

TITLE: URINARY TRACT INFECTION MANAGEMENT WITH HOMOEOPATHY

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ABSTRACT:

Urinary tract infections are most common public health problem. It is caused by range of pathogens like Escherichia coli, Klebsiella pneumoniae, Proteus mirabilis, Enterococcus faecalis and Staphylococcus saprophyticus. UTIs are notable cause of morbidity in infant boys, old age men and female of all age group. Diagnosis of a UTI is mainly done with detail history and required investigations. Simple uncomplicated cystitis responds very good to oral antibiotics but complicated UTIs may require other interventions.

KEY WORDS: Urinary tract infection, cystitis, Bacteria, Homoeopathy

INTRODUCTION:

Urinary tract infection is defined as an any infection in any part of the urinary tract as like kidneys, ureters, bladder and urethra. The urinary tract can be divided into upper (kidney and ureters) and lower (bladder and urethra).^{[1][2]}



The urinary tract is common source of infection in children and infants and mostly bacterial infection in children < 2 yrs. of age. UTIs are more common in boys during the first six month. UTIs can progress to renal scarring in early infancy when accompanying with congenital anomalies of urinary tract.^{[1][2][3]}

In general, women develop a UTI more commonly in their life. Women are thirty times more susceptible than men to develop a UTI. In the different study it is observed that one in three women affected by UTI at the age of 24 yrs. It is mostly seen in sexually active young women.^{[1][2][3]}

Complicated UTI:

UTIs infection associated with as a structural or function abnormality of the genitourinary tract or any underlying sickness, this increases the risk of the outcome of a UTI, being more serious than expected.^[3]

Recurrent UTI:

Recurrent UTIs are more common in a young women. Recurrent UTIs are symotomatic UTI that later on resolve in early phase with suitable treatment.

Recurrent UTIs can be diagnosed clinically without performing a urine culture, although urine culture is essential in management.^[3]

Asymptomatic bacteriuria:

ABU does not cause renal disease or damage several studies involving women and children have demonstrated that treatment for ABU increase the risk of subsequent symptomatic UTIs.

Screening and treatment of ABU in pregnant women are recommended in many guideline to reduce the frequency of low birth weight infants and preterm delivery.

Risk factor:^[3]

1) Young and Premenopausal women:

- Sexual Use of spermicide



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- A new sexual partner
 - Mother with history of UTI
 - H/o UTI during childhood
 - intercourse
- 2) Post menopausal & elderly women
- H/o UTI before menopause
 - Urinary incontinence
 - Increase post void urine volume
 - Blood group antigen urine secretory status
 - Urine catheterisation
 - Atrophic vaginitis due to oestrogen deficiency

Diagnosis:

The diagnosis of acute uncomplicated UTI can be made with history of lower urinary tract symptoms (dysuria, frequency and urgency) in a patient who has no risk factors for complicated UTI.^[3]

In the complicated UTI urine culture is recommended for patients and as following condition

- i. Suspected acute pyelonephritis
- ii. Symptoms that do not resolve or recur with 2-4 weeks after completion of treatment.
- iii. Women who have atypical symptoms
- iv. Pregnant women
- v. Male patient with suspected UTI

Homoeopathic management:

❖ Cantharis:^{[4][5]}

- Intolerable urging and tenesmus.
- Nephritis with bloody urine.
- Violent paroxysm of cutting and burning pain in whole renal region.



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- Pain as if cutting during passing urine or before and after urination.
 - Urine passed drop by drop.
 - Jelly like and shreddy urine.
 - Constant desire to urinate.
- ❖ Apis mellifica:^{[4][5]}
- Burning and soreness when urinating.
 - Frequent and involuntary passing of urine.
 - Burning and smarting pain at end of urination i.e last drop
 - Incontinence of urine.
 - High colored urine.
- ❖ Berberis vulgaris:^{[4][5]}
- Sensation as if some urine remained after urinating.
 - Urine with thick mucus and bright red in colour.
 - Pain in bladder region.
 - Pain in the loins and thigh while passing the urine
 - Urethra burns when not urinating.
- ❖ Equisetum:^{[4][5]}
- Pain dull intensity with sensation of fullness in bladder, not ameliorated by urinating.
 - Frequent urging associated with pain.
 - Pain as like sensation sharp, burning, cutting pain in urethra while passing urine.
 - Incontinence of urine in children, with night-mares dreams or when urinating.
 - Urine flows only drop by drop.



- During pregnancy and after delivery retention of urine and painful urination.

❖ Staphysagria: ^{[4][5]}

- Ineffectual urging to pass the urine in newly wedded girl.
- Feeling as if a single drop of urine rolling along the channel.
- Pressure upon bladder, feels as if did not empty.
- Prostatic troubles, frequent urination, burning urethra when not urinating.
- Urging and pain after urinating.
- Cystitis in lying in patient.

REPERTORIAL APPROACH

1-PHATAK REPERTORY – ^[6]

- URINATION, DESIRE, MORBID URGING ant-t, apis, arg-n, bell, berb, Bry, camph, cann, CANTH, Caust, chin, ip, kali-c, lil-t, MER-C, nat-m, NUX-V, Ph-ac, Puls, Sabin, Sars, sep, Squil, Staph, SULPH, thuj.
- URINE, RETAINED, URGING WITHOUT Ars, Caust, phos, plb.
- URINE, HOT BURNING aloe, apis, Ars, BELL, Benz-ac, borx, camph, Cann, Canth, cub, Hep, lil-t, med, Merc, Merc-c, nat-c, nat-s, nit-ac, nux-v, senec, sep, sulph, thuj, uva.
- URINE, AMMONIACAL, STRONG ODOUR (9) Asaf, benz-ac, lod, med, Mosch, nit-ac, phos, pic-ac, stront-c.
- FISHY ODOUR, (3) ol-an, sanic, uran-n.
- URINE, SWEETISH, ODOUR (2) arg-met, eup-per, nux-m, ter.



3- BOERICKE REPERTORY ^[7]

- URINARY SYSTEM, URINATION, COMPLAINTS, AFTER ACT, BURNING, SMARTING - ACON, Anac, Apis, ARG-N, Bell, BERB, Camph, CANN-S, CANTH, CAPS, Chim, Coch, Cub, FAB, KREOS, Lyc, Mag-s, MERC-C, Nat-c, NAT-M, Ph-ac, Puls, Rhus-t, Seneg, Staph, SULPH, THUJ, UVA.
- URINATION, COMPLAINTS, DURING ACT, BURNING, SMARTING ACON, All-c, Ambr, Anac, Anag, APIS, Apoc, ARG-N, ARS, BERB, Bor-ac, BORX, Camph, Cann-i, CANN-S, CANTH, Caps, Carrb-v, Chim, COP, Cub, Dig, Epig, EQUIS-H, Erig, Ery-a, EUP-PUR, Gels, Glyc, Hell, KREOS, LYC, Merc, MERC-C, Nit-ac, Nux-v, Oci, OL-SANT, Ox-ac, PAREIR, Phos, Puls, Rhus-a, SEP, Staph, SULPH, TER, Thuj, Uva, Verb, VESP.
- URINE, ODOR, PUNGENT, AMMONIACAL (9) BORX, Cain, Cop, Dig, Naphtin, NIT-AC, PAREIR, Petr, Solid, Stigm.
- URINE, ODOR, SWEET, VIOLACEOUS (10) Arg-met, COP, Cub, Eual, Ferr-i, Inul, Juni-c, Phos, Prim-o, Salol, TER, Thyr.
- UTERUS, PAIN, PRESSING, HEAVINESS, DRAGGING IN PELVIS (38) Agar, Alet, ALOE, Ant-c, AUR-M-N, BELL, Calc, Calen, Carb-ac, Chin, CIMIC, COCC, COLL, Con, Ferr-br, Frax, Glyc, Gnaph, GOSS, HELON, Kali-bi, Lappa, LIL-T, Mag-c, MAG-M, Merc, Murx, Nat-c, Nat-hchls, NUX-V, PLAT, Plb, PODO, Polyg-h, SEP, Sulph, Tril-p, Wye, Zinc-val.
- URINE, ODOR, FETID, FOUL AM-BE, Am-c, Apis, Ars, ASPAR, BAPT, BENZ-AC, Berb, CALC, Camph, Carb-an, CHIM, Coloc, Conv, Cupr-ar, Daph, DULC, GRAPH, Hydr, Ind, Kali-bi, Kreos, Lach, LYC, Merc, Naphtin, NIT-AC, Oci, Petr, PHOS, Phys, Pulx, SEP, SOLID, Stront-br, Sulph, Trop, Uran-n.



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- URINE, ODOR, SHARP, INTENSELY STRONG (15) ABSIN, AM-BE, Arg-n, BENZ-AC, BORX, CALC, Carb-v, CHININ-S, Erig, LYC, Pic-ac, Pin-s, SULPH, Viol-o, Zing.
- Urine,type, Albuminous (presence of albumin in urine) Acetan, Adon, AM-BE, Ant-t, APIS, ARS, Aur-m, Bell, BERB, CALC-AR, Cann-s, CANTH, Carb-ac, Chinin-s, COLCH, Conv, Cop, Cupr-act, Cupr-ar, DIG, Equis-h, EUON, EUP-PUR, Ferr-ar, FERR-M, Ferr-pic, Form, Fuch, Glon, HELL, Helon, Kali-chl, KALM, Lach, Lec, Lith-c, Lyc, MERC-C, Merc-c-y, Methyl, Nit-ac, Oci, Ol-sant, OSM, Ph-ac, PHOS, Plb, PLB-C, Rad-met, Sabin, SEC, Sil, SOLID, Squil, STROPH-H, TER, Thyr, Uran-n, Visc.
- Urine,type, Bloody ACON, Ant-t, Apis, ARN, Ars, Ars-h, BELL, BERB, Cact, Camph, CANN-S, CANTH, CARB-AC, Chin, Chinin-s, Cina, COC-C, COLCH, COP, CROT-H, Dulc, Epig, EQUIS-H, ERIG, Eucal, Fab, Ferr-p, Fic-r, Gal-ac, Ger, HAM, Hep, IP, Kali-chl, Kreos, LACH, LYC, Mangi, Merc, Merc-c, MILL, NIT-AC, NUX-V, Oci, Ol-sant, PAREIR, PHOS, Pic-ac, Plb, RHUS-A, Sanim, SARS, Sec, SENEK, SOLID, Squil, Stigm, TER, THLAS, UVA.
- Bladder, Pain, Burning ACON, Ars, Baros, BERB, Camph, CANTH, COP, FERR-PIC, Staph, TER, Thuj, UVA.
- Bladder, Pain, Cutting ACON, Aeth, BELL, BERB, CANTH, Coc-c, Con, LYC, TER.
- Urine, Sediment, Pus ARS, Aspar, BAROS, BENZ-AC, Berb, Bry, Calc, CANN-S, CANTH, CHIM, Cop, DULC, EPIG, Eucal, Fab, HEP, Hyos, KALI-BI, Lith-c. LYC, MERC-C, Nit-ac, Nux-v, Oci, PHOS, POP, Sars, Sep, Stigm, Sulph, Ter, Thlas, Tritic, UVA.



4- BONNINGHUSEN REPERTORY^[8]

- MICTURITION: URINATION BURNING Bap., Can., Canth., caps, ign., nur.m.,
pso., pul., the., sabi., Stap.,
- DURING URINATION: URETHRA, BURNING IN Alu., ant-c., AP., Ars., bar-o.,
BELL., ben-ac., CALC-C., Can., CANTH., caps., caus., cham., CHIM., chin., clem.,
colch, orot-t., cup., dig., HEP., ign., ip., kali-bi., kali-c., lach, mag-c., mar., Mero.,
MERC-C., Nat-c., NAT-S., nit-ac., nux-v., par., Pho, Pho-ac., pru-s., pul., rhe., saba.,
sabi., sara., Seng., sil., spl., stap., Sul, sul-ao., TERB., THU., ver-a., vio-t., zin,

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