



**TITLE: Individualized Homeopathic Management of Chronic Nocturnal Enuresis Associated with Allergic Asthma in a Pediatric Patient: A Case Report**

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**ABSTRACT:**

Nocturnal enuresis in adolescents negatively affects emotional health and social interaction. Its management becomes complex when associated with allergic asthma and cognitive delay. This case report highlights the successful homeopathic treatment of a 13-year-old male with chronic enuresis, asthma, and associated symptoms.

**KEY WORDS:** Nocturnal Enuresis, Allergic Asthma, Calcarea carbonica, Individualized Homeopathy, Pediatric Case.

**Methods:** An individualized approach was followed based on detailed case taking, totality of symptoms, repertorization, and constitutional remedy selection. The patient's response was assessed over successive follow-ups.



## **Results:**

Notable improvement in enuresis frequency and asthma episodes was observed within four months of initiating individualized homeopathic treatment.

## **INTRODUCTION:**

Nocturnal enuresis refers to involuntary urination during sleep in children beyond the typical age of bladder control, typically after five years (1). This condition can severely affect a child's emotional, psychological, and social well-being. The scenario becomes more challenging when combined with allergic asthma and learning difficulties. The individualized method of homeopathy considers the totality of symptoms and selects remedies accordingly, offering a holistic, non-suppressive mode of treatment (2).

This case presents the management of a pediatric patient with chronic nocturnal enuresis, allergic asthma, and cognitive difficulties through individualized homeopathic care.

## **Case Presentation**

### **Patient Details:**

Shravan Thakor, a 13-year-old male from Mehsana, Gujarat, presented on 31-12-2024 with complaints of bed-wetting since birth and allergic asthma for the past 2–3 years.



### **Chief Complaints:**

1. Nocturnal enuresis: 2-3 episodes per night, especially in winters.
2. Allergic asthma: exacerbated in cold weather.

### **Associated Complaints:**

Constipation (every 4–5 days), Moaning and teeth grinding during sleep, Unstable sleeping position

### **Mental Generals:**

Fear of dark, Weak memory, Learning difficulties and dyslexia

### **Personal History:**

Delayed walking milestone (age 3 years)

### **Family History:**

Mother: convulsions, Grandmother: hypertension and asthma

### **Totality of Symptoms**

Chronic nocturnal enuresis  
Asthma aggravated by cold weather  
Constipation  
Sleep disturbances (moaning, bruxism)  
Fear of dark  
Weak memory, dyslexia  
Desire for sweets and eggs  
Chilly constitution  
Hereditary disposition to neurological and respiratory ailments



### **Rubrics Selected (Complete Repertory)**

1. Bladder, urination, involuntary, night, chronic
2. Mind, fear, dark
3. Memory, weakness
4. Mind, dyslexia
5. Sleep, moaning
6. Sleep, grinding teeth
7. Generalities, sweets, desire
8. Generalities, eggs, desire
9. Rectum, constipation, infrequent
10. Generalities, cold, aggravation

### **Repertorization & Remedy Selection**

Repertorization indicated *Calcarea carbonica* as the most prominent remedy, covering the majority of physical, mental, and general symptoms. *Medorrhinum* was considered initially for hereditary tendency, and *Belladonna* was prescribed acutely during febrile episodes.



### Prescription & Follow-up Summary

Date	Prescription	Response
31-12-2024	Medorrhinum 200, 3 doses, SL 10 days	No change
11-01-2025	Calc-c 30 TDS, Kali Phos 6X TDS 10 days	Mild improvement
30-01-2025	Calc-c 200 BD, Kali Phos 6X TDS 15 days	Enuresis reduced to one episode
17-02-2025	Calc-c 1M, 3 doses, SL 20 days	Asthma, constipation improved
27-02-2025	Belladonna 6C 1 week	No change
05-03-2025	SL BD 15 days	Stable
13-03-2025	Belladonna 6C TDS 5 days, Calc-c 1M 3 doses	Acute issues resolved
22-04-2025	Calc-c 1M 3 doses, SL 1 month	No bed-wetting, asthma or constipation

### Discussion

Homeopathy's individualized approach considers both subjective and objective symptoms with constitutional tendencies. In this case, Calcarea carbonica was prescribed based on holistic evaluation, resulting in the resolution of chronic enuresis, constipation, and asthma. The patient's overall health improved significantly, highlighting the importance of remedy selection based on totality rather than isolated symptoms.



## **CONCLUSION:**

This case demonstrates the successful management of chronic nocturnal enuresis with allied complaints in a pediatric patient through individualized homeopathy. Remedies selected on a holistic basis can offer safe, effective, and permanent resolution of complex chronic conditions.

This case illustrates homeopathy's holistic therapeutic potential in chronic pediatric complaints through individualized remedy selection.

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