

# Conquering Bed Wetting with Sweet Tiny Homoeopathic Pills

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**Abstract:** Nocturnal enuresis commonly known as bed-wetting, can be challenging to treat, especially when conventional and alternative therapies fail. This case study presents a successful homeopathic approach in managing persistent nocturnal enuresis. Through individualized remedy selection, significant improvement was observed, leading to complete resolution. This case highlights the efficacy of homeopathy as a safe and effective treatment for enuresis.

**Key Words:** Nocturnal enuresis, Homoeopathy, Individualized treatment, Anti-miasmatic medicine

## CHIEF COMPLAINTS

A 7-year-old boy was brought to me on June 11th, 2024, with complaints of daily bedwetting and constipation. His mother mentioned that he is prone to catch colds easily. She also shared that he had gained control over his bowel and bladder but has been experiencing persistent enuresis at night, with no control over urination during sleep. He wets the bed almost every night and has on-going issues with constipation since a very young age.

## HISTORY OF PRESENT ILLNESS

Patient has complaints of bed wetting and constipation since his early childhood.

## FAMILY HISTORY:

- Father – NAD
- Mother – NAD

- Paternal Grand Father – Hypertension
- Paternal Grand Mother – NAD
- Maternal Grand Father – NAD
- Maternal Grand Mother – Hypothyroidism

## PERSONAL HISTORY

- Appetite:- 3-4 chapatis/meal + dal - rice
- Thirst:- 1-1.5 Lit/day
- Urine:- 3-4/1 D/N, involuntary urination at night
- Stool:- Stool every 2 to 3 days(Hard stool and constipated, Much straining), Has to take AYURVEDIC CHURNA – without that urge absent generally.
- Desire:- Sweet+
- Aversion:- Not specific
- Sweat:- Profuse perspiration on slightest exertion especially over forehead+
- Sleep:- Disturbed due to enuresis and sometimes starting from sleep
- Dreams:- Not Specific
- Thermal state:- Chilly patient
- Milestones – NAD
- Build – Heavy build (overweight and obese child)
- Vaccination history – Vaccines given as per WHO protocols in the Aanganvadi

## LIFE SPACE INVESTIGATION

- [1] His mother told that he is very calm child with laziness and has sharp memory with keenness. He has fear of ghost and fear of dark. He's otherwise

healthy but sometimes becomes irritable when his demands don't get fulfilled.

- [2] He is very shy in the presence of strangers.
- [3] He is an obedient child.
- [4] He plays nicely with his friends without fighting and all. If someone beats him, he'll come home crying but can't confront them.
- [5] He is more religious child than the children of his age.

#### DIAGNOSIS: NOCTURNAL ENURESIS WITH CHRONIC CONSTIPATION

#### MY UNDESTANDING OF THE CASE:

- [1] This is a case of a 9-year-old obese male child who has gained control over his bowel and bladder but has never achieved control over urination at night. He also suffers from chronic constipation. The child is lazy and has fearful disposition and is notably shy around strangers. He is more religious compared to the other children of his age. Additionally, he has a tendency to catch colds easily with the slightest exposure to cold. Despite being chilly, he perspires excessively.
- [2] For managing such cases, it is essential to advise certain auxiliary measures, as nocturnal enuresis is considered a developmental issue. Proper training plays a crucial role in the effective management of these cases.

#### TOTALITY OF THE SYMPTOMS:

- Laziness++
- Shyness+
- Religious affection ++
- Nocturnal enuresis daily once
- Constipation – hard stool with much straining, urge absent for 2-3 days
- Catches cold easily
- Chilly patient but Profuse perspiration

MIND			
1 MIND - LAZINESS			✕
2 MIND - RELIGIOUS AFFECTIONS			✕
children; in			
3 MIND - TIMIDITY			✕
RECTUM			
4 RECTUM - CONSTIPATION -			✕
children; in			
STOOL			
5 STOOL - HARD			✕
BLADDER			
6 BLADDER - URINATION - involur			✕
night			
PERSPIRATION			
7 PERSPIRATION - PROFUSE			✕
GENERALS			
8 GENERALS - COLD; TAKING A -			✕
tendency			
Remedies	ΣSym	ΣDeg	Symptoms
sep.	8	21	1, 2, 3, 4, 5, 6, 7, 8
calc.	8	20	1, 2, 3, 4, 5, 6, 7, 8
sulph.	8	19	1, 2, 3, 4, 5, 6, 7, 8
sil.	7	20	1, 3, 4, 5, 6, 7, 8
lyc.	7	18	1, 3, 4, 5, 6, 7, 8
nat-m.	7	18	1, 3, 4, 5, 6, 7, 8
nux-v.	7	17	1, 3, 4, 5, 6, 7, 8
bry.	7	16	1, 3, 4, 5, 6, 7, 8
graph.	7	16	1, 3, 4, 5, 6, 7, 8
nit-ac.	7	16	1, 3, 4, 5, 6, 7, 8
hep.	7	15	1, 3, 4, 5, 6, 7, 8
ars.	7	14	1, 2, 3, 5, 6, 7, 8
caust.	7	14	1, 3, 4, 5, 6, 7, 8

## REPERTORIAL TOTALITY AND ANALYSIS

- 1) MIND – LAZINESS
- 2) MIND – RELIGIOUS AFFECTIONS – too occupied with religion
- 3) MIND – TIMIDITY
- 4) RECTUM – CONSTIPATION- children; in
- 5) STOOL – HARD
- 6) BLADDER – URINTION – involuntary, night
- 7) PERSPIRATION - PROFUSE
- 8) GENERALS – COLD; TAKING A – tendency

## ANALYSIS

- Considering the potential differential field
- Considering the constitution of the patient and tendencies, Calcarea Carb is selected
- Potency – 1 M potency according to age & complaints of the patient according to the susceptibility of the patient

- Dose – Single Dose
- Route – Oral route

## PRESCRIPTION:

11/06/2024

CALCAREA CARB 1 M SINGLE DOSE STAT  
SAC LAC 4 PILLS TDS FOR 15 DAYS

## AUXILIARY MEASURES:

- Avoid drinking of water at night time
- Ask the patient to pass urine before going to bed
- Wake the child at night to pass urine
- Increase total liquid intake during the day and food contacting fibers for the complaint of constipation

DATE	COMPLAINTS	PRESCRIPTION
29/06/2024	<ul style="list-style-type: none"> <li>Nocturnal enuresis frequency as it is</li> <li>Has the urge to pass stool, can pass hard stool every alternate day with straining with Ayurvedic Churna</li> <li>Watery nasal discharge+ after exposure to cold</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
15/07/2024	<ul style="list-style-type: none"> <li>Nocturnal enuresis frequency as it is</li> <li>Improvement in constipation - can pass hard stool without Ayurvedic Churna in 2 days with straining</li> <li>Coryza +</li> </ul>	Rx CALCAREA CARB 1 M SINGLE DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
01/08/2024	<ul style="list-style-type: none"> <li>Nocturnal enuresis frequency decreased slightly to 4-5 times in a week which was previously daily</li> <li>Stool frequency and consistency as it is</li> <li>No coryza</li> <li>Overall improvement</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
17/08/2024	<ul style="list-style-type: none"> <li>Overall improvement</li> <li>Frequency of nocturnal enuresis as it is</li> <li>Stool frequency and consistency improved</li> </ul>	Rx SL 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
02/09/2024	<ul style="list-style-type: none"> <li>Nocturnal enuresis frequency as it is</li> <li>Constipated sometime, complaint of pain at anus occasionally</li> <li>Coryza once +</li> </ul>	Rx CALCAREA CARB 1 M SINGLE DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
17/09/2024	<ul style="list-style-type: none"> <li>Nocturnal enuresis frequency as it is</li> <li>All the other complaints resolved               <ul style="list-style-type: none"> <li>No coryza</li> <li>Stool frequency and consistency improved without Ayurvedic Churna no pain at anus</li> </ul> </li> </ul>	Rx TUBERCULINUM 1 M 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
01/10/2024	<ul style="list-style-type: none"> <li>Frequency of nocturnal enuresis decreased to 3-4 times / week</li> <li>No any other complaints</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
16/10/2024	<ul style="list-style-type: none"> <li>Improvement overall</li> </ul>	Rx SAC LAC 1 DOSE STAT

	<ul style="list-style-type: none"> <li>Frequency of bed wetting decreased – bed wetting only 4-5 times in last fortnight</li> </ul>	SL 4 PILLS TDS FOR 15 DAYS
25/10/2024	<ul style="list-style-type: none"> <li>High grade Fever since 1 day</li> <li>Throat pain++</li> <li>Appetite decreased</li> <li>Can't eat or drink anything</li> <li>A/F – Cold food and exposure to cold</li> <li>Congestion of throat++ ?Acute Tonsillitis</li> </ul>	Rx BELLADONNA 200 4 PILLS TDS FOR 3 DAYS WARM WATER GARGLES AVOID COLD AND OUTSIDED FOOD
29/10/2024	<ul style="list-style-type: none"> <li>No fever in last 24 hours</li> <li>Appetite – improved can eat and drink as well</li> <li>Throat pain decreased and congestion also decreased</li> <li>Better in Acute complaints</li> <li>Bed wetting 3-4 times in last week</li> <li>Constipation+</li> </ul>	Rx CALCAREA CARB 1 M SINGLE DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
14/11/2024	<ul style="list-style-type: none"> <li>No constipation</li> <li>Bed wetting only twice in last fortnight</li> <li>Overall much improvement</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
30/11/2024	<ul style="list-style-type: none"> <li>No any episode of bed wetting in last fortnight</li> <li>Much improvement</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 15 DAYS
16/12/2024	<ul style="list-style-type: none"> <li>No any episode of bed wetting</li> <li>No any episode of coryza or tonsillitis</li> <li>Stool frequency and consistency normal without Ayurvedic Churna &amp; without straining</li> </ul>	Rx SAC LAC 1 DOSE STAT SL 4 PILLS TDS FOR 1 MONTH

### CONCLUSION

- [1] In managing cases of nocturnal enuresis, constitutional treatment should be prioritized, taking into account the whole patient.
- [2] Alongside this, appropriate auxiliary measures should be advised to support the treatment.
- [3] When necessary, anti-miasmatic remedies should be given. (I have given Tuberculinum as mentioned in the William Boericke Materia Medica under the Calcarea Carb Urine section).
- [4] Acute symptoms can be managed with the indicated acute remedy but often understanding the remedy relationship is the key to select the most appropriate treatment.
- [5] This comprehensive approach, integrating constitutional care with acute management and miasmatic treatment, can lead to successful outcomes in the homeopathic treatment of nocturnal enuresis.