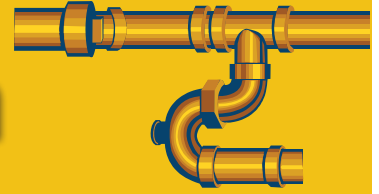


# urinary system



**T**he kidney, ureters, urinary bladder and urethra make up the Urinary System of the body. Its function is to eliminate soluble waste materials from metabolism of food and water consumed and when this becomes compromised we experience symptoms such as acidity (gout etc), kidney discomfort and bladder ailments.

As well as inadequate waste elimination cystitis can result from infection or an irritation of the bladder, due to antibiotics, stress, food allergies, poor hygiene, overuse of bubble baths and talcum powder, nylon clothing, oral and barrier contraception or sexual intercourse. Without treatment, a serious kidney infection can develop.

Symptoms include a frequent urge to urinate with burning or stinging sensations and sometimes aching in the bladder area. Offensive-smelling, cloudy or discoloured urine may be passed.

For acute symptoms repeat the indicated remedy often. If there is no improvement after a few doses consider another remedy and be prepared to seek professional help especially in very uncomfortable or long-lasting urinary tract infections accompanied by fever, pain in the kidney region or other serious symptoms. Recurring symptoms, three or more infections in a year, should be investigated by a urologist to eliminate complications such as structural anomalies, chronic stones etc.

**Aconite** is indicated for symptoms with sudden onset and anxiety; the person may also feel anxious before and during urination. The urine may be hot and scanty, or suppressed; possibly with a burning sensation. Often occurs after becoming cold and chilled or after a shock.

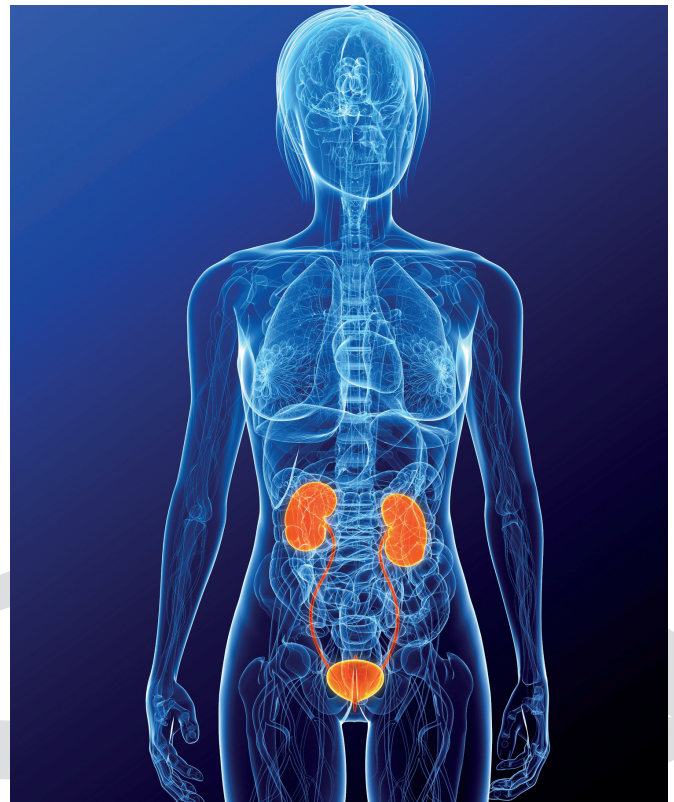
**Apis** is for a person experiencing a constant urge to urinate, but possibly only passing small quantities. Burning and severe stinging pains are felt. Increased volume of urine, a lack of thirst; and symptoms better for cool bathing and open air.

**Belladonna** for symptoms with sudden onset, intense pain and possibly fever. The bladder feels irritable and sensitive to pressure. The urine may be highly coloured.

**Cantharis** is the most indicated remedy for symptoms associated with cystitis. There is a burning pain and constant desire to urinate but only passes a few drops at a time. Sharp, cutting pains before and during urination.

**Ferrum phos** is indicated for symptoms common to the first stage of cystitis. There is frequent urination (or it may be suppressed) and the person feels generally 'off colour'.

**Nux vomica** suits an irritable, impatient, chilly person with an irritable bladder and constant need to urinate. There may



be a burning or cramping sensation felt in the bladder area. Symptoms are better for hot baths and warmth.

**Sepia** is helpful for a person feeling worn out and irritable with a bearing down feeling in the bladder region. There is frequent urination and possibly involuntary leaking.

**Staphysagria** is often referred to as the remedy for 'honeymoon cystitis' after new or frequent sexual activity. It is also indicated for symptoms that develop from the use of catheters. There is a feeling of burning before and during urination and a sensation that even after urinating the bladder is not empty.

## What Else Can I Do?

Unsweetened cranberry juice may help in managing symptoms of cystitis by stopping e-coli, which helps set up infection, from binding to the bladder lining and urethra. It can be taken as a drink or in tablet form.

Reduce all types of sugars, in hidden forms like sauces and drinks as well as simple carbohydrates like cakes, white flour. Drink plenty of water.

Drink herbal teas like parsley, corn silk and uva ursi throughout the day. Many health food shops carry very effective brands of urinary tea mix. Lactobacillus preparations along with Echinacea supplements have natural antibiotic-like actions and may also be very useful.