

A Case Study of Nocturnal Enuresis

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Abstract

Enuresis is most common and difficult clinical problem in pediatric age group of 5-12 yrs. A case of 8 year male patient presented with complaints of nocturnal enuresis since two years was treated successfully with Homoeopathic medicine Lycopodium Clavatum 200 which proved to be effective in reducing the incontinence.

Keyword: Homoeopathic medicine, Lycopodium Clavatum, Nocturnal enuresis

Introduction:

Enuresis or bed wetting is a disorder characterized by involuntary voiding of urine during day or night in bed or cloth, after 5 yr of age.^[1] It is an extremely common pediatrics problem which is often neglected by and has become potential caused of embarrassment as well as the parents. In allopathic school, they prescribe drugs such as tricyclics such as Amitriptyline, Imipramine, less often Nortriptyline are also used but behavior disturbances may occur and relapse is common after withdrawal. Homoeopathic medicine is intended to cure the patient. on emotional and spiritual levels and not just as suppression or relief of immediate symptoms.

Case history

A 8 years old male patient presented with complaints of bed wetting twice a week since two years associated with fullness of abdomen and coldness of extremities.

Family history: no family history of Nocturnal Enuresis

Past history:- no any history of major illness

Personal history:-

Food:- Desire- sweet

Aversion- bread

Thirst:- 4-5 glass/day

Appetite:- Adequate

Sleep:- disturbed

Dream:- do not remember

Urine:- 4-5 times/day and at night – twice a day

Bowel habit:- regular Constitution:- lean thin, physically weak, emaciated.

Thermal state:- Hot

Physical examination:-

Built- lean thin

Weight- 20 kg

Height- 130 cm

Pulse- 82beats/min

B.P- 100/80 mm of hg

R.R- 20/min

Pallor- absent

Cyanosis- absent

Lymph node- not enlarged

Systemic examination:-

CNS- conscious and well oriented

CVS- S1S2 normal

R/S- AEBE Clear P/A- Soft and non tender

Mind:

Fear of being alone

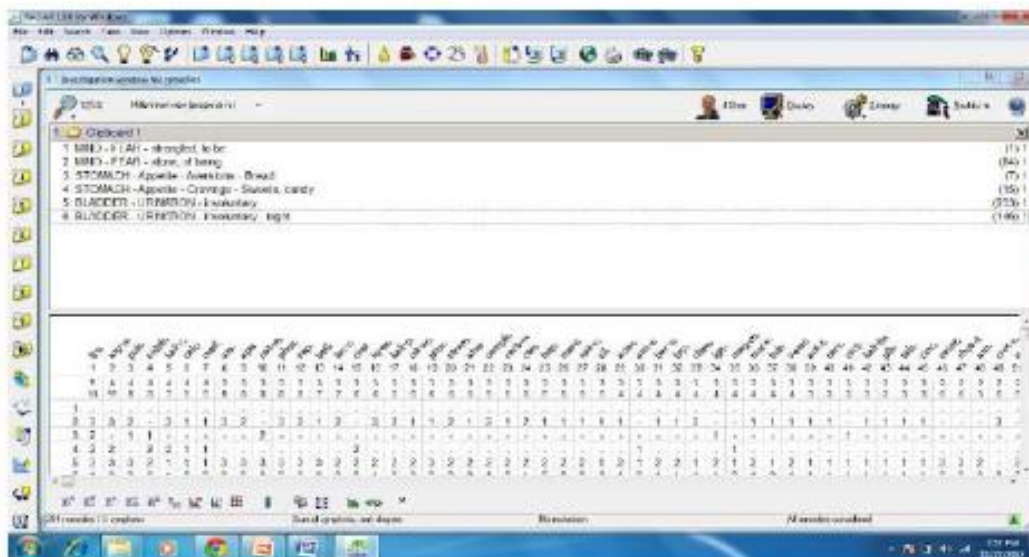
Averse to undertaking new things

Fear of strangled

Repertorization:

Case was repertories on the following symptoms by using RADAR 10.5 (Schroyens F. synthesis 9.0)

Lycopodium were the highest scoring remedy covering maximum rubrics shown in [figure1]^[2]



Prescription:

Lycopodium 200 one dose stat

Placebo 4 pills TDS for 15 days

Auxiliary treatment- avoids drinking water 1 hr before going to bed, emptying of bladder before going to bed.

Follow up :- During the first follow-up the patient reported with bed wetting once in a week and no associated complaints so placebo was continued for one month. In the second follow-up it was once in two weeks hence placebo was continued for another one month. On subsequent three follow ups was taken monthly, no complaints of further bed wetting reported.

Discussion and conclusion :- the case highlighted the usefulness of Homoeopathic medicines in Nocturnal Enuresis. Based on the totality of symptoms one dose of Lycopodium was prescribed

Reference:-

1. Kaplan Harold: Elimination disorders, Comprehensive text book of psychiatry. 5th ed. U.S.A: Williams &Wilkins, 1989. p. 1879 volume-2.
2. RADAR 10.5 (Schroyens F. synthesis 9.0)