

# Cystitis

Female, 31, consulted in February suffering from increasingly frequent attacks of cystitis – the latest had been with her for four months, and had only just responded to the most recent of many courses of antibiotics. No causative agent had been identified. The cystitis was always related to sexual intercourse – particularly distressing because she and her husband wanted to start a family – and was aggravated by tea and alcohol.

# Cystitis

## Clinical features/PMH

- Abscess at base of spine at age 17, with two recurrences in last five months
- Blood clot on lung (due to birth-control pill?) at age 22
- One bad varicose vein (since her mid-twenties) + poor circulation
- A tendency to constipation and haemorrhoids
- Anxiety
- Diet lacking in fruit and vegetables

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## Treatment

1. To be taken in case of infection:

EO *Thymus vulgaris* (Thyme)

EO *Origanum vulgare* (Oregano)

EO *Eugenia caryophyllus* (Clove bud)

EO *Cinnamomum zeylanicum* (Cinnamon Bark)

in a base of Labrafil – 25 drops 6 times a day for 2 days, then 3 times a day for 6 days

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## Treatment

### 2. Tincture/fluid extract

*Piper methysticum* (Kava)

*Arctostaphylos uva-ursi* (Bearberry)

*Serenoa serrulata* (Saw Palmetto)

5 ml 3 times daily for 6 weeks

3. Yarrow (infusion): 2 tsp per cup, 2 cups per day

4. Couchgrass (decoction): 2 tsp/cup, 1 cup/day

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Changes in diet (more fruit and vegetables, less sugar), hot and cold sitz baths, and pelvic floor exercises were recommended to treat gut dysbiosis and constipation, improve pelvic tone, and help resolve local congestion.

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## Outcome

The patient had a number of subsequent attacks, but each was quickly brought under control by the aromatic formulation. The laboratory was unable to culture any pathogenic agent from an MSU taken in March 1996, though the patient's quick response to the essential oils would suggest the presence of infection. Changes in diet helped relieve her constipation; within a month she felt generally more comfortable in the pelvic area, and was able to have sex without getting cystitis.

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## Outcome

The final attack – linked, by her own account, to dietary carelessness – was in June of the same year; there was no recurrence, and later that year she became pregnant.