

CASE REPORT: ACUPUNCTURE TREATMENT FOR NOCTURNALENURESIS

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PURPOSE

The main purpose of doing this work is to show a case of a child with nocturnal enuresis and the effects of the treatment with acupuncture.

BACKGROUND

- ❖ Nocturnal enuresis or nighttime wetting is involuntary discharge of urine during sleep without inherent suggestions of the frequency of bedwetting or pathophysiology.
- ❖ Enuresis usually occurs in children older than 5 years.
- ❖ Primary and secondary
- ❖ Monosymptomatic and nonmonosymptomatic
- ❖ Present/absent of polyuria
- ❖ Responder and non-responder to Desmopressin

ETIOLOGY

Three commonly proposed mechanisms for nocturnal enuresis are:

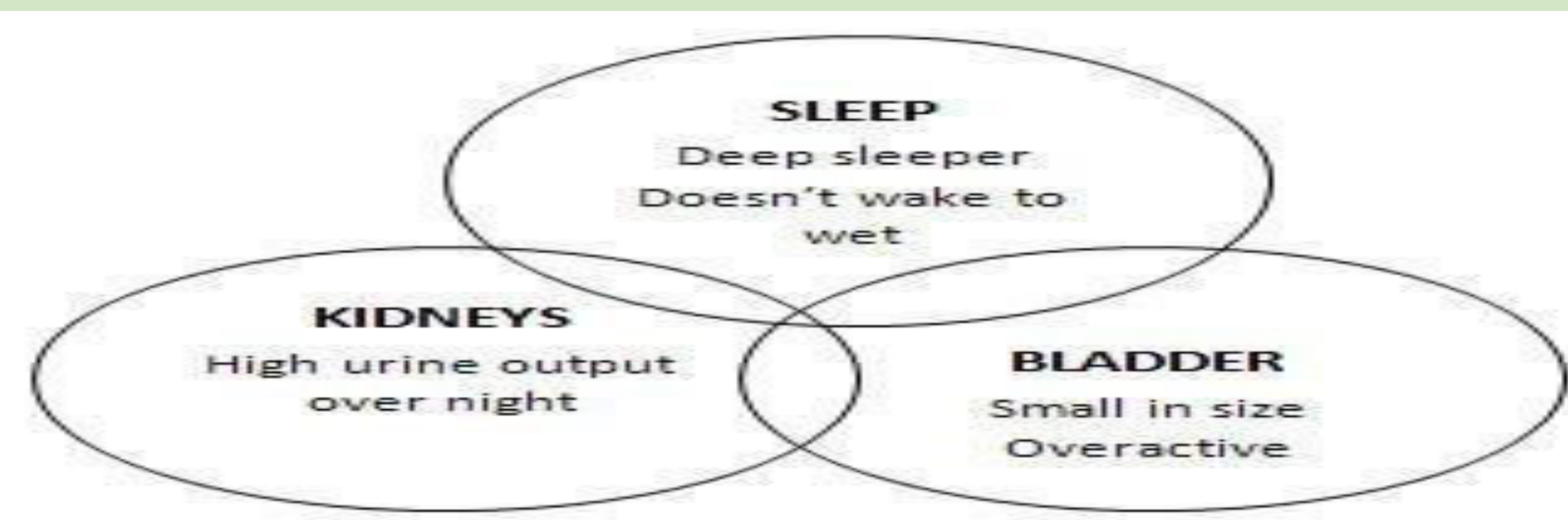
- I. Excessive urine production at night
- II. Bladder hyperactivity
- III. Inability to wake the child in response to bladder sensations.

MATERIAL AND METHODS

- ❑ 7 years old girl with nocturnal enuresis
- ❑ Four acupuncture treatments were made within three months, August, September and October 2015
- ❑ Fine sterile needles were used made by Wuijiang City Medical & Health Material Co., LTD.
- ❑ Indoor, on a room temperature with duration of 35- 40 minutes

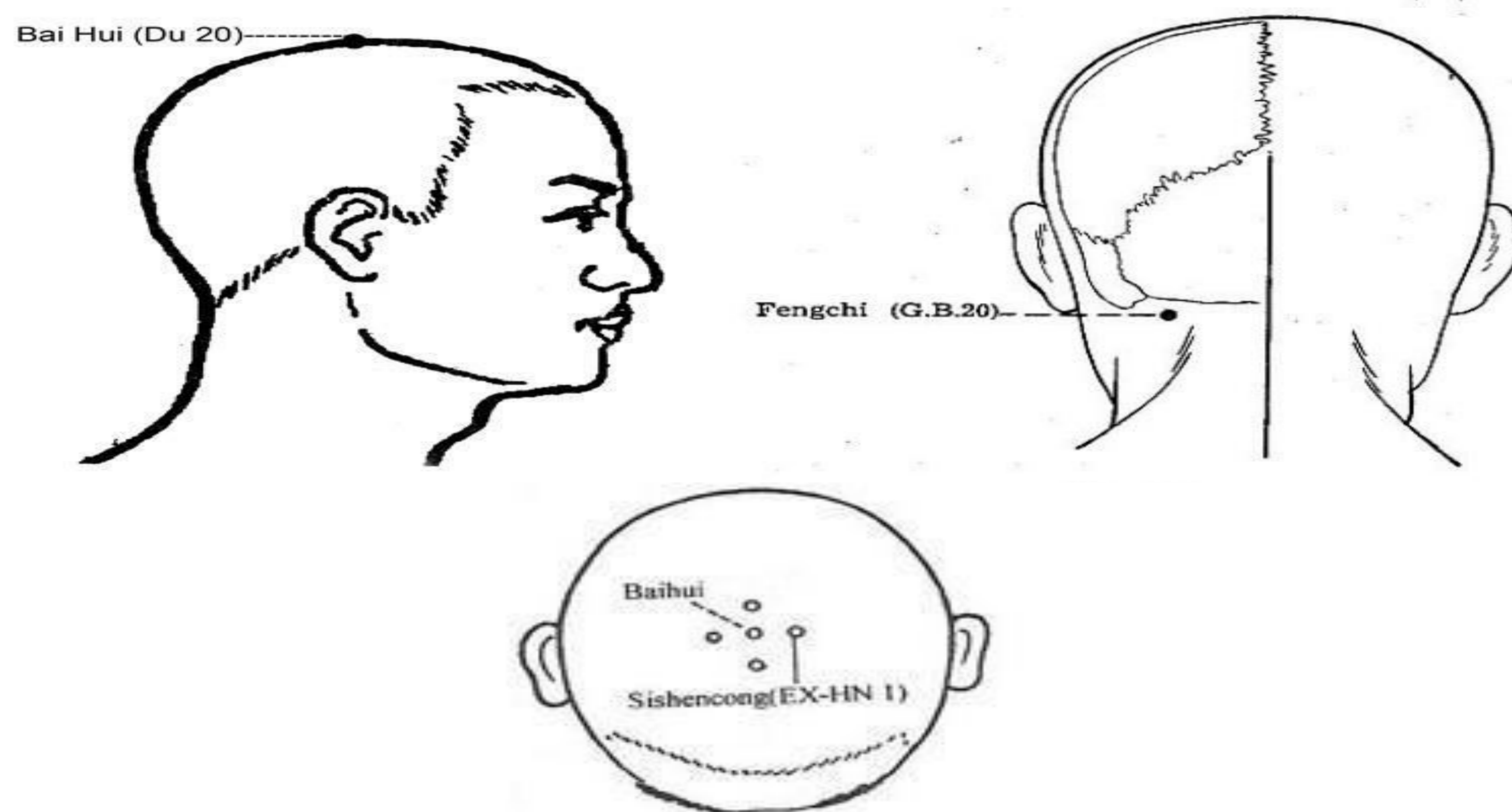
According to Traditional Chinese Medicine the child has reduced energy in the kidneys, which is confirmed in history and anamnesis: bedwetting at night one or more times, deep sleeping, not waking up easily when called, normal tongue with white mucus and weak pulse.

According to the theory of Traditional Chinese Medicine, the creation and discharge of urine is associated with lungs, kidney, spleen and bladder and is understood as a problem with the fluids in the body.



ACUPOINTS

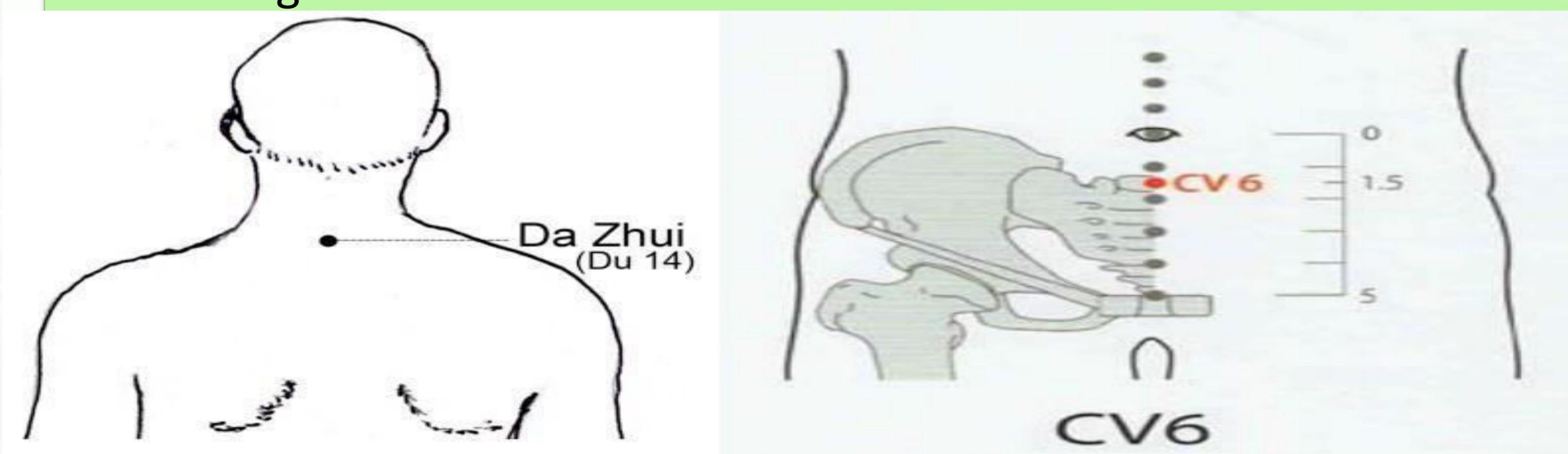
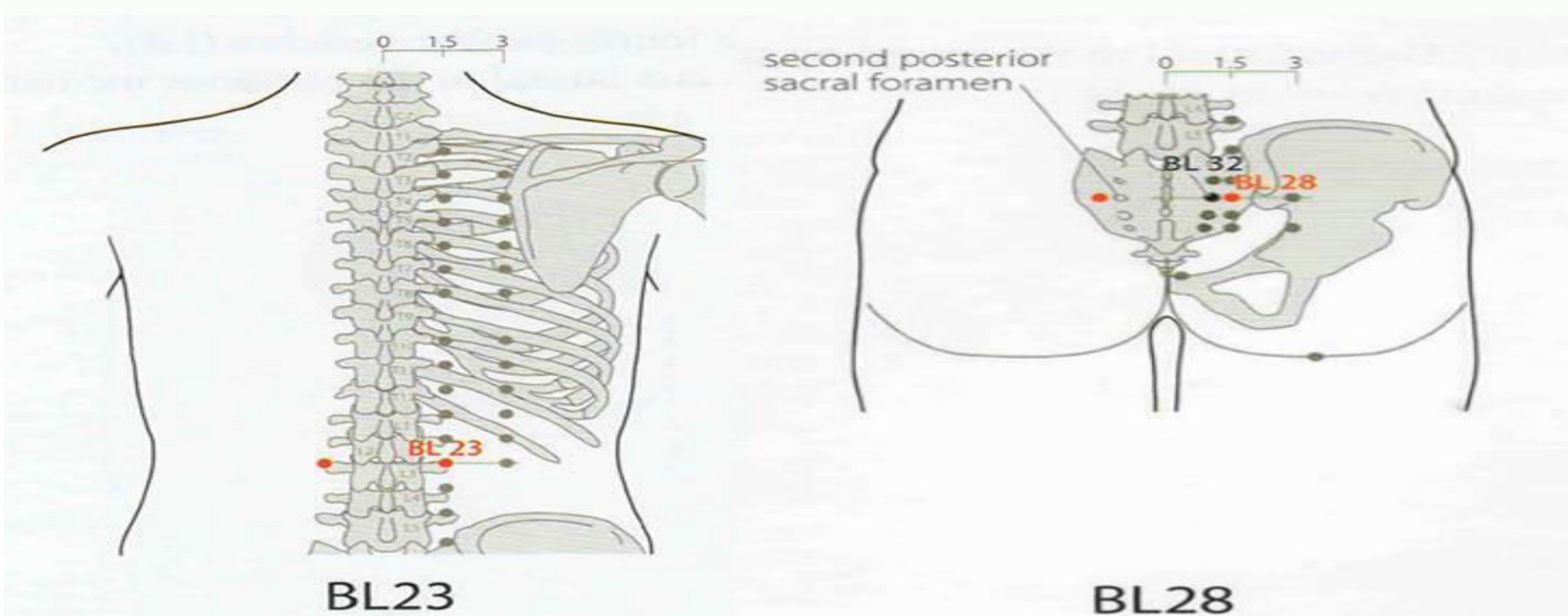
- DU20 (BaiHui)
- SiShenCong (3cm from BaiHui)
- GB20 (FengChi)
- Du16 (FengFu)
- RN6 (QiHai)
- BL23 (ShenShu)
- BL28 (PangGuangShu)



RESULTS AND DISCUSSION

- ❖ Monosymptomatic and secondary enuresis, because she wet at night constantly until the age of 3, without day-time symptoms.
- ❖ She stopped bedwetting for one year, then she started again and came to the ordination in August, 2015.
- ❖ 4 treatments were made every three weeks.
- ❖ During the first two treatments there were no noticeable changes, after the third treatment the girl wet only three times within three weeks, and after the fourth treatment she stopped bedwetting.

❖ The clinical effectiveness of acupuncture is reflected by increasing of the maximum capacity of the bladder and suppressing of the action of the detrusor muscle, thus these functional changes may contribute to the improvement of night enuresis.



❖ In the treatment of nocturnal enuresis, acupuncture points are selected so that will affect urination centers in the spinal cord and parasympathetic innervation of the urinary tract.

CONCLUSION

Acupuncture have a positive effect in the treatment of nocturnal enuresis in children, regulating the flow of energy and restoring balance to the internal state of the body.