



TITLE: A Case of Adult Nocturnal Enuresis with Associated Erectile Dysfunction Managed with Lycopodium

ABOUT AUTHOR:

Dr. Jimish J. Patel M.D (Homoeopathy)

Professor, department of repertory

Dr. V.H. Dave Homoeopathic medical college

Email Id: jimish005@gmail.com



ASSIST BY,

1. Dr. Pooja J. Jani

PG scholar (Organon of medicine)

Dr. V. H. Dave homoeopathic medical college.

2. Dr. Hetal P. Patel

PG scholar (Material Medica)

Dr. V. H. Dave homoeopathic medical college.



Abstract:

A 48-year-old male with a history of ulcerative colitis treated surgically with colectomy and colostomy presented with long-standing nocturnal enuresis occurring exclusively during sleep and dreams. Daytime urinary control remained normal. The patient also reported erectile dysfunction with premature ejaculation. Nocturnal enuresis had persisted for 7–8 years and significantly affected his emotional well-being and sleep quality. Based on the totality of symptoms, a homeopathic prescription of *Lycopodium clavatum* was selected. Over subsequent follow-ups, the patient showed progressive reduction in nighttime urinary episodes and improvement in sleep quality. Mild



improvement in erectile function was also noted.

Keywords: *Nocturnal enuresis, erectile dysfunction, Lycopodium clavatum, Homoeopathy.*

Introduction:

Nocturnal enuresis is defined as involuntary urination during sleep. While commonly observed in children, its occurrence in adults is uncommon and clinically significant. Nocturnal enuresis (NE) is classically considered a childhood disorder, yet a small proportion of individuals continue to experience bedwetting into adulthood. A landmark population-based survey of 13,081 non-institutionalized adults aged 18–64 years found an overall NE prevalence of 0.5%.¹ Subsequent epidemiological studies have reported adult NE (particularly primary nocturnal enuresis) prevalences ranging from approximately 0.5% to 2.3%, depending on the population and diagnostic criteria.^{2,3}

Despite its relative rarity, adult NE can have profound negative consequences. Affected individuals often report impaired quality of life, sleep disturbances, lowered self-esteem, and psychosocial distress, with impacts on social functioning and personal relationships.^{2,4} In contrast to pediatric NE, adult NE is less likely to resolve spontaneously, and may represent a more persistent, refractory form of the disorder.²

Case Presentation:

Name: ABC

Age: 48 years

Sex: Male

Date of first visit: 26 March 2024

Chief Complaints

- Nocturnal enuresis for 7–8 years, occurring only during sleep and while dreaming. Aggravation noted from exposure to cold air during sleep.
- Erectile dysfunction with premature ejaculation for 10 years. Patient reports desire but occasional lack of erection.

Medical History



- Ulcerative colitis (2018).
Severe diarrhea with bleeding leading to significant blood loss; blood transfusion required.
Underwent colectomy with colostomy.

Physical Generals

- Appetite: normal 3 times/ day
- Desires: none specific
- Aversion: vegetables
- Stool: 2–3 times/day
- Urine: 2–3 times/day (normal control during daytime)
- Perspiration: on exertion
- Thermal state: ambithermal
- Sleep: disturbed due to nocturnal urination

Mental Generals

- Fear of being alone

Totality of Symptoms

1. Fear of being alone
2. Ailments from loss of blood
3. Involuntary urination at night (bedwetting)
4. Involuntary urination while dreaming
5. Aggravation from draft of cold air



6. Premature ejaculation

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Analysis March 26, 2024

Analysis uses 5 rubrics.

	sep	seneg	bell	hyos	sulph	lyc	kreos	chin	sil
	10068	67	64	64	63	61	49	42	
	4	3	4	4	4	4	3	3	3
229 Bladder; Involuntary urination; night, incontinence in b	4	4	4	4	4	4	4	4	4
10 Bladder; Involuntary urination; dreaming, while	4	4	1	3	1	1	3		
1 Male; Erections; wanting, impotency; ejaculation, ser									
238 Generalities; Draft of air; agg.	3	3	4	1	4	4		4	4
143 Generalities; Hemorrhage; agg. after	3		3	1	3	4	3	4	3

Prescription:

Rx

Lycopodium 200, one dose

S.L. (placebo) B.D for 8 days

Follow-Up Summary

Date	Clinical Findings	Prescription
06-04-2024	Only 4 episodes of nocturnal enuresis during this period. No change in premature ejaculation.	S.L. × 1 month
08-05-2024	No nocturnal enuresis. No change in premature ejaculation.	S.L. × 1 month
08-06-2024	Only 2 episodes of nocturnal enuresis. Patient reports improvement in premature ejaculation.	Lycopodium 200 × 1 dose + S.L. × 1 months
10-08-2024	Only 1 episode of nocturnal enuresis. Continued improvement in premature ejaculation.	Lycopodium 1M × 1 dose + S.L. × 1 month
11-10-2024	No nocturnal enuresis. Continued improvement in premature ejaculation.	S.L. × 1 month



Discussion

This case demonstrates the chronic nature of adult nocturnal enuresis and its emotional and social impact. The patient's symptom profile : urination during sleep and dreams, aggravation from cold drafts, history of blood loss, fear of being alone, and accompanying sexual dysfunction corresponded well with the remedy picture of *Lycopodium clavatum*.

Progressive improvement was observed in both urinary and sexual symptoms following individualized homeopathic treatment. Although causality cannot be definitively established in a single case, the temporal association suggests potential therapeutic benefit.

Conclusion

Individualized homeopathic management with *Lycopodium clavatum* was associated with significant improvement in chronic adult nocturnal enuresis and mild improvement in erectile dysfunction in this patient. Further studies and controlled trials are required to evaluate the role of homeopathy in managing these conditions.

References

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