPATHY**

**KEY WORDS:** Bedwetting, enuresis, children's, adults, homeopathy etc.

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**ABSTRACT**

Bedwetting is also called as nocturnal enuresis, it is the unintentional urination at sleep in children above the age of 5 or in some adults. Gender and genetics are amongst the most important possible factors for developing bedwetting in childhood. Bedwetting boys and girls can experience nocturnal enuresis at some stage in early childhood, between ages 3 and 5. Boys are more prone to carry on wet the bed as they get older. In this paper we discuss about the homeopathy remedies and management of bedwetting/enuresis.

**Introduction:**

Bedwetting is a trouble encountered at both ends of a person's life, equally in childhood and old age. Infants encounter this trouble because they haven't yet educated how to manage their bladder, older adults have complexity with bladder control usually due to any of the following issues like urinary tract disease, nervous system dysfunction, allergic response, ruptured disk, or psychological stress.

If anyone experience rare or once bed-wetting as an adult, they haven't anything to be bothered about. Accidents can occur. Constant and regular enuresis, is reason for worry.

There are two types of bedwetting:

1. Primary enuresis: bedwetting since infancy
2. Secondary enuresis: wetting developed after being continually dry for a minimum of six months

**Causes of Bedwetting:**

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

**Diagnosis for Bedwetting:**

Depending on the situation following diagnosis helps determine the treatment for bedwetting:

- Discussion of symptoms, fluid intake, family history, bowel and bladder habits, and problems associated with bedwetting.
- Physical exam
- Urine tests to check for signs of an infection or diabetes.
- X-rays or other imaging tests of the kidneys or bladder to look at the structure of the urinary tract
- USG KUB
- Other types of urinary tract tests or assessments, as needed.

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

- Be responsive to your child's feelings.
- Encourage habitual toilet use all through the day.
- Encourage twice voiding before bed.
- Limit fluids intake in the evening.
- Keep away from beverages and foods with caffeine.
- Avoid rashes.

**Homeopathic management of bed wetting:**

Homeopathy is a natural and mild scheme of medicines that utilizes minute doses of well-researched remedies to improve the body's natural curing procedure.

- Homeopathy is the most proficient treatment which provides a tender approach in treating bed wetting.
- Homeopathy do not take care of just the disease, but is prescribed on the base of physical, emotional and genetic condition of a person.
- The homeopathic medicines act on both the mental and physical levels of a child.
- Homeopathy reduces the regularity of the episodes and restores the bladder musculature and prevents uncontrolled passage of urine.
- Homeopathy help the child to be in command of his/her anxiety and guilt related with bed wetting and helps them to get better socially and mentally.

Homeopathic medicines originate from substances that come from plants, minerals, or animals. Medicines are frequently formulated as sugar (soft) pellets but may also be in other forms, such as hard tablets, liquids, ointments, sprays and creams. The homeopathic products are prescribed in moreover low dilutions, where the original substance is actually present, or in high dilutions, in which substance quantities of the original substance are unlikely to be present. In our clinic at Indore we have treated following patients of different age group:

Sr. No.	Age Group	Number of Patients
1	3 to 6 years	74
2	16 to 40 years	2
4	41 to 50 years	5
3	Above 50 years	38

As per the diagnosis of the patients of different age group following medicines were prescribed:

Sr. No.	Name of Medicine	Purpose
1	Apis Mell	Enuresis due to weakness of bladder.
2	Argentum Nitricum	Fearful Children with blue eyes, light hair, fine complexion.
3	Causticum	Particularly in children during first sleep.
4	Cina	Enuresis during first sleep, great appetite soon after leaving the table. With Worms manifestations
6	Sepia	Incontinence of urine at night.
7	Arnica	For involuntary urination after surgery

8	Lycopodium	For people who are so anxious that they constantly worry about what others think of them tend to need this remedy.
9	Sulphur	For pale lean children with loose abdomen.
10	Silicia	Useful for children suffering from worms due to weakness of urinary organs.
11	Kali Phos	Enuresis in longer children due to nervous factors.
12	Calcarea Carb	Scrofulous children sweat easily wetting the follow and catch cold easily.

**Conclusion:**

Bedwetting is a common and upsetting situation that has a profound impact on the child or young person's performance and on their emotional and social life. This potential observational assessment, though initial, shown shows possible treatment effect of homoeopathic medicines. If regular doses of prescribed medicines are taken bedwetting can be cured with homeopathy.

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