

NOCTURNAL ENURESIS IN CHILDREN TREATMENT WITH ACUPUNCTURE

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PURPOSE

The main purpose of this work is to show a multiple cases of nocturnal enuresis in children and the effects and results from the treatment with acupuncture.

BACKGROUND

Nocturnal enuresis is a common clinical condition that occurs in children. It is defined as emptying the bladder during sleep in children with a frequency of at least 2 times a week, aged at least 5 years, in the absence of congenital or acquired malfunctions of the central nervous system.

RISK FACTORS

- ❖ Genetic predisposition (if one or both parents had the same condition)
- ❖ Neurological disorders such as spina bifida and cerebral palsy
- ❖ Stress (hospital, divorce, etc.),
- ❖ Consuming caffeine (in juices, teas, chocolates)
- ❖ Syndrome of Inappropriate Anti-Diuretic Hormone secretion,
- ❖ Urinary tract infections
- ❖ Diabetes, etc.

Graphic 1. Gender of the children

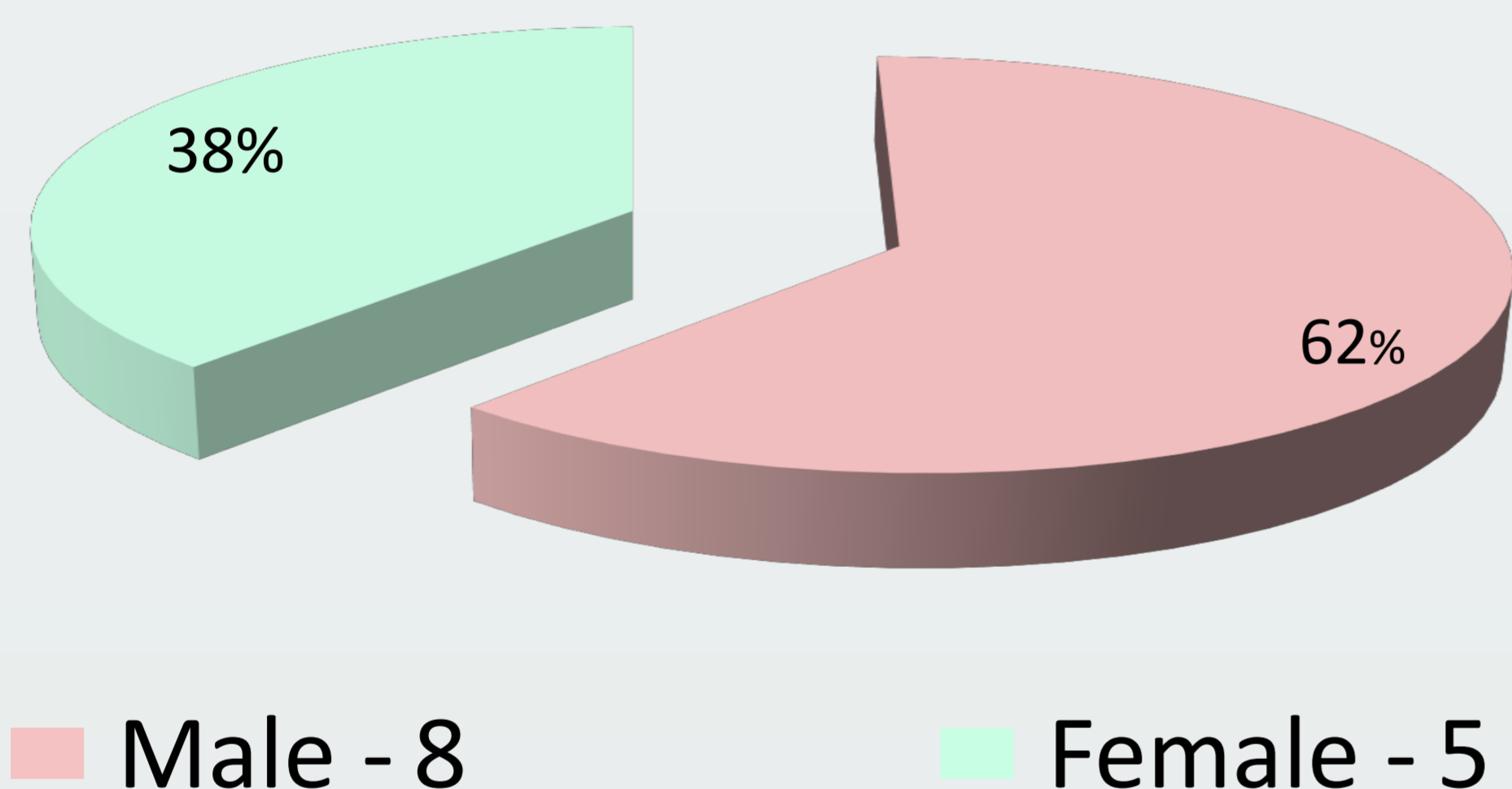


Table 1. Number of children in different age group

Age	Children
5	0
6	2
7	2
8	2
9	1
10	1
>10	5

After the acupuncture treatment it is noticed an increase of beta-endorphins in human cerebrospinal fluid. Beta-endorphins in turn, may reduce bladder contractions.

19.05.2008

- Male, 11, wetting every night, deep sleeper

21.05.2008

- Wet every third night after 3rd treatment

09.06.2008

- Stopped wetting after 6th treatment

PROCEDURE AND METHODS

- ❑ Multiple cases of a group of children from the orphanage with nocturnal enuresis.
- ❑ The treatments are made by specialist in acupuncture, with fine sterile needles/
- ❑ 13 children were treated, of which 8 male and 5 female
- ❑ The children were on age from 6 to 22, with average age of 11..
- ❑ All the children have done certain number of treatments on the same acupoints, indoor on a room temperature, with duration of the treatment of 35-40 minutes.
- ❑ Acupoints that were treated are: DU20 (BaiHui), SiShenCong (3cm from the point BaiHui), GB20 (FengChi), Du16 (FengFu), RN6 (QiHai), BL23 (ShenShu), BL28 (PangGuangShu).

Table 2. Number of treatments

Less than 6 treatments	3 children
6 treatments	3 children
7 treatments	2 children
8 treatments	1 child
9 treatments	2 children
10 and more treatments	2 children

RESULTS AND DISCUSSION

- The acupuncture treatments were effective in all the children with certain number of treatments.
- On average 8 treatments were needed for the children to stop bedwetting.
- Older children have done more treatments than the younger
- There were more older female patients than male.
- There were more male than female patients
- All the patients are deep sleepers
- All the children were wetting every night, but there are no records how many times they wet, is it a primary or secondary enuresis, mono or nonmonosymptomatic, with polyuria or not because they are children from the orphanage.

Through the stimulation of the points on the meridians located in certain parts of the body, the imbalance and instability between Zhang and Fu organs and corrected, the symptoms of nocturnal enuresis are improved and the balance of the internal state of the body is restored.

CONCLUSION

Acupuncture as a treatment for nocturnal enuresis in children gives satisfying results and improves the condition significantly.