

	<p style="text-align: center;">URINARY TRACT INFECTION: HOMEOPATHIC APPROACH</p> <p style="text-align: center;">DR. RONAK SHAH'S DIVINE HOMEOPATHY</p> <p style="text-align: center;">Restoring Vitality</p> <p style="text-align: center;">SINCE 1991 M.D.(HOM.)</p> <p style="text-align: center;">9825050054 dr-ronakshah.com</p>	
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URINARY TRACT INFECTION: HOMEOPATHY APPROACH

Urinary tract infection or UTI is an infection in any part of the urinary tract that includes the kidneys, urinary bladder, and urinary tract. Women are more susceptible to UTIs than men.

Causes of UTI:

- Bladder infection: It is also known as cystitis which is mainly caused by E-coli bacteria.
- Urinary tract infections: Also known as the urinary tract, it is mainly caused by sexual intercourse, because the urinary proximity of the vagina can also cause sexual diseases such as STDs, gonorrhea and herpes simplex.

The following people have an **increased risk** of urinary tract infections:

- Kidney stones
- The bladder is not completely empty (for example, spinal cord injury or menopause)
- HIV/AIDS diabetes and people who take immunosuppressant medications like chemotherapy for cancer in which the immune system decreases.
- Women who are sexually active: Sexual intercourses can inject a large number of bacteria into the bladder. Urinating after intercourse seems to reduce the chances of urinary tract infection.
- Women who use the diaphragm for birth control.
- Prostatitis or blockage of the urinary tract by the enlarged prostate does not empty the bladder entirely, thus increasing the risk of infection. This is most common in older men.
- Men are also less likely to get UTIs because their urinary tract (tube from the bladder) is longer. And the fluid produced in the prostate can fight bacteria.
- Breastfeeding has been found to reduce the risk of urinary tract infections.

Symptoms of UTI:

- Urinating frequently: A constant desire to urinate is one of the early signs of UTI. The urge continues even when the bladder is empty.
- Dysuria: It means a painful discharge or feeling of uneasiness while urinating. The pain usually burns.
- Hematuria or blood in the urine: Bacteria growing in the urinary tract can invade the lining of the urinary tract causing damage. Blood goes out of the urine. The presence of bacteria can cause urine to become cloudy.
- Back pain: Can cause pain in the back and pain in the area of the thigh root. Some people also complain about severe abdominal pain and cramps.
- High fever: If the bacteria reach the kidneys to spread the infection, you get a cold and have a lot of fever. The temperature can go up to 101 degrees Fahrenheit or even above.
- Nausea: General weakness, fatigue or nausea are common. Sometimes, vomiting can also occur.
- If bacteria pass from an infected kidney into the blood, it can be life-threatening, a condition known as 'urosepsis' that can lead to extremely low blood pressure, trauma and death.

Diagnosis & Tests:

A urine sample is usually collected to perform the following tests:

- Urinalysis: urine is examined to look for white blood cells, red blood cells, bacteria, and to test for certain chemicals, such as nitrites in the urine. Most of the time, your doctor or nurse can diagnose an infection using a urinalysis.
- Urine culture may be done to identify the bacteria in the urine.
- CBC (Complete blood count)
- Blood culture

Complications:

- Sepsis (Blood infection) - risk is greater among the young, very old adults, and those with low immunity (for example, due to HIV or cancer chemotherapy)
- Kidney damage or scarring
- Kidney infection

HOME REMEDIES:

- Drink more of water.
- Cranberry juice also helps to flush away bacteria and keeps them from sticking to the bladder wall, so it can be effective for UTI prevention.
- Vitamin C makes your urine more acidic, which fights bacteria in your urinary tract. If you have an active UTI, taking vitamin C supplements in little quantity may help.
- Mix 1 tbsp Apple Cider Vinegar with half glass of water for 3times per day
- **Blast bad bacteria with good bacteria.** Yogurt contains probiotics, which is the good bacteria that helps to keep away bad bacteria that can cause UTIs. It's always a good idea to eat yogurt regularly.
- **Ban the burn with baking soda.** If painful, burning urination is a problem for you during a UTI, it may help to drink half of a teaspoon baking soda mixed with a glass of water.
- **Cut out irritants. Avoid** things like caffeine, alcohol, spicy food, nicotine, carbonated drinks, and artificial sweeteners which irritate your bladder.
- Eat healthy foods, such as high-fiber carbohydrates and healthy fats like olive oil, which are good for your digestive health.

Homeopathy approach to UTIs:

Homeopathic medicines work surprisingly well on urinary tract infections, whether it's severe or chronic. Natural and safe, these drugs strengthen the body's disease-fighting mechanism and make it strong enough to fight diseases and infections like UTIs.

- For acute UTIs: Homeopathy is effective for acute UTIs in most cases. If there is not enough response to symptoms and bacterial counts in the urine after 5 days of homeopathic treatment, and if the infection is very severe, it may be advisable to opt for traditional medicine.
- For recurrent recurring UTIs: Homeopathy has a significant role to play, especially in cases of recurring UTIs. As stated earlier, recurrence of UTIs is a common challenge and traditional antibiotics have little role to play in preventing recurrence. Homeopathy proves to be very effective in reducing frequent attacks of UTIs in control.

Homeopathic medicines that are highly reliable for treating urinary tract infections include Cantharis, Apis Mel, Sarsaparilla, Nitric acid, and Sepia.