



ORIGINAL RESEARCH PAPER

Homeopathic

URINARY TRACT INFECTIONS (UTI) AND HOMEOPATHY

KEY WORDS: Urinary Tract Infections (uti), Homeopathy, Urinary System, Women, Bladder.

Dr. Ak Dwivedi

Professor And Hod, Department Of Physiology And Biochemistry SKRP Gujarati Medical College, Indore, India

ABSTRACT

Urinary tract infections are especially frequent in adult women and might become regular. Urinary tract infections are uncommon in boys and men because of the length of the urethra. Infection is caused due to growth of the gut bacteria inside the urinary system, but in several cases bacteria are not found on urine culture, in spite of evident symptoms of bladder uneasiness. The most widespread is cystitis, an infection of the bladder, but infection might happen in any part of the urinary system, including the kidneys. Homeopathic medicines work wonderfully on urinary tract infections, whether acute or chronic. These are natural and safe medicines which strengthen the immune system of the body and make it strong to fight disease and infections such as UTI. In this paper management of UTI with the help of Homeopathy is discussed.

INTRODUCTION:

An estimated 70 % of women report having had a UTI at some point in their lives. Recurrent urinary tract infections (RUTI) are a commonly encountered problem in medical practice. Approximately 30% of women in India have one or more episodes of symptomatic UTIs each year. Young, sexually active women 18–35 years of age have the highest occurrence of UTIs. About 25% of these women have spontaneous resolution of symptoms, and an equal number become infected after menopause. The occurrence of UTIs in men is considerably lesser than in women, occurring primarily in men with urologic structural abnormalities, with enlargement of prostate gland and in older adult men. Renal Calculi can be one of the common cause of UTI Lower UTIs, also known as cystitis, are extensively more common in women than in men. This is mainly for the reason that of anatomic differences, with shorter urethral length and wet periurethral environment in women. Urinary tract infections normally start with periurethral contamination by a uropathogen residing in the gut, followed by colonization of the urethra and, finally, relocation by the flagella and pili of the pathogen to the bladder or kidney. Bacterial adherence to the uroepithelium is means in the pathogenesis of UTI. Infections happen when bacterial virulence mechanisms prevail over capable host defence mechanisms. Upper UTIs, also known as pyelonephritis, occurs when uropathogens go up to the kidneys by the ureteres. Infections can occur when bacteria join urinary catheter, a kidney, or a bladder stone or when they are retained in the urinary tract by a physical barrier. In severe cases of pyelonephritis, the affected kidney may be enlarged, with raised abscesses on the surface. Staphylococcus aureus bacteremia or endocarditis can lead to hematogenous seeding of the bacteria to the kidneys, causing suppurative necrosis or abscess development within the renal parenchyma. In contrast, gram-negative bacilli rarely cause kidney infection by the hematogenous route. According to an experimental model of pyelonephritis, the main renal abnormality reported is the inability to maximally concentrate the urine. This concentration defect occurs early in the infection and is rapidly reversible with antibiotic therapy. An obstruction can lead to progressive damage of the affected kidney and subsequent renal insufficiency.

Local vaginal infection with thrush also predisposes to urinary infection. Many women get thrush after a course of antibiotics. Antibiotics are not highly selective, they also eliminate the so-called friendly bacteria, and the normal range of bacteria in the gut is altered. Abnormal bacteria, thrush and other fungi proliferate, leading to a condition known as gut dysbiosis. Abdominal bloating, bowel disturbance and food intolerance may result, as well as recurrent infections in the urinary system. This leads to further antibiotic courses, which derange the bacterial

content of the bowel even more. In these cases homeopathy is immensely helpful in breaking the vicious circle.

About 80 to 90 percent of UTIs are caused by a type of bacteria, called E. coli (pronounced ee-colie). These bacteria normally live in your intestines, but they sometimes get into the urinary tract. Some UTIs are caused by other, less common types of bacteria.

RISK FACTORS FOR UTI:

- A new sex partner or multiple partners
- More frequent or intense intercourse
- Diabetes
- Pregnancy
- Escherichia coli (E coli)
- Staphylococcus saprophyticus
- Use of irritating products, such as harsh skin cleansers
- Use of irritating contraceptives, such as diaphragms and spermicides
- Use of birth control pills
- Heavy use of antibiotics
- A blockage in the urinary tract (benign masses or tumors)
- A history of UTIs, especially if infections are less than 6 months apart
- Incontinence

SYMPTOMS OF URINARY TRACT INFECTIONS:

The Symptoms of UTI are as follows:

- Burning sensation or pain during urination
- Frequent urination
- Cloudy and foul-smelling urine
- Pain directly above the pubic bone
- Occasional blood in the urine
- Older women have no symptoms other than weakness, falls, confusion and/or fever
- Children under five years of age with cystitis, may exhibit weakness, irritability, reduced appetite, and vomiting.

DIAGNOSIS OF URINARY TRACT INFECTIONS:

The diagnosis of cystitis is primarily based on symptoms and signs:

- One useful examination of urine is chemical testing (dipstick test).
- In case of repeated infections, tests such as ultrasound, X-ray of the urinary system and cystoscopy (telescopic examination of the bladder) may be needed.
- USG

PRECAUTIONS TO BE TAKEN DURING URINARY TRACT INFECTIONS :

- Drinking large amounts of clear water
- Coffee and regular tea should be avoided as they often aggravate the symptoms.

- Changing the acidity of the urine is helpful.
- Drinking cranberry juice, or taking tablets of cranberry concentrate, make the urine too acidic for the bacteria to thrive.
- In women infection may be precipitated by sexual intercourse, a condition known as "honeymoon cystitis". It is advisable to empty the bladder after sex to avoid infection. In some cases there is no infection, the urethra is irritated by friction and this can mimic the symptoms. Adequate lubrication and a change in sexual position may often solve this problem.

HOMEOPATHIC MANAGEMENT OF UTI:

Treatment with homeopathy is in two parts: first to treat the infection, and secondly to improve the general health so as to avert further infections. This deeper treatment is best left to a professional homeopath.

For an acute attack a relatively high potency, 30c, is indicated. It can be repeated every hour, decreasing the frequency of the remedy as the symptoms improve. If there is no improvement after three or four doses, professional homeopathic treatment should be sought.

HOMEOPATHIC MEDICINES CONSIDERED RELIABLE FOR TREATING URINARY TRACT INFECTION ARE:

NITRIC ACID:

For burning sensation during urination

SARSAPARILLA OFFICINALIS AND NATRUM MUR:

For severe burning after urination

CAPSICUM, CANTHARIS VESICATORIA AND APIS MELLIFICA:

For burning sensation during urination

PETROSELINUM SATIVUM:

For frequent urge to Pass Urine

COLIBACILLINUM:

For E.coli Positive UTI

SEPIA AND STAPHYSAGRIA:

For UTI in Women

BORAX AND SARSAPARILLA OFFICINALIS:

For UTI in Children

ARNICA MONTANA:

For cystitis which occurs following bruising injuries of the perineum.

NUXVOMICA:

For the person feeling very irritable with the cystitis.

Homeopathy can be used alongside conventional treatment with antibiotics and for cases where no infection is found. It can be very helpful in building up the constitution, thus reducing the risk of recurrence.

Homeopathy can be very helpful in this situation, as treatment is aimed at the whole person rather than the results of a single investigation. Careful dietary management may be indicated as some women do seem to be sensitive to certain acidic foods. A professional homeopath should be consulted.

Many patients visiting my Clinic in Indore has got complete relieve from the UTI.

CONCLUSION:

Homeopathic medicines work superbly on urinary tract infections, whether acute or chronic. These medicines are Natural and safe and helps in strengthening the immune system of the body and make it physically powerful enough to

fight disease and infections such as UTI. The proper dosage of these medicines helps in curing Urinary Tract Infections (UTI) and also limits its chances of reoccurrence.

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