

Homoeopathic Management of Secondary Nocturnal Enuresis in a 12-Years-Old Male Child: A Case Report

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Abstract— Nocturnal enuresis is a common paediatric disorder affecting emotional and social well-being. Secondary nocturnal enuresis refers to recurrence of bedwetting after at least six months of dryness. This case report presents a 12-year-old male child suffering from involuntary urination during sleep 2–3 times per week for four years. The condition was associated with marked mental symptoms including fear of darkness, fear of ghosts, frightful dreams, startling from sleep, and stammering speech. Individualized homoeopathic treatment was prescribed based on totality of symptoms. Stramonium 1M was administered. The pre-treatment Nocturnal Enuresis Scoring Scale (NESS) score was 8, which reduced to 3 after six months of treatment, indicating significant clinical improvement. This case demonstrates the effectiveness of individualized homoeopathic management in secondary nocturnal enuresis.

Index Terms— Homoeopathy, Secondary Nocturnal Enuresis, Stramonium, Paediatric Case Report, Individualization

I. INTRODUCTION

Nocturnal enuresis is defined as involuntary urination during sleep in children aged five years or older. It is classified into primary and secondary types. Secondary nocturnal enuresis occurs after a child has achieved bladder control for at least six months and subsequently relapses. Psychological stress, fear states, and emotional disturbances are commonly implicated factors.

The prevalence of nocturnal enuresis in school-going children ranges between 5–15%, with decreasing incidence as age advances. Conventional management includes behavioral therapy, alarm therapy, and

pharmacological agents such as desmopressin; however, relapse after discontinuation remains common.

Homoeopathy emphasizes individualization and totality of symptoms, especially mental generals, in remedy selection. This case illustrates the role of constitutional prescribing in managing secondary nocturnal enuresis.

II. CASE PRESENTATION

A. Patient Information

- Age/Sex: 12 years/Male
- Chief Complaint: Bedwetting 2–3 times per week
- Duration: 4 years
- Type: Secondary Nocturnal Enuresis

B. History of Present Illness

The child had previously achieved bladder control but started bedwetting again four years prior to consultation. Episodes occurred during deep sleep without daytime incontinence. No associated burning micturition or urgency was reported.

C. Associated Mental Symptoms

- Fear of darkness (cannot sleep without light)
- Fear of ghosts
- Frightful dreams of ghosts
- Startles from sleep in terror
- Clings to parents at night
- Stammering speech

D. Past and Family History

No significant medical, surgical, or family history. Routine urine examination was normal.

E. Assessment Tool

Pre-treatment NESS Score: 8

III. ANALYSIS AND EVALUATION

Totality of Symptoms

1. Secondary nocturnal enuresis
2. Fear of dark
3. Fear of ghosts
4. Frightful dreams
5. Startling from sleep
6. Stammering speech

Repertorial Totality

1. MIND – FEAR – dark of; children in
2. MIND – FEAR – ghosts, of
3. MIND – STARTING – sleep, from
4. MOUTH –SPEECH – stammering
5. BLADDER – URINATION – involuntary; night
6. DREAMS – FRIGHTFUL

Remedy Selection

Based on totality, Belladonna, Causticum, Pulsatilla, Stramonium and Hyoscyamus was covering the most rubrics. Then Belladonna was ruled out because the child was not that much violent, Causticum was ruled out on the bases of desire for sweets, patient was though not violent but not mild as well and not thirstless – so Pulsatilla was ruled out and the naughtiness and sexuality and nudity of Hyoscyamus was not there so it was also ruled out. Finally, Stramonium covered the characteristic mental symptoms prominently, especially intense fear of darkness, terror from imaginary objects, frightful dreams, and sudden awakening in fear and matching the whole picture.

IV. PRESCRIPTION

Stramonium 1M – Single dose Followed by placebo and regular monthly follow-up.

V. FOLLOW-UP & RESULT

Remedies	ΣSym	ΣDeg	Symptoms
bell.	6	13	1, 2, 3, 4, 5, 6
caust.	6	13	1, 2, 3, 4, 5, 6
puls.	6	12	1, 2, 3, 4, 5, 6
stram.	6	11	1, 2, 3, 4, 5, 6
hyos.	6	10	1, 2, 3, 4, 5, 6
carc.	6	7	1, 2, 3, 4, 5, 6
ars.	5	11	2, 3, 4, 5, 6

Date	Complaints	Prescription
05/01/2025	Bedwetting 2–3 times/week; intense fear; frightful dreams; stammering; NESS – 8	Stramonium 1M single dose Placebo 4 PILLS TDS X 1 MONTH
07/02/2025	Reduced to 1–2 times/week; fear less intense; dreams reduced; NESS – 6	Placebo 4 PILLS TDS X 1 MONTH
10/03/2025	1 episode/week; slight return of fearful dreams; NESS – 5	Stramonium 1M single dose Placebo 4 PILLS TDS X 1 MONTH
10/04/2025	Once in 3 weeks; sleeping with dim light; improved confidence; NESS – 4	Placebo 4 PILLS TDS X 1 MONTH
11/05/2025	Single episode in month; no frightful dreams; NESS – 3	Placebo 4 PILLS TDS X 1 MONTH
09/06/2025	No episode in 4 weeks; sleeps comfortably; stammering improved; NESS – 3	Placebo 4 PILLS TDS X 1 MONTH

Outcome

NESS score reduced from 8 to 3. Both urinary and psychological symptoms improved significantly.

VI. DISCUSSION

Secondary nocturnal enuresis frequently involves psychological components such as anxiety and fear. In this case, intense fear of darkness and ghosts, along with frightful dreams and startling from sleep, were prominent guiding symptoms.

According to Boericke and Kent, Stramonium is indicated in children who cannot tolerate darkness, demand light and company, and suffer from vivid terrifying dreams. The remedy is known for intense fear states and nervous excitability. The parallel improvement in mental and urinary symptoms after administration of Stramonium supports the principle of totality-based prescription.

The repetition in the third month was justified due to partial relapse of characteristic symptoms. The sustained reduction in NESS score and absence of adverse effects highlight the effectiveness and safety of individualized homoeopathic treatment.

Although this is a single case report, it contributes to clinical evidence supporting homoeopathy in pediatric enuresis management. Further controlled clinical studies are recommended.

VII. CONCLUSION

Individualized homoeopathic treatment with Stramonium 1M resulted in significant improvement in a case of secondary nocturnal enuresis associated with fear complex and stammering speech. Reduction of NESS score from 8 to 3 within six months demonstrates measurable therapeutic benefit. Homoeopathy may serve as a safe and effective alternative in such cases.

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