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ENURESIS

Now-a days enuresis is the most common problem children are facing. It is also named as bedwetting or incontinence in bed. Bedwetting is the involuntary urination during sleep at night.

Causes and Precipitating Factor

There are various factors, which precipitate to the enuresis.

- Family history of TB, Diabetes, Cancer, Enuresis.
- Vaccination.
- Delayed maturation/milestones.
- Psychological stress – It could be discords between parents first week of school, birth of sibling; child may be having forsaken and neglected feeling.
- Small functional bladder capacity.
- Delayed arousal from sleep.
- Chronic constipation can irritate the bladder, which results in frequent urination.
- Sleep apnea (periods of no breathing during sleep) decreases oxygen levels. This may make a child less responsive to the sensation of full bladder and less likely to wake up.
- Worms.

Scope of Homoeopathy in Enuresis

Homoeopathy has a very significant role in treating children's diseases so as the enuresis. It not only cures the enuresis but improve the general health of a child also.

Aim of homoeopathic treatment is to achieve holistic health so that equilibrium and harmony in life can be maintained. Childhood is the foundation period of an individual. So any suppression at the physical or mental level during this period will lead to hazardous effect in future. Homoeopathy treats the person not the disease. It can be helpful in exploring the hidden potential of human being.

There are various symptoms related to enuresis those should be noted by parents as particular medicines are given for these symptoms.

- a. Time of bedwetting-morning, before or after midnight.
- b. Dreams of urinating.
- c. First part of sleep.
- d. Worm.
- e. Injury.
- f. Fright.
- g. Splinter weakness.
- h. Strong smelling urine.

Instructions For Parents

Never punish a child for bedwetting. It'll lower his self-esteem. Bedwetting take time to resolve. So have patience and avoid expressing anger and frustration. Be more loving and expressive so that he/she does not feel humiliated. Limits or avoid giving liquid 1-2 hour before sleep.

It is essential the part of parent, relatives and the society not create a humiliated atmosphere. It settled in his unconscious mind, which creates further implications in his future life.



