

Effectiveness of Homoeopathic Medicines in the Management of Urinary Tract Infections with Alteration of Diet and Regimen

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ABSTRACT

Urinary tract infection (UTI) is a contagion in any portion of our urinary scheme like kidney, bladder, urethra and ureters. Most contagions include the low urinary tract - the bladder as well as the urethra. Women are at bigger danger of emerging UTI than men. Risk issues contain female anatomy, sexual contact, diabetes, obesity, and family antiquity. UTI classically ensue when microbes arrive the urinary tract over the urethra and start to reproduce in the bladder. About 150 million people may develop UTI. The main objective of our analysis is to determine the efficacy of the homoeopathic medications in the managing of UTI by evaluating the number of epithelial cells and pus cells in urine before and after medication. The diet and regimen play a major role in control of infections. For this, the patients were subjected for urine analysis before and after medication and the results were analysed. In this study, it is proved that Homoeopathic medicines have a potential action in treating UTI with the selection of similimum and along with proper management of the case in bringing the epithelial and pus cells under control and has been proved to provoke the deranged vitality in patients with UTI and bring them ease.

KEYWORDS: Epithelial cells, Homoeopathic management, Pus cells, Urine analysis, Urinary tract infections.

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INTRODUCTION

Infections of the urinary tract are triggered by pathogens like bacterial and fungal breaching the body's immune system. A bladder infection could be both unpleasant and inconvenient. If a UTI expands to the kidneys, nevertheless, it can have severe consequences. ^[1] Escherichia coli is the most common source of disease, although some microbes or fungi may also kill bacteria. ^[2] In a particular year, up to 10% of women get a urinary infection, and half of all women get at least one infectious disease in their lifespan. Recurrences are extremely common. A urine culture can be beneficial in complex cases or if therapy fails. ^[3] In a particular year, up to 10% of women get a urinary infection, and half of all women get at least one infectious disease in their lifespan.

Urinary tract contagions don't always root signs and indications, but if it persists the symptoms are A robust, insistent need to urinate A sweltering sensation when urinating, passing recurrent, minor quantities of urine, Urine that seems cloudy when they do, they may include. ^[5] UTIs are not categorised as sexual diseases, despite the fact that sexual contact is a risk factor (STIs). They are most common in people aged of 16 and 35. ^[6] In women, they are the most common form of bacterial infection. In those with unclear signs, finding can be problematic because microbes may be existing without there being a contagion. ^[7]

If you have a kidney infection, it generally happens after you get a bladder infection, but it can also happen as a result of a serious infection. In young, healthy female individuals, a prediction may be made solely on the basis of symptoms. Urinary tract contagions have been known for a long time, with the very first recorded definition dating from about 1550 BC in the Ebers Papyrus. ^[8] Risk factors of UTI include Lack of sufficient water intake, Poor hygiene, etc. ^[9] UTIs are not categorised as infectious diseases, despite the fact that sexual contact is a risk factor (STIs). ^[10] Kidney infection normally occurs after a bladder infection, but it can also be caused by a blood-borne disease. ^[11] Evaluation can be complicated in those with unclear symptoms since microbes can be found without an illness. ^[12]

MATERIALS AND METHODS

The study is to determine the common causes of UTI and to evaluate the role of Homoeopathic

remedies in its management with assessment of urine analysis. On the basis of random sampling technique sample of fifteen cases of patients visiting the outpatient / inpatient departments and from peripheral centres of SKHMCH, Kulasekharam were confiscated the cross-sectional research of UTI. Case with symptoms of urinary tract infections were diagnosed and were advised for urine analysis for the evaluation of pus cells and epithelial cells

Sources of Data

Fifteen cases of UTI attending the Outpatient clinic, Inpatient clinic accompanying peripheral centres of SKHMCH. Patients of both sexes belonging to different socio-economic groups were included in the study. Cases with manifestations of UTI were randomly included in the study. Diagnosis occurs on the core of strong detached history and urine analysis findings. Those patients were prescribed with Homoeopathic medicines based on the symptom similarities (acute totality). These patients were subjected for urine analysis on further follow-ups and the number of pus cells and the epithelial cells were evaluated.

Sampling - Simple Random Sampling

Total 15 cases will be included in the study will be prescribed on the basis of characteristic symptom, detailed case taking will be done with the help of Sarada Krishna homoeopathic medical college standardised case record. After diagnosis of the cases based on clinical presentation like burning micturation, recurrent attack of fever, low abdomen pain, persistent urging to urinate, painful micturation, cloudy urine and chills will be analysed and urine analysis before medication will be taken when found to be necessary. Prescription will be done on the basis of acute totality after reference with standard text books of Materia Medica according to guide lines of Organon of Medicine. Urine culture if indicated would also be done where ever necessary. Prescription and repetition are done, according to the principles, laid down in the Organon of Medicine. Improvement criteria are mainly done on the basis of symptomatic relief. Follow-up of the cases for a minimum period of 1 month is done. After medication post urine analysis was done to assess improvement. Observations are noted in tables and charts. Statistical analysis will be done and results will be presented. Assessment of the cases will be based on pre and post urine analysis.

Inclusion Criteria

Samples on both sexes between age group are included.

Exclusion Criteria

Patients with other severe chronic systemic illness and malignant kidney disorders are excluded.

Assessment of effectiveness:

According to the clinical assessment the disappearance of symptoms, improvement of symptoms, decrease in the number of puss cells, reduction of epithelial cells, and reduction of frequency and intensity of attacks are recorded. All the cases symbolized succeeding for a minimal period for each 1 month. During the period of treatment, the post treatment intensity outcome collated with pre-treatment intensity result. The scores were then statistically evaluated. During the period of treatment, the post urine analysis was compared with pre-urine analysis the chips were then statistically evaluated.

Interpretation of data

The exist of data interpreted in accordance with sex, the common presenting symptoms, pus cells, medicine, potency and solutions are presented in tables and figures. “F” test was appeal to analyse the variance between the scores of both improvement criteria and pain, before and after treatment. “T” test was used to determine the variation of scores before and after treatment and to evaluate if they are statistically significant. The findings obtained through this study has been mentioned in Table 1and Fig: 1.

Table 1. Showing the distribution of patients

	BEFORE	AFTER
1.Distribution of pus cells	15	1
2.Distribution of epithelial cells	15	1
3. According to symptoms picture		
i. Low abdomen pain	10	1

ii. Fever	5	1
iii. Weakness of body	10	6
iv. Smell in urine	4	0
v. Burning micturation	13	1
vi. Increased frequency of micturation	4	1
vii. Vaginal irritation	12	5
viii. Back pain	8	3

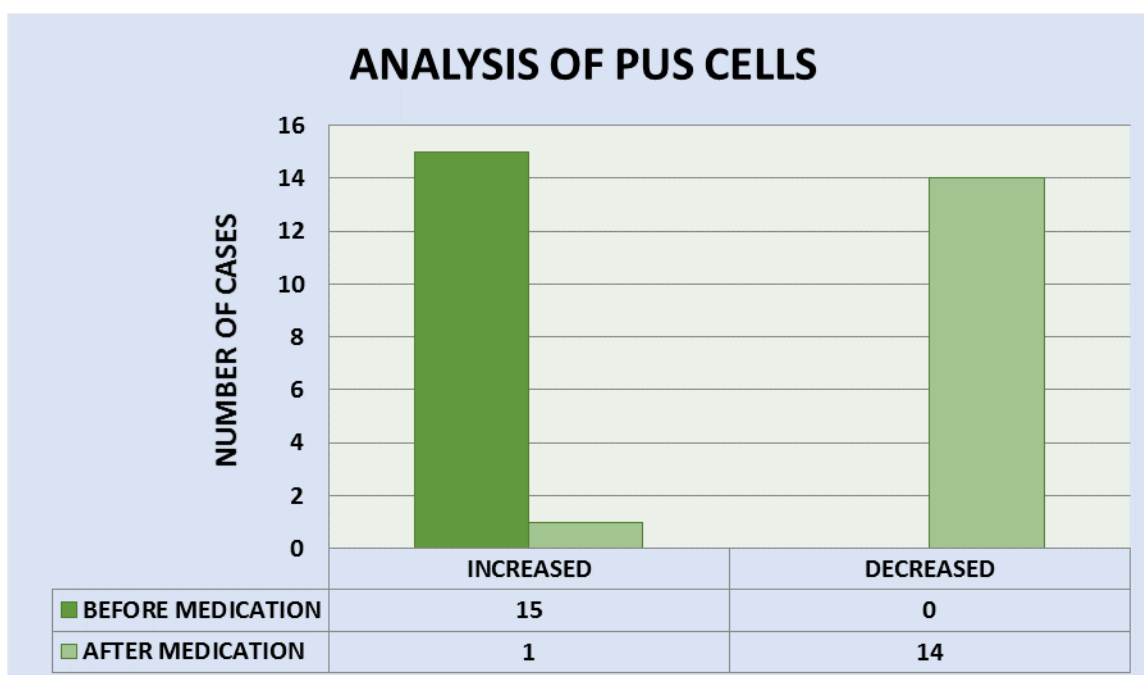


Fig:1 Circulation of cases depends on amount of pus cells

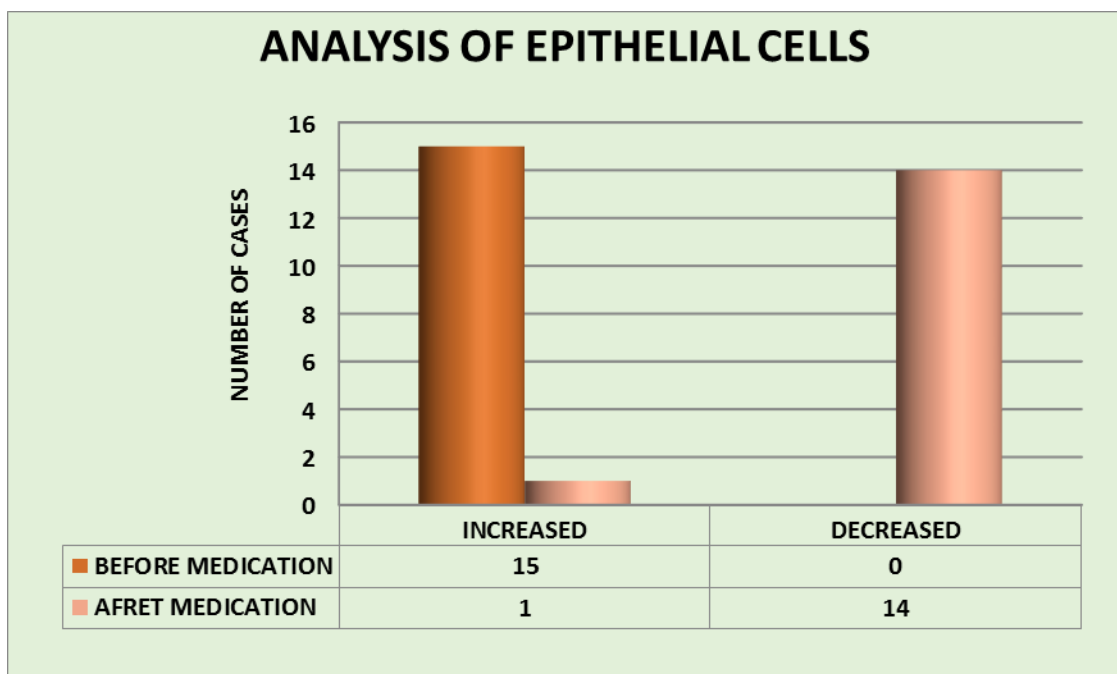


Fig:2 Dispersal of cases created on amount of epithelial cells

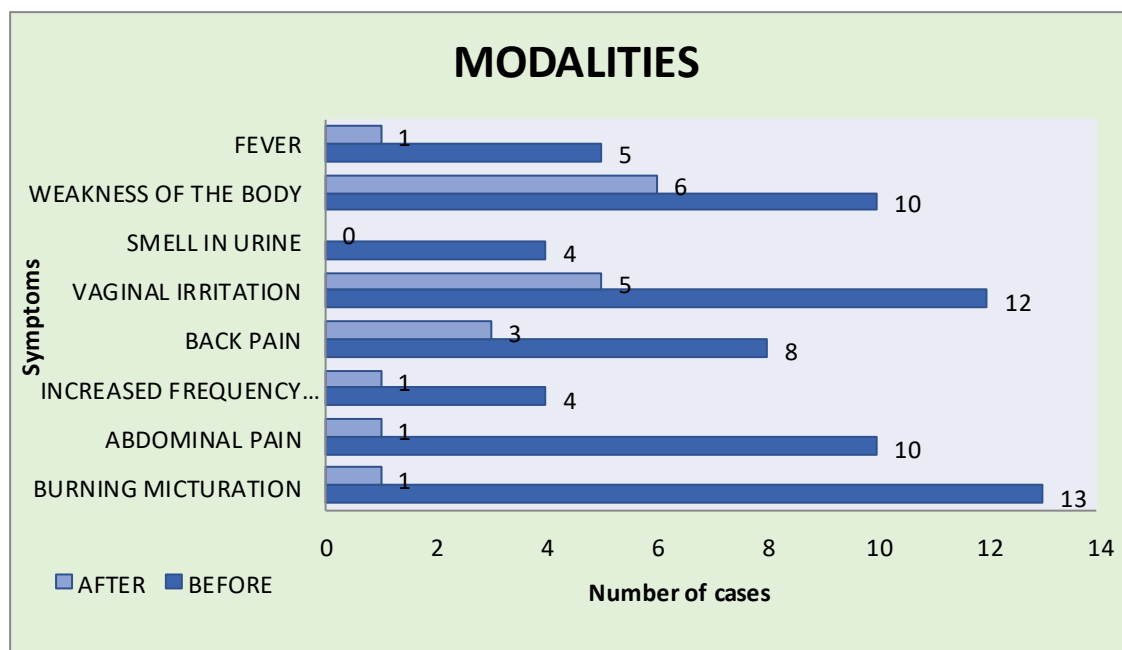


Fig:3. Circulation of cases dependent on symptom picture

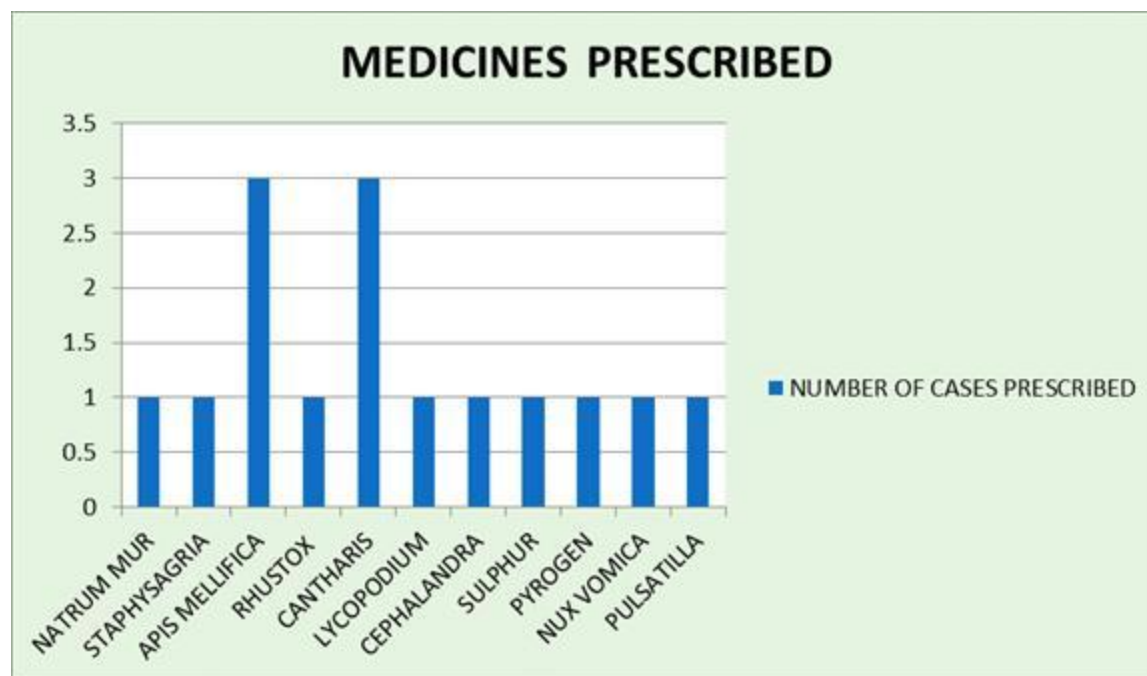


Fig :4 Distribution of cases with Homoeopathic medicines

According to the study among the 15 patients, Nat-Mur was prescribed to 1 patient, Staphysagria was prescribed to 1 patient, Apis Melifica was prescribed to 3 patients, Rhustox was prescribed to 1 patient, Cantharis was prescribed to 3 patients, Lycopodium was prescribed to 1 patient, Cephalandra Indica was prescribed to 1 patient, Sulphur was prescribed to 1 patient, Pyrogen was prescribed to 1 patient, Nux Vomica was prescribed to 1 patient, Pulsatilla was prescribed to 1 patient.

RESULTS AND DISCUSSION

The outcome of the study conducted in 15 cases of UTI is recorded here. These cases crop up enduringly least period of 1 month and the results are mentioned below. Statistical analysis was done in order to test the significance of the Pre-test and Post-test scores. The results were examined in relation with urine analysis report and the results have been made into chart that has been recorded in the study. The effectiveness of homoeopathic remedy selection is based on acute totality. Hahnemann says in his lesser writing “but we moderns on the contrary are of

course and this I would almost concede to you for the sake of peace, if this verdict only applied to some of us” ^[13]. He also explains about the importance of the diet and regimen in the aphorisms 259 to 264, emphasizes on the importance which a patient should maintain on his or her diet and regimen in order to let the medicine have a complete action on the being ^[14]. As to food, all modules of men who request to be preserved of a lingering illness, can hurt few limitations ^[15].

Table 2. Distribution of patients according to results.

According to results	No. of. Patients	Percentage (%)
Marked improvement	14	99
Mild improvement	1	1

Results were shown and tabulated in Fig 1 and Table 2. Out of 15 cases, 14 cases reveal marked improvement, 1 case showed mild improvement.

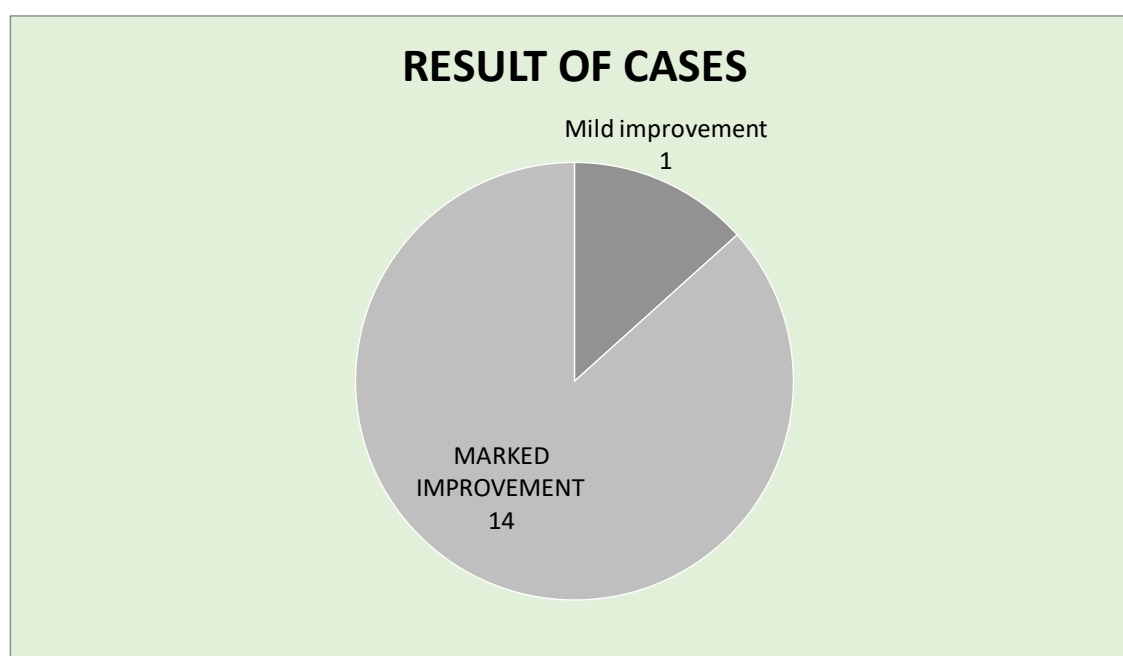


Fig: 5 Showing the distribution of cases according to result

Since the paired t- value, t -stat is 14 which is > t table value (5.78) at d.f. = 14, the test is highly statistically significant ($P < .001$) and the null hypothesis is disallowed and Alternate hypothesis

is recognized. There is effectiveness of Homoeopathic medicine in the treatment of UTI.

CONCLUSION

A total number of 15 cases were randomly selected based on inclusion and exclusion criteria. The cases were prescribed after careful analysis based on totality of symptoms which were then correlated with drug symptoms^[16]. All victim were shadowed up for a least dated of one months and so on. The study was subjected to statistical analysis and results were made from observations. On analysis of lab investigation of pus cells and epithelial cells and improvement criteria scores of pre-test and post-test, the role of diet and regimen, treatment in the management of Homeopathic medicines UTI was found to be effective^[17]. Theses crises may be in the form of some slight infections, indiscretions of diet or hygiene, some apparently simple thing out of all proportions to the serious consequences^[18]. The patient was asked to maintain proper personal hygiene. All those countless assumptions regarding the nature of swellings, all the hypotheses with regard to the nature of water and caloric, in the aspersion of the skin by warm water, as well as the homoeopathic scheme of medication known by means of modest maxims, explicit medicines simply and rapidly, without metaphysical explanation.^[19] Based on most study, the pH of urine is a larger factor in how generous the urinary tract produce infection to the microbes that origins a UTI. Since our diet straight disturbs the PH of the urine, we may deploy this stability to be valuable for UTI hostile complexes already existing in our body. As a result, the patient was advised to take food rich in fluid content and anti-oxidants.^[20] Some studies also show that changing clothes regularly and avoiding tight fitting clothes can prevent the chances of UTI. The infections with miasmas, as well of the acute disease, in one single moment, the one most favourable for infections.^[21] This was statistically interpreted, when a marked reduction was realized in post test values in comparison with pre-test values. The scores were statistically evaluated and thus we can conclude that administration of homoeopathy remedies in treatment could give good relief in the management of pain as well as the disease, UTI.

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