



International Course in Medical Homeopathy

An International Course in Homeopathic Medicine for Healthcare Professionals

Unit 42

Antidotes in Homeopathic Practice 10

Enuresis

Bedwetting is a common presentation in children, who can sleep so soundly that they do not respond to the sensorial stimuli of the bladder filling, or alternatively they might incorporate urination into their dream content.

There can be corollary problems that disrupt the child's sleep pattern in other ways and make them liable to bedwetting as a secondary problem. In a few cases, the child's bedwetting seems to be an expression of stress or fear that they are unable to articulate in other ways.

Most treatment lines recommend the avoidance of caffeinated soft drinks, and artificial food colouring.

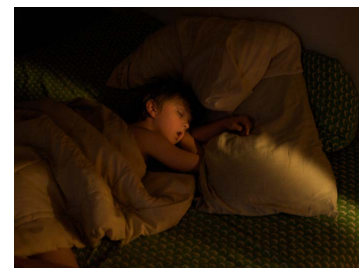
The emotional dimension can be a primary or secondary consequence of bedwetting and to some extent depends on how parents respond to the problem.

Various enuresis alarms and devices are available but these are very variable in their usefulness and can represent a wasted outlay for some parents.

The most common homeopathic treatment response is constitutional. However, there are a few pointers to more specific remedies and individualising information should be sought in every case.

It is recommended that the child's experience of sleep and dreams is taken into account if they are old enough to describe their experience. The child's interaction with their parents provides important additional contextual information.

In addition to remedies with characteristic emotional context, such as *Ignatia*, *Argentum nitricum*, *Natrum muriaticum*, *Staphisagria* and others, the remedies outlined below are also sometimes effective, especially in situations where the constitutional picture is unclear.



Equisetum hyemale

This plant is commonly known as rough horsetail, scouring rush, horsetail and, in South Africa, as snake grass. is a perennial herbaceous vascular plant in the horsetail family Equisetaceae. It is a native plant throughout the Holarctic Kingdom, found in North America, Europe, and northern Asia.

Long used herbally as a decoction of the fresh plant for urinary irritability. The plant contains a significant concentration of Silica, but it's significance in the homeopathic picture is unclear.

The homeopathic picture contains two features that may be significant in the remedy's mode of action.

Firstly: urge to pass large volumes of clear, light coloured urine. (Polyuria in non-diabetic patients). This tends to suggest a direct diuretic effect.

Secondly: a diurnal pattern to the urinary output.
Classically: bed wetting during the first part of sleep, urinary frequency during the day
but found by this author to conform to other diurnal patterns suggesting a primary effect on hypothalamic ADH output.

ADH (antidiuretic hormone) or Vasopressin (also called, arginine vasopressin or argipressin) is a hormone synthesized from the AVP gene as a peptide prohormone in neurons in the hypothalamus, and is converted to AVP.

Other names: Antidiuretic hormone (ADH)

Excretion: Urine

Other clinical evidence that *Equisetum* is linked to the ADH pathway is the empirical similarity between the homeopathic picture of the plant and the common side effects of Vasopressin: eg. Stomach pain, bloating, gas, dizziness, throbbing headache.

Vasopressin plays a role in regulating the circadian rhythm - the periods of sleepiness and wakefulness in a 24 hour cycle.



Dulcamara (Bittersweet)

irritable bladder often triggered by cold damp conditions,
i.e. after bathing; sudden change of weather from warm to cold

Causticum

Bedwetting after exposure to cold

Cina (Wormseed)

children that are prone to worm infections; irritable angry children
wanting to be rocked not held; asks for things they immediately reject;
large quantities of urine
< at full moon
< morning

Kreosotum (Beechwood kreosote)

bed-wetting during first sleep,
when it is difficult to waken the child

Lac caninum

Bedwetting in adolescence

Magnesium phos

Bedwetting after catheterisation

Nux vomica

'Spasmodic bedwetting'
< after parties,
< excitement
< overstimulation

Sepia (Ink of cuttlefish)

bed-wetting during the first sleep, chronic cystitis
when dreaming of urination

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Bed-wetting

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bowel nosodes, sycotic co, enuresis

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nitricum acidum, enuresis

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Inveterate nocturnal enuresis

thuja, lycopodium, enuresis

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enuresis, nitricum acidum

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Nocturnal enuresis

enuresis

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Anon

Little cases

causticum, potency, tarentula cubensis

ENURESIS, ABSCESS

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Little cases

lycopodium

ENURESIS

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