Nocturnal Enuresis and Homoeopathy

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Definition
Enuresis is the involuntary passage of urine. It may be of three types.

1- Nocturnal- usually occurs in first third of sleep, frequently during REM sleep; child may recall a dream with voiding.
2- Diurnal- more frequent in girls and rarely after age 9 yr; voiding occurs in early afternoon on school days.
3- Combined- nocturnal and diurnal enuresis.

Nocturnal enuresis or bed wetting is a form of parasomnia, characterized by the voluntary or involuntary repeated discharge of urine into clothes or bed in night after a developmental age when bladder control should be established. Sleep enuresis is only considered significant after the age of five years with a minimum of two events per week.

Causes
The exact causes of Nocturnal Enuresis are not clear. Some modalities in this regard are postulated as below-

1. Psychological problems- rigid toilet training, parent’s negative attitudes towards child’s behaviour, stressful life events as well as having anxiety, attention deficit hyperactivity disorder and mental retardation etc.
2. Hormonal imbalance- due to deficient generation of anti-diuretic hormone (ADH) and hyposecretion of arginine vasopressin (AVP).
3. Failure to become conscious bladder fullness.
4. Bladder problems- weakness of the muscles of the bladder and small bladder.
5. Intricacy with urinary system or neurological system.
6. Cauda equina lesions.
7. Urinary tract infection.
8. Constipation.
10. Epilepsy.
11. Sleep apnea.
12. Genetic factors- Nocturnal Enuresis tends to run in families.
Types
There are two types of nocturnal enuresis:

1- Primary Nocturnal Enuresis (Persistent)
It refers to enuresis that happens early in child’s development without a six-month enuresis-free period. It results when children do not arouse from sleep in response to bladder sensations.

2- Secondary Nocturnal Enuresis (Regressive)
It refers to enuresis that happens between 6 months and several years after the child has been dry. Secondary sleep enuresis is related to psychological stressors, as well as the inability to concentrate urine, increased urine production, neurological pathology, seizures, and obstructive sleep apnea.

Evaluation
By putting centre of attention on urological function and assessing neurological function, especially of the lower extremities, may provide etiologic clues.

Differential Diagnosis
- Association with encopresis and sleep disorders such as sleep terrors.
- Organic causes associated with polyuria or urgency.

Diagnosis
- Ultrasonography
- Uroflowmetry
- IVP
- Urine routine exam, microscopy and culture.
- Blood sugar
- Serum electrolytes

Treatment
It should be focussed on the underlying cause. Patients should limit night time liquid intake and urinate before going to bed. Behavioural therapy, including micturitional training or bed alarms may improve urinary control. Gratifying the child for being dry at night is a useful step. The dry nights can be charted and, with each dry night, a prize can be given. Additional ample rewards should be given for increasing achievement.

Homoeopathic remedies for Nocturnal enuresis
Lyco > Bell > Cina > Hyosc > Gel > Puls > Ign > Arg-met > Kreos > Nux-v > Rhus-t > Op > Canth > Verat > Sep > Caps > Castrm > Coloc > Lach > Equis-h > Caust > Lac-c > Benz-ac > Chin > Chlol > Thuja > Cact > Nat-m > Senega > Sil > Sulph > Am-c > Med > Pha-c > Phos > Plan > Zinc > Apis > Arg-n > Arn > Ars > Fer > Graph > Mag-p > Nit-ac > Thyr > Aeth > Apoc > Aur > Calc > Carb-v > Carb-s > Cham > Crot-c > Eup-pur > Fer-act > Fl-ac > Hep > Kali-l > Kali-p > Mag-m > Merc > Nat-ars > Nat-c > Nat-p > Petr >
Reportery of Nocturnal enuresis

Bladder - BEDWETTING, enuresis - children, in - difficult to waken the child Bell. chlol. KREOS. thuj.
Bladder - BEDWETTING, enuresis - first, sleep benz-ac. CAUST. cina Kreos. Ph-ac. SEP.
Bladder - BEDWETTING, enuresis - habit, when there is not tangible cause except EQUIS-H.
Bladder - BEDWETTING, enuresis - midnight, to morning plan.
Bladder - BEDWETTING, enuresis - morning, toward am-c. cact. chlol. zinc.
Bladder - BEDWETTING, enuresis - night, after 5 a.m. cact.
BLADDER - URINATION - dysuria - alternating with – enuresis Gels.
Children - SCROFULOUS, children - scrofulous, and syphilitic, enuresis Kali-i.
GENERALS - CONVULSIONS - epileptic - during epileptic convulsions; complaints – enuresis hyos.
MIND - HYSTERIA - enuresis; with ign. valer.
Stomach - HICCOUGHS, hiccups - night - enuresis, with hyos.
Urination - difficult, painful, dysuria, strangury - enuresis, alternating, with gels.

References

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