

## **Effectiveness of Homeopathic Remedies in Alleviating Stress Urinary Incontinence among Females Aged 40-80 Years: A Case Series Study**

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### **ABSTRACT:**

Stress urinary incontinence (SUI) is a prevalent condition among women aged 40 to 80 years, significantly impacting their quality of life. Despite available conventional treatments, interest persists in alternative therapies like Homeopathy. This case series investigates the efficacy of Homeopathic interventions in managing SUI. Through consecutive sampling, with a total of 45 patients with clinically diagnosed SUI were recruited. Additionally, the study aimed to identify the most commonly prescribed remedy for this condition. Homeopathic medicines were administered based on symptom similarity. The Questionnaire for urine incontinence diagnosis (QUID) scale was used for diagnosis whereas Symptom Severity Score (SSS) Scale was utilized to evaluate the severity of SUI Before and after treatment. Thorough homeopathic consultations and personalized prescriptions led to significant reductions in SUI severity post-treatment, with mean score of SSS decreased from 7.8 before treatment to 5.3 after treatment. The findings of this study indicate that homeopathic medicines significantly help in controlling the cases of SUI.

**KEYWORDS:** Stress Urinary Incontinence (SUI) , Questionnaire for urine incontinence diagnosis (QUID), Symptom Severity Score (SSS), Homeopathic Medicine.

### **INTRODUCTION:**

Stress urinary incontinence is the sudden, involuntary loss of urine secondary to increased intra-abdominal pressure that is bothersome or affects the patient's quality of life. Precipitating activities include coughing, laughing, sneezing, straining, or exercising. <sup>[1]</sup>

Female urinary incontinence has a significant negative impact on women's quality of life and her overall health affecting millions worldwide, especially those aged 40-80 years. It impairs physical, psychological and social well-being. Incontinence increases a risk of urinary tract infection in women and limits their daily activities such as work, exercise and intimacy. It induces a sense of shame and a depressed feeling in the women. It puts the women in the embarrassing situations in social settings. It also has economic impact on the women with expensive pads and surgical procedures. Thus, contributing to financial burden. <sup>[2]</sup>

According to a study, the healthcare expenses increases two folds of the usual expenses. <sup>[3]</sup> Existing treatment modalities for the management of SUI include surgical procedures such as sling procedure, and laparoscopic surgeries. These in turn increase the financial stress on female. Homoeopathic treatment offers reliable treatment for stress urinary incontinence in females through safe medications without any side effects. It not only helps the patient tackle the disease

on the physical plane but also takes care of the psychological trauma associated with the disease with the help of individualized homoeopathic remedy. <sup>[4]</sup>

#### **MATERIAL &METHODS:**

- A case series design evaluated homeopathic remedies' efficacy in managing SUI among women aged 40 - 80 years. Consecutive sampling recruited 45 participants from M(N)HMC OPD and peripheral camps in a period of 6 months. Individualized homeopathic consultations, assessing medical history, symptoms, and lifestyle, informed remedy prescriptions. QUID Scale. <sup>[5]</sup> was utilized for the purpose of Diagnosis. Pre- and post-treatment assessments utilized validated scoring systems, like the SSS Scale .Descriptive and inferential statistics analyzed demographic characteristics and changes in SUI severity scores.
- The inclusion criteria for this study include females aged between 40 to 80 years who provide positive responses to items 1, 2, and 3, as well as score 1 to 6 in the scale, indicating stress urinary incontinence (SUI) attributable to obesity, smoking, child birth, sneezing, heavy lifting, exercise, jogging, etc.
- The exclusion criteria for this study include females with History of Anti – incontinence surgery, females who undergone previous pelvic floor muscles training (PFMT) in last 6 months and females suffering from correctable factors such as infection (UTI), chronic constipation.

#### **HOMOEOPATHIC INTERVENTION:**

1. Each individual patient was prescribed a homoeopathic medicine according to symptom similarity. (selected considering mental generals, physical generals, and particulars)
2. The potency and dose of the medicine was decided by individual susceptibility.

#### **ASSESSMENT OF PROGRESS:**

The assessment of progress utilized the Symptom Severity Score Scale, a widely recognized tool for evaluating the severity of cases and medical history <sup>[6]</sup>. Following Homeopathic treatment, significant reductions in SUI severity were observed. Participants reported decreased urinary leakage frequency/severity and improved bladder control/quality of life. This change signifies significant improvement and underscores the effectiveness of the homoeopathic treatment applied.

**STATISTICAL ANALYSIS:**

Paired t test was applied which resulted in 93% significance level with T value of 12.28

**DISCUSSION:**

A total of 45 patients were selected using consecutive sampling, Out of which 36 patients suffered from polyarthralgia (Multiple Joint Pain), 5 patients suffered from Peri orbital hypermelanosis, 16 patients suffered from some or the other acute complaints, 6 patient suffered from diabetes mellitus and 5 patients were hypertensive, along with SUI.

We evaluated each patient on the basis of SSS and found that 7 had Mild SUI, 34 had Moderate SUI, and 4 had Severe SUI.

The study suggests that the risk factors contributing to Stress Urinary Incontinence included Weight and BMI (30 patients), Age (45 patients), Parity (43 patients), Mode of delivery (37 Full term normal delivery and 13 LSCS) and Hysterectomy (10 patients), with the most vulnerable age group identified as 40 to 50 years.

We repertorized each case and prescribed homeopathic medicines on basis of Symptom Similarity. The most commonly indicated remedies were Causticum (15), Pulsatilla (5), Sulphur (4), Lachesis (2), Natram mur (4), Belladonna (2), Calcarea carb (4) and Lycopodium (4).

After a span of 6 months 42 out of 45 patients showed improvement in SSS, out of which 40 had Mild SUI, 2 had Moderate SUI, and 3 patient showed no improvement.

Out of 36 patients suffering from polyarthralgia all of them showed substantial improvement in the intensity of pain, 5 patients of Peri orbital hypermelanosis showed minimal improvement, 16 patients suffering from acute complaints were fully recovered and others did not show any significant improvement.

Our study demonstrated the effective reduction of SUI severity course through Homeopathic medicine addressing symptoms based on similarity. Additionally along with symptoms of Urinary incontinence we observed concurrent improvement in patient's mental and physical health attributing this holistic approach to Homeopathic medicine dynamic action on the Vital force.

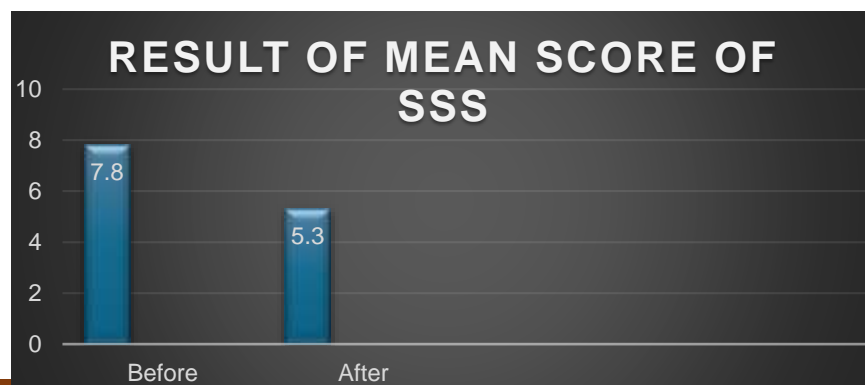
**RESULT:**

Fig 1. Mean score of SSS

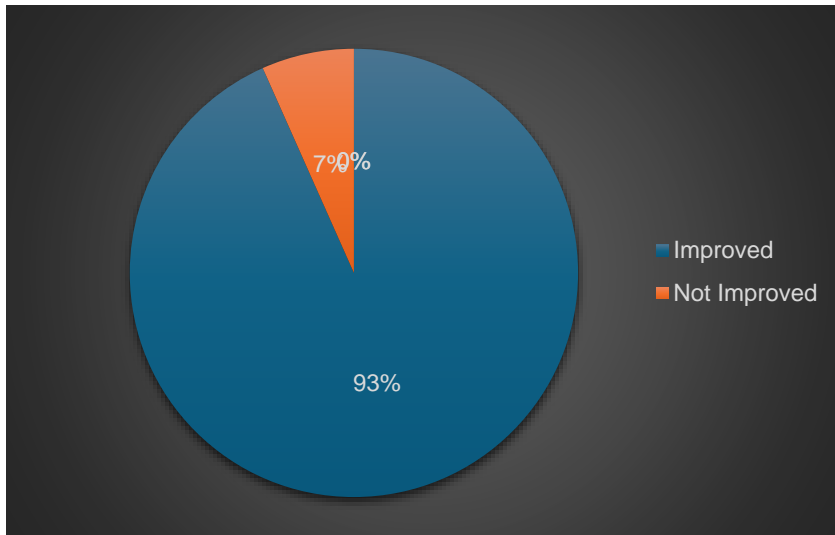


Fig.2. Result of Improved/ Not improved.

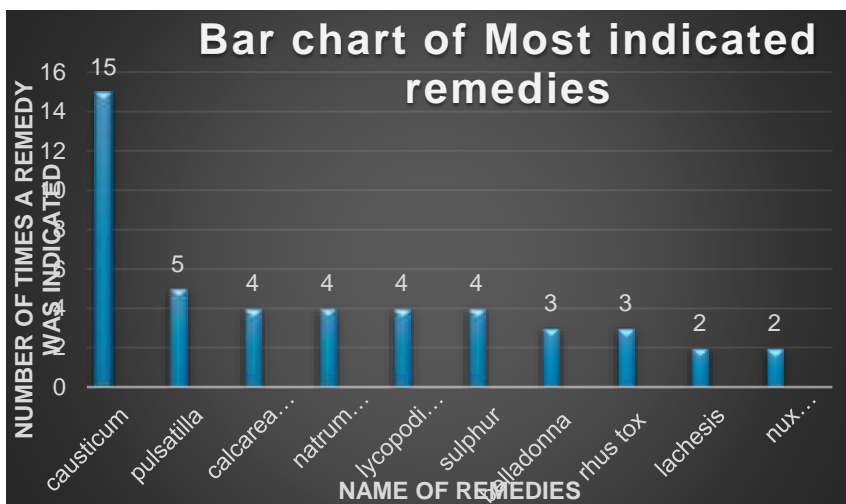


Fig 3. Most Indicated Remedies

1. Figure 1 and 2 in the result indicates that out of 45 patients, 42 (93%) patients are improved and 3(7%) patients have not improved as mean score of SSS scale before treatment 7.8 and after treatment 5.3.
2. The statistical analysis suggests the theory that using Paired T test, calculated t value is greater than table t value at 5% level of significance accepting the alternative hypothesis. Hence, Homoeopathic medicines are effective in decreasing the severity of stress urinary incontinence in women in age group of 40-80 years.

3. Figure 3 in the result suggests that the most commonly indicated remedies in our study were  
Causticum- 15,Pulsatilla-5,Calcarea carb-4, Natrum Mur -4

**CONCLUSION:**

This case series provides preliminary evidence supporting individualized homeopathic remedies' potential efficacy in alleviating stress urinary incontinence among women aged 40 to 80 years. Improvements post-treatment suggest homeopathy as a viable alternative or complementary approach to conventional management. However, study limitations, including sample size and observational design, warrant cautious interpretation. Further research, including larger randomized controlled trials, is needed to validate findings and elucidate underlying mechanisms. Nonetheless, this study contributes valuable insights into complementary therapies for stress urinary incontinence. To conclude, in our study, Homoeopathic medicines are effective in decreasing the severity of stress urinary incontinence in women in age group of 40-80 years.

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**CONFLICT OF INTEREST:** There are no conflicts of interest.

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