

Enuresis (bedwetting)

Female, 4½, presenting on with nightly enuresis + accidents during day (mostly trickling). Mother says she leaves it too late because 'constantly on go' – too busy. Also 'doesn't really listen' and has lack of concentration, though is very bright and does well academically.

Enuresis (bedwetting)

PMH

- Birth weight 7lb 6oz
- Born by caesarean (breech)
- Breastfed only 3 weeks
- Chest infection at 2 (antibiotics)

Enuresis (bedwetting)

Clinical features

- Is warm and sweaty at night
- Difficult to get her to sleep – takes her up to 2 hours to 'switch off'
- Sleeps v. heavily – doesn't wake up if wets bed

Enuresis (bedwetting)

Clinical features (cont...)

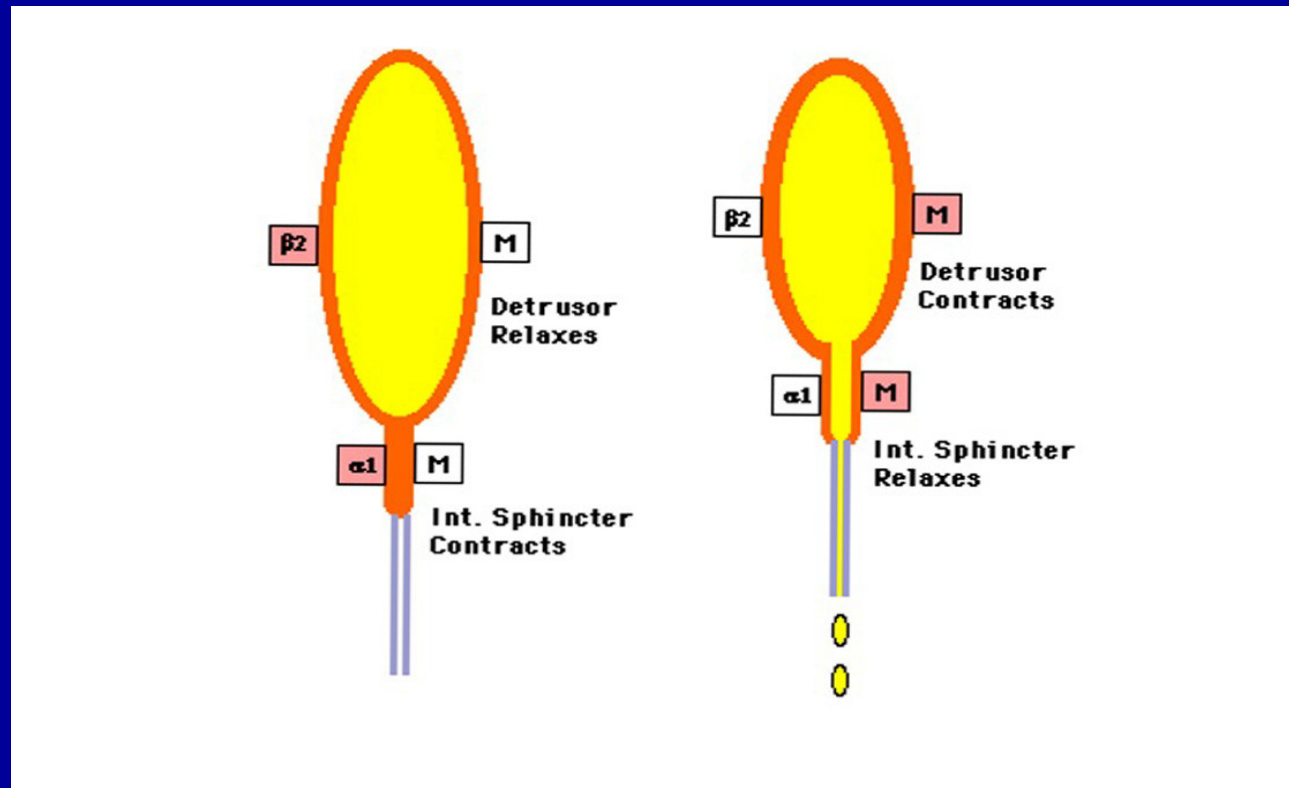
- Digestion good, but sometimes complains of abdominal pain (mother thinks related to stress)
- V. sensitive, gets easily upset (e.g. moving house)
- Dark hair on legs and in small of back

Enuresis (bedwetting)

Family history

- Paternal grandmother has to take anti-nausea tablets every day – gets sick at the slightest stress

ANS influence on the bladder



**Filling the bladder:
sympathetic system active**

**Emptying the bladder:
parasympathetic system active**

Enuresis (bedwetting)

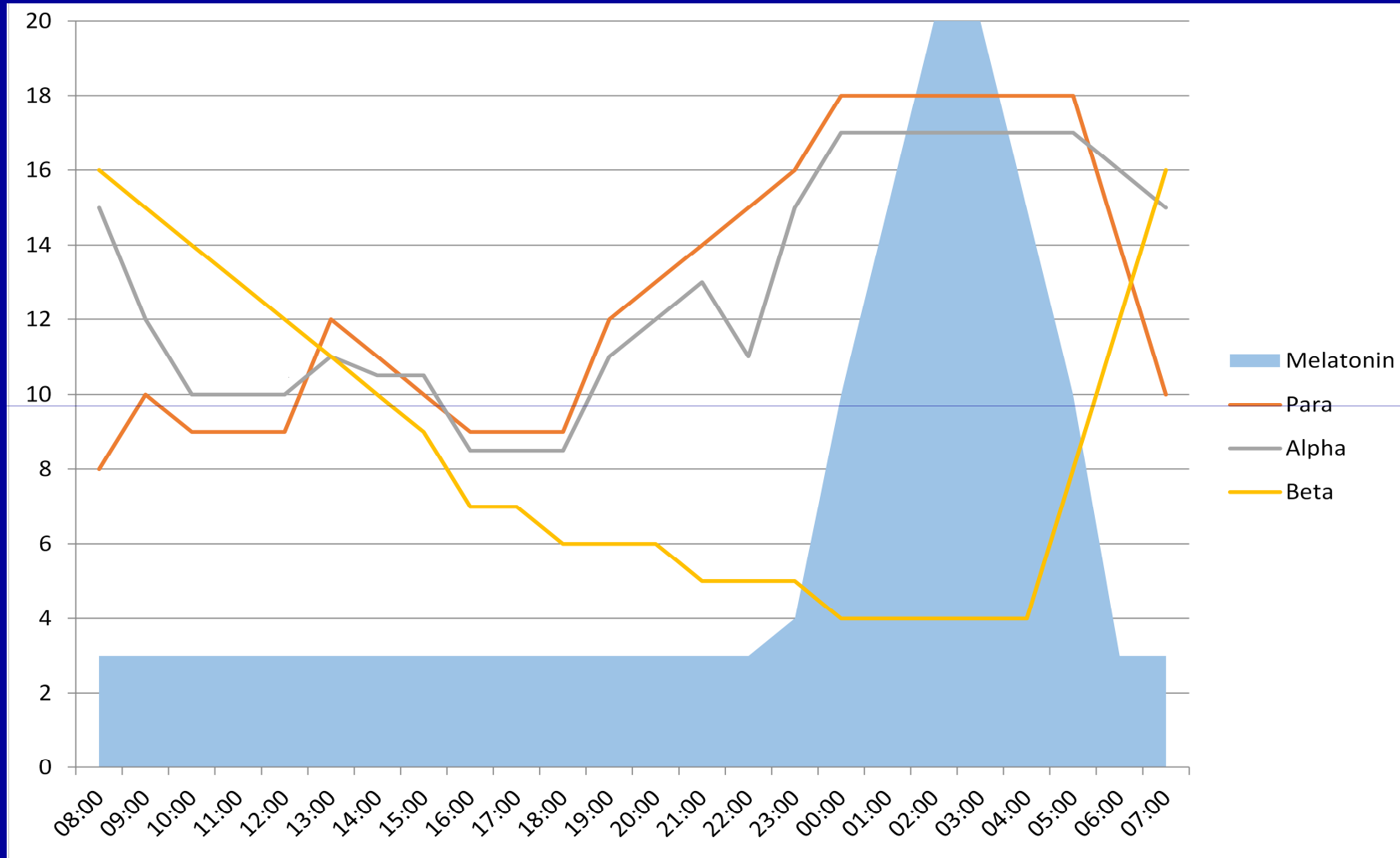
Analysis

Very strong parasympathetic response to chronically raised Alpha: therefore Alpha insufficient at night to control Para.

Strategy

- decrease Para over course of day
- reduce Alpha at bedtime

Circadian ANS activity



Enuresis (bedwetting)

Prescription:

1. EO *Thymus vulgaris* (Thyme) in a base of Labrafil
10 drops in water morning and lunchtime
2. EO *Lavandula off.* (Lavender)
EO *Origanum majorana* (Marjoram)
in a base of Labrafil
20 drops in water at night

Enuresis (bedwetting)

Prescription (cont...)

3. Tincture/fluid extract

Hypericum perforatum (St John's Wort)

Serenoa repens (Saw Palmetto)

Bacopa monniera (Brahmi)

60 drops in water 3 times daily

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Rationale

- Thymus: Parasympatholytic
- Lavandula: Alphasympholytic
- Origanum (marjoram): Parasympathomimetic, alpha-sympholytic
- Hypericum: nerve tonic, antidepressant, traditionally used in Germany for enuresis (note use of imipramine for this condition)
- Serenoa: possible sedative effect on detrusor and reduction in pressure on bladder neck
- Bacopa: nerve tonic used in enuresis

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Outcome

- 10/9/05: 5 dry nights in a row
- 31/10/05:
 - Only 2 wet nights a week
 - Improvement in overall behaviour
 - Sleep latency improved
- 6/2/06: Only 1 wet night per week
- 20/3/06: Only 2 wet nights per month, with progressive improvement