

Review Article

Urethritis and its Homoeopathic Management

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ABSTRACT:

The urethra is a slender fibro-muscular conduit that links the inferior orifice of the bladder to the external urethral meatus, facilitating the expulsion of urine from the organism. Urethral stricture is a pathological condition that involves the constriction of the urethral lumen, resulting in difficulties with urination, such as reduced urine flow, slow urination, and a scattered urine stream. This constriction can be either temporary or permanent in nature. Urethral stricture is a prevalent genitourinary condition that commonly affects elderly patients. The classical approach of Homoeopathy has demonstrated significant efficacy in the treatment of urethral stricture, providing relief from discomfort, promoting rapid recovery, and obviating the need for painful surgeries.

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INTRODUCTION

Infections of the urinary tract are triggered by pathogens like bacterial and fungal breaching the body's immune system. It is different from a urinary tract infection, which usually affects the whole of the urinary tract. Both men and women can develop urethritis, but the symptoms differ slightly. Some people have no symptoms. The aim of homeopathy is not only to treat urethra infection but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well-proved medicines are available for urinary infection treatment that can be selected on the basis of cause, sensation and modalities of the complaints.

URETHRITIS

Urethritis is inflammation (swelling and irritation) of the urethra. The urethra is the tube that carries urine from the body.

Causes: Both bacteria and viruses may cause urethritis include *E coli*, chlamydia, and gonorrhea. These bacteria also cause urinary tract infections and some sexually transmitted diseases. Viral causes are herpes simplex virus and cytomegalovirus.

Other causes are Injury or sensitivity to the chemicals used in spermicides, contraceptive jellies, or foams. Sometimes the cause is unknown.

RISKS FACTORS

- Being a female or male ages 20 to 35
- Having many sexual partners, having high-risk sexual behavior (such as men having penetrating anal sex without a condom), STD

SYMPTOMS

In men:

- Blood in the urine or semen
- Burning pain while urinating (dysuria), Frequent or urgent urination
- Itching, tenderness, or swelling in penis with discharge
- Enlarged lymph nodes in the groin area
- Pain with intercourse or ejaculation

In women:

- Abdominal pain
- Frequent or Burning pain while urinating or during intercourse
- Fever and chills
- Vaginal discharge

EXAMS AND TESTS

In men, the exam will include the abdomen, bladder area, penis, and scrotum. The physical exam may show:

- Tender and enlarged lymph nodes in the groin area
 - Tender and swollen penis with discharge
- A digital rectal exam will also be performed.

Women will have abdominal and pelvic exams. One should check for:

- Tenderness of the lower abdomen
- Tenderness of the urethra with discharge

Your provider may look into your bladder using a tube with a camera on the end. This is called cystoscopy.

INVESTIGATIONS

- Complete blood count (CBC)
- C-reactive protein test
- Pelvic ultrasound (women only)
- Pregnancy test (women only)
- Urine analysis and urine cultures
- Tests for gonorrhea, chlamydia, and other sexually transmitted illnesses (STI)
- Urethral swab

TREATMENT

- Find causative factor
- Prevent the spread of infection
- Antibiotics and avoid sex, or use condoms during sex. The sexual partner must also be treated if the condition is caused by an infection.

PROGNOSIS

However, urethritis can lead to long-term damage to the urethra and scar tissue called *urethral stricture*. It can also cause damage to other urinary organs in both men and women. In women, the infection could lead to fertility problems if it spreads to the pelvis.

COMPLICATIONS

Men with urethritis are at risk for the following:

- Bladder infection (cystitis)
- Epididymitis
- Infection in the testicles (orchitis)
- Prostate infection (prostatitis)

After a severe infection, the urethra may become scarred and then narrowed.

Women with urethritis are at risk of Bladder infection (cystitis), Cervicitis and Pelvic inflammatory disease (PID)

PREVENTION

- Keep the area around the opening of the urethra clean.
- Follow safer sex practices. Have one sexual partner only (monogamy) and use condoms.

A vast population is affected by urethritis in some form or other, but due to ignorance or other factors

these infections are being suppressed or managed by taking one or other system of medicine. Antibiotics are targeted at killing microorganism without any attempt to support and guide the immune system.

Homoeopathy as a therapeutic method is concerned primarily only with the morbid vital processes in the living organism, which are perceptibly represented by the symptoms, irrespective of what caused them. For cure the most probable EXCITING CAUSE of the acute disease, and the FUNDAMENTAL CAUSE, which is generally due to a chronic miasm is to be find out which obscures the health pattern. In these investigations, the ascertainable physical constitution of the patient (especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, etc., are to be taken into consideration. (§– 5)

Dr. Hahnemann describes that chronic diseases are caused by infection with a chronic miasm. The miasms always make themselves known by the character of their symptoms. The true path gnomonic symptoms of a given case are those that cover the existing active miasm. In this way our therapeutic grouping becomes a miasmatic one and not a pathological one.

The homoeopathic remedy covers all phenomena of disease of whatever origin it may be, even to the micro-organisms. According to the theory of chronic miasms, the three great miasms - Psora, syphilis and sycosis are seen in varying combinations in inflammatory state. The miasm in the background of urethritis is Psora, according to the progress of pathology we can find a syphilitic predominance also.

Psoric symptoms are: pressure on the bladder, as if from an urging to urinate, immediately after drinking. Frequent micturition at night; he has to get up frequently at night for that purpose. After urinating, urine continues to drip out for a long time. During urination, burning also lancinating pains in the urethra and the neck of the bladder.

A **sycotic** element when they scream, while urinating. Painful spasms affecting urethra and bladder

Syphilis: It causes diminished flow, frequent desire for micturition without burning and irritation during the flow. Irritation and burning of the parts, whenever the urine touches, indicates the acidity of this miasm.

HOMOEOPATHIC THERAPEUTICS

A. Cantharis- Cantharis symptoms are usually the first ones inquired after when a case of urinary difficulty presents itself. There is a persistent and violent urging to urinate, with great tenesmus; the urine is passed only in drops and seems like molten lead passing through the urethra, so intense is the burning. It is often indicated in acute cystitis, gravel and urethritis, the great keynotes being the burning and the tenesmus of the bladder; haematuria also calls for Cantharis under certain conditions.

- B. Apis mellifica-** This remedy is indicated when the person frequently needs to urinate, but only small quantities are passed. Stinging and burning sensations are felt (especially with the last few drops) and the person may also experience soreness in the abdomen. Heat and touch make the symptoms worse, and cold applications, cool bathing, and open air bring relief. A lack of thirst is another indication that Apis.
- C. Equisetum hyemale-** If cystitis is accompanied by dull but distressing pain and a feeling of fullness in the bladder, even after urinating, this remedy may be helpful. Urging and discomfort are more intense when the bladder has recently been emptied, improving over time as the bladder become more full.
- D. Berberis vulgaris-** Cystitis with twinges of cutting pain, or a burning feeling that extends to the urethra and its opening, may indicate a need for this remedy. The passage may also burn at times when no attempt at urination is being made. After emptying the bladder, the person feels as if

some urine still remains inside. Urging and discomfort are often worse from walking.

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