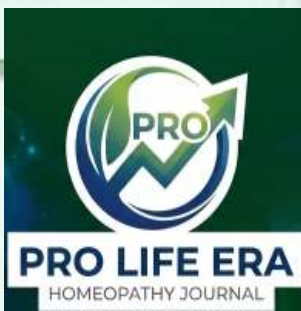




Efficacy of Homeopathic Medicine For Treatment of Nocturnal Enuresis-Case Report

Abstract-Nocturnal enuresis is a frequently encountered and often challenging issue in pediatric practice, particularly in children aged 5 to 12 years. This article presents a case of a 4½-year-old female suffering from involuntary bedwetting for two years, who showed significant improvement and eventual resolution of symptoms with individualized homeopathic treatment. The case demonstrates the effectiveness of **Pulsatilla** in managing paediatric enuresis without side effects or recurrence.

Keyword-Homeopathy, Pulsatilla, Nocturnal Enuresis, Bedwetting

Introduction-Enuresis, commonly referred to as **bedwetting**, is defined as the involuntary discharge of urine during sleep or wakefulness in children over the age of five, without any identifiable organic cause. It is a **prevalent yet often overlooked condition** that can lead to emotional distress and social embarrassment for both the child and their caregivers. In conventional medicine, treatment options include **tricyclic antidepressants** like Amitriptyline, Imipramine, and occasionally Nortriptyline. However, these drugs are associated with side effects such as behavioral changes, and symptoms often recur once the medication is discontinued. Homeopathy, in contrast, seeks to address the root cause by treating the individual holistically-emotionally, mentally, and physically-offering a safe, non-suppressive approach tailored to the child's unique constitution.

Case Report-Patient Information-

•**Age/Gender:** 4½-year-old female
•**Chief Complaint:** Bed wetting occurring approximately twice a week over the last eight months, •**Onset:** Symptoms present for the last two years

•**Associated Complaints:** Sensation of abdominal fullness and coldness in the extremities

Family History-No family history of enuresis reported, •Elder sibling is asymptomatic

Past History-No history of major illness or hospitalization

Personal History-•**Appetite:** Adequate

•**Food Cravings:** Strong desire for sweets

•**Aversion:** Fried foods
•**Thirst:** Drinks small sips of water infrequently
•**Bowel Movements:** Occasional constipation
•**Urination:** 4-5 times during day; twice at night
•**Sleep:** Disturbed; sometimes startled during sleep
•**Dreams:** Often dreams about princesses from television shows
•**Constitution:** Lean, thin, and fair-skinned
•**Thermal Reaction:** Alternates between feeling hot and chilly

General Examination

•**Build:** Lean and thin •**Weight:** 20 kg

•**Height:** 130 cm, •**Pulse:** 82 bpm

•**Blood Pressure:** 100/80 mm Hg

•**Respiratory Rate:** 20/min

•**Pallor/Cyanosis:** Absent

Systemic Examination•**Central Nervous System:** Conscious, alert, and oriented

•**Respiratory System:** Air entry bilaterally equal, clear

•**Cardiovascular System:** S1 and S2 heard normally, •**Abdomen:** Soft, non-tender

Mental And Emotional State-The child is emotionally expressive and hypersensitive. She startles easily at loud sounds and responds by crying. She exhibits **fear of wild animals**, particularly tigers and lions. Her attachment to fictional characters, especially **Disney princesses**, reflects her imaginative and impressionable nature. She strongly dislikes being alone; separation from caregivers evokes anxiety and tears. When reprimanded for misbehaviour, she becomes upset, seeks attention, and insists on being consoled by her mother. She craves affection and reassurance and is emotionally dependent, with frequent mood swings and a strong need for companionship.

Repertorization-Case was repertories on the following symptoms by using RADAR 10.5.003 PULSATILLA were the highest scoring remedy covering maximum rubrics.

Homeopathic Prescription-

Remedy Selected: *Pulsatillanigricans*

Pulsatilla was chosen based on the child's constitutional traits:

•Mild, sensitive, and affectionate temperament
•Emotional clinginess and need for constant

Clipboard 1	
1. MIND - DELIRIUM - frightful	(35) 1
2. MIND - FEAR - alone, of being	(138) 1
3. GENERALS - FOOD and DRINKS - sweets...	(281) 1
4. BLADDER - URINATION - involuntary - night	(154) 1

attention

•Fear of abandonment and dark spaces

•Aggravation from being alone and need for consolation

•Physical symptoms including chilliness, thirstlessness, and a desire for sweets

Dose And Potency-Pulsatilla 200C, single dose; repeated after two weeks based on symptom review

•**Supportive Prescription:** *Saccharumlactis* (SAC-LAC) 4 globules, to be taken three times daily (TDS) for 15 days.

Auxiliary Management-The patient was advised to empty her bladder before bedtime to help reduce nighttime incontinence episodes.

Follow-Up Observations

•**First Follow-Up (15 Days)-**Bedwetting had reduced to **once per week**, with no new or associated complaints. As improvement was evident, **placebo** was continued for the next month.

•**Second Follow-Up (One Month Later)-**Frequency of nocturnal enuresis further decreased to **once in two weeks**. Placebo therapy was extended for another month.

•**Subsequent Monthly Follow-Ups (Three Visits)-**The patient reported **complete resolution** of bed wetting with **no recurrence**. Emotional and physical health remained stable,

& no further intervention was required.

Discussion And Conclusion-This case emphasizes the positive role of **homeopathic medicine** in managing **nocturnal enuresis** effectively and gently. The prescription of *Pulsatilla*, selected based on the complete **totality of symptoms**, not only addressed the urinary incontinence but also supported the child's emotional balance. Homeopathy treats the patient as a whole, taking into account not just physical symptoms, but emotional and behavioral traits as well. In this case, the child's sensitive and clingy temperament, aversion to being alone, and fearfulness aligned closely with the constitutional picture of *Pulsatilla*.

Other Commonly Used Remedies In Nocturnal Enuresis-

•**Kreosotum:**-Indicated for children who pass urine during **deep sleep** and are difficult to awaken. Urine may have a **strong offensive odor** and may irritate the skin.

•**Causticum:**- Suitable for older children with **involuntary urination during cough, sneeze, or exertion**. Often prescribed where bladder control was **delayed** in early childhood.

•**Sepia:**- Effective in cases where children **wet the bed shortly after falling asleep**. These children often have **irritable, indifferent, or moody dispositions**.

•**Equisetum:**- Recommended when enuresis is accompanied by the passage of **large quantities of urine**, often with **no discernible physical cause**. Daytime frequency may also be present.

•**Belladonna-**Useful when **sudden bed wetting episodes** occur, often accompanied by **nightmares or restlessness** during sleep.

•**Sulphur-** Prescribed for children who tend to be **warm-blooded, thirsty**, and who may also suffer from **skin eruptions**. Enuresis in these cases often reflects a **deep constitutional imbalance**.

This case reaffirms that with careful individualization and holistic consideration, **homeopathy offers a safe, effective, and non-suppressive treatment** for childhood nocturnal enuresis, leading to complete and lasting recovery.

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