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Homoeopathic Management of Urinary Tract Infection with Sarsaparilla Officinalis – A Case Report

Rejin R[1], Aswani S V[2], Asha A J[3], Kiran M V[4]

[1]Vice Principal, Professor Head - Department of Practice of medicine, Maria Homoeoapthic Medical College, Perai, Thiruvattar, Kanniyakumari

[2]Assistant Professor - Department of Practice of Medicine, Maria Homoeoapthic Medical College, Perai, Thiruvattar, Kanniyakumari

[3,4]Intern, Maria Homoeoapthic Medical College, Perai, Thiruvattar, Kanniyakumari

ABSTRACT

Urinary Tract Infection (UTI) is one of the most commonly encountered bacterial infections involving the bladder, ureters, urethra or kidneys. Homoeopathy offers a holistic approach to management by addressing the individual symptom expression and underlying susceptibility. This case report presents the homoeopathic management of a 61-year-old woman suffering from UTI with characteristic symptoms such as burning at the end of urination, scanty urine flow, sandy urinary sediments. Based on totality and miasmatic understanding, Sarsaparilla officinalis was selected. Remarkable improvement was observed in 6 days, confirmed by clinical symptoms and urine analysis. This case highlights the potential role of individualized homoeopathic treatment in UTI.

KEYWORDS

Urinary tract infection, Sarasaparilla offiicnalis, urine analysis.

INTRODUCTION

Urinary Tract Infection is a bacterial infection that affects the parts of the urinary system. The majority of infections are caused by Escherichia coli[1]. Symptoms may include burning urination, urgency, frequency, suprapubic pain, foul-smelling urine and sensation of incomplete bladder emptying[2]. UTIs are diagnosed through urine routine analysis and urine culture [3]. Homoeopathy treats UTI based on individual symptoms, constitution and miasmatic background, offering holistic relief and prevention of recurrence[4]. UTIs account for millions of outpatient visits globally. Women: Lifetime risk 50– 60% and Men: Lifetime risk 12%.Older women are particularly prone due to anatomical and physiological changes. UTIs occur more frequently in females due to shorter urethra and proximity to the anal region. Causes include, Bacteria: Escherichia coli, Staphylococcus saprophyticus, Klebsiella pneumoniae, Proteus spp., Enterococcus spp., Pseudomonas aeruginosa and Fungi (Candida spp.). Others : Urinary obstruction, Stones, Poor hydration ,Inadequate hygiene.

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CASE REPORT Patient Name: X,Age: 61 years,Visit: November 2025,Hospital: Maria Homoeopathic Medical College and Hospital, Kanyakumari.

CHIEF COMPLAINTS

The patient presented with Severe burning pain at the end of urination, Scanty urine passed with difficulty, Weak and thin stream of urine, sandy sediments in urine, Increased frequency and urgency but passes very little, colic pain in the region of kidney, Pain worse while sitting to urinate, pain in urethra at the close of urination and during urination, tenesmus of bladder, General weakness along with fever. She reported very little thirst and avoided drinking because even small amounts increased the desire to urinate and her sleep was disturbed.

PAST HISTORY: No significant medical history.

FAMILY HISTORY: No relevant hereditary conditions reported.

PHYSICAL GENERALS: Burning pain after urination, Sleep disturbed by repeated urging, Sandy deposits noticed in urine.

INVESTIGATION:

MARIA HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL
Perai, Thiruvattar - P.O., K.K. Dist. - 629 177.

Name : Mrs. Saroja Joseph Age : 61 yrs Sex : Male / Female

Ref. Dr. : ASWANT Date : 11.11.2025 Ref No. : 25.09/124

LAB INVESTIGATION REPORT

1. HAEMATOLOGY	RESULT	NORMAL RANGE	LFT (Liver Function Test)	RESULT	Normal Range
HB M F		12.0-17 gm/dl 12.0-16gm / dl	ELECTROLYTE		
TC		5000-10,000 / cu.mm	Sodium		135-155m.mol/l
DC Neutrophil		40-80%	Potassium		3.5-5.5m.mol/l
Lymphocytes		20-40%	Chloride		98-109m.mol./l
Eosinophil		02-06%	Bicarbonate		21-32 m.mol./l
Monocytes		01-06%	LIPIDPROFILE		
Basophil		00-01%	Cholesterol		150-250mg./dl
E.S.R.		15mm / hr	Triglyceride		35-150mg./dl
R.B.C. Count		4.6 milion / cu.mm	HDL Cholesterol		35-70mg./dl
Platelet Count		1.5-3.01lakh/cu.mm	LDL Cholesterol		90-200mg./dl
AEC		40-400cells/cu.mm	VLDL Cholesterol		10-130mg./dl
BLOOD GROUPING			3. SEROLOGY		
RH TYPIN			WIDAL		
2. BIO CHEMISTRY			S. typhi 'O'		<1.20 dilution
Blood Sugar Fasting		60-100mg/dl	S. typhi 'H'		<1.20 dilution
Blood Sugar P.P.		100-140 mg/dl	S. typhi 'AH'		<1.20 dilution
Blood Sugar Random		80-120 mg/dl	S. typhi 'BH'		<1.20 dilution
Blood Urea		14-40 mg/dl	VDRL		
Serum Uricacid		03-07 mg/dl	HBsAg Card		
Serum Cretininc		0.8-1.2 mg/dl	HIV Card Test		
Serum Calcium		8.8-10.5 mg/dl			
			4. URINE TEST (ROUTINE)	Colour - Dark yellow Appearance - Cloudy	
Antistreptolysin O		< 200 mg/dl	Sugar	Nil	Nil
Creative Protein		< 0.8 mg/dl	Albumin	Nil	Nil
Rheumatoid factor		< 08 mg/dl	Puscells	15-20/ Hpf	1 - 2
Bilirubin Total Direct		0.1-1.0 mg/dl 0.1-1.4 mg/dl	Epicells RBC Cast Crystals	8-12 Hpf Nil Nil	1 - 2
Total Protein		6.0-8.0 mg/dl		Nil	
S.GO.T.		0.5-35 U/ml	5. MOTION Others	Nil	
S.GP.T		10-40 U/ml	Rotine Examination		

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REPERTORIAL RESULT

Remedy Name	Sars	Canth	Nit.ac	Lyc	Merc	Mez.	Puls	Ars	Acon	Bell
Totality	18	15	13	13	12	12	12	12	11	11
Symptom Covered	8	7	8	7	7	6	6	5	6	6
[C] [Sleep]Disturbed:	1	1	1	1	1	1	1	2	1	1
[C] [Kidneys]Pain:General:Colic:	3	1	1	3						1
[C] [Bladder]Tenesmus:	2	3	2	2	2	2	3	3	2	2
[C] [Urethra]Pain:General:Urination:Close of, at:	3	1	1	1	2	2	2			
[C] [Urethra]Pain:General:Urination:During:	1	3	3	1	1		1	2	2	2
[C] [Urine]Scanty:	3	3	3	2	3	2	2	3	2	2
[C] [Urine]Sediment:Flocculent:	3	3	1		1	3			1	
[C] [Fever, Heat]Evening:	2		1	3	2	2	3	2	3	3

Sars – 18/8, Canth – 15/7, Nit.ac – 13/8, Lyc – 13/7, Merc – 12/7

PRESCRIPTION

1. Sarsaparilla 200/1Dose (ST)
2. Globules No.40 (3 x TDS)

JUSTIFICATION FOR PRESCRIPTION

Sleep disturbed

Colic pain

Tenesmus

Pain in urethra at close of urination

Pain in urethra < during urination

Scanty urine

Sandy sediments in urine

Fever < evening

GENERAL MANAGEMENT

Drink adequate clean water

Do not hold urine for long time

Maintain local hygiene

Avoid coffee, spicy foods and urinary irritants

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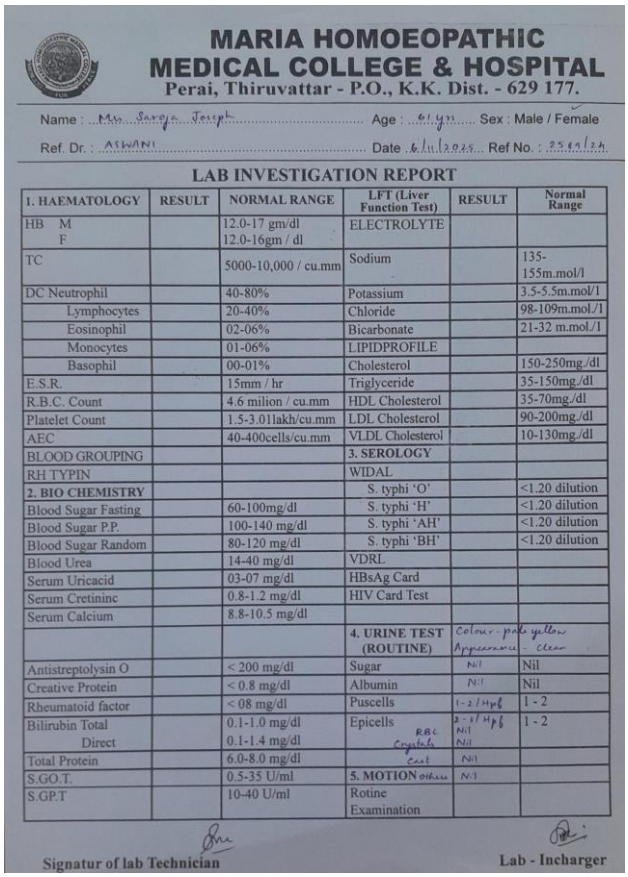
Wear loose cotton garments.

FOLLOW UP



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Creative Protein		< 0.8 mg/dl	Albumin	Nil	Nil
Rheumatoid factor		< 08 mg/dl	Puscells	1-2/Hpf	1 - 2
Bilirubin Total Direct		0.1-1.0 mg/dl 0.1-1.4 mg/dl	Epicells RBC Crystals Cast	2-3/Hpf Nil Nil Nil	1 - 2
Total Protein		6.0-8.0 mg/dl			
S.GO.T.		0.5-35 U/ml	5. MOTION	Nil	
S.GP.T		10-40 U/ml	Rotine Examination		

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RESULT AND DISCUSSION:

The patient came with urinary tract infection has done urine routine before and after administration of medicine. She has been administered homoeopathic medicine for 6 days and the symptoms got relieved. According to the organon of medicine, complete picture of symptoms guides the selection of remedy which must single, simple and similar to the sufferings of the patient. The potency is to be selected based on susceptibility, vitality, nature of disease and symptom similarity [4].Homoeopathy offers more of therapeutics such as Cantharis vesicatoria, Nitric acid, Lycopodium clavatum, Mercurius solubilis, Mezereum, Pulsatilla nigricans, Arsenicum album, Aconitum, Belladonna [5].

CONCLUSION

Homoeopathy offers an effective and individualized approach to managing UTIs. In this case, Sarsaparilla officinalis was selected due to its keynotes corresponding to the patient's symptom picture, particularly burning at the close of urination and sandy urine sediments. The patient showed steady and satisfactory improvement within six days, demonstrating the potential of homoeopathy as a supportive and holistic treatment option for UTIs.

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