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Homoeopathic Approach to Urinary Tract Infection: A Case Study with Cantharis Vesicatoria

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ABSTRACT

Urinary tract infection is considered as the second most common infection of humans after pneumonia. The first step of uncomplicated UTI development is colonisation of the periurethral region with uropathogens. Bacteria cause the vast majority of UTI. In bladder, the uropathogens uses specialised appendages and adhere to bladder wall. This case report presents the homoeopathic management of a 66-year-old woman suffering from UTI with characteristic symptoms such as burning sensation while urination, scanty urine flow with urinary sediments, itching in urethra. Detailed case taking and on evaluating the totality of symptom of patient, Cantharis vesicatoria was selected. Marked improvement is seen in 10 days, which is observed by evaluating clinical picture and urine analysis. Therefore, this case study highlights the effectiveness of individualized homoeopathic treatment in UTI [1,2]

KEYWORDS: Urinary tract infection, cantharis vesictoria, urine analysis.

INTRODUCTION

Urinary Tract Infections are primarily caused by gram negative bacteria but may also include gram-positive pathogens. Most of the infections are caused by bacteria like klebsiella pneumoniae. Once in the bladder, microbes reside in the urine until they attach themselves to the urothelium. when the bladder voids completely, it flushes out the pathogens in urine. Symptoms may include burning urination, urgency, frequency, suprapubic pain, urinary sediments, itching in urethra and sensation of incomplete bladder emptying. UTIs are diagnosed through urine routine analysis and urine culture. Homoeopathy treats UTI based on constitution analysis, individuality of patient offering integrated approach and prevention of recurrence. Healthy urine has a high osmolality and an acidic Ph and when they proliferate, will change their environment making it more suitable for growth. urine pH of greater than or equal to7.5 shows UTI. Causative organisms include Escherichia coli, Pseudomonas aeruginosa, Enterococcus faecalis, Staphylococcus aureus, saprophyticus and proteus mirabilis [1–3]

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CASE REPORT Patient Name: X, Age: 66 years, Visit: September 2026 at Maria Homoeopathic Medical College and Hospital, Kanyakumari.

CHIEF COMPLAINTS

The patient was apparently healthy before 10 days, then she started developing the complaint of burning sensation while urination, Scanty urine, Increased frequency with sandy sediments in urine, and urgency for urination yet passes very little along with itching in urethra .and fever in general in the last 10 days. She also presented with disturbed sleep due to frequent urination and all the complaints worse during urination.

PAST HISTORY: The patient is hypertensive in the past 5 years.

FAMILY HISTORY: No relevant hereditary conditions reported.

MENTAL GENERALS: Dullness

PHYSICAL GENERALS: Sleep disturbed due to frequent urination

PARTICULARS: Burning sensation while urination, Itching in urethra, Frequent urination, sandy sediments in urine, Fever in general.

MODALITIES:<While urination

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INVESTIGATION:

Branch	: **VIVEK LABORATORIES**	**SID No.**	: **00712745**
Name	: **Mrs. HEPSI BAI**	IP / OP No	: N/A
Age/Gender	: 66 Y / Female	Registered on	: 25/09/2026 22:50
Patient UID.	: 46219	Collected on	: 25/09/2026 14:57
Referred Client	: MARIA HOMOEOPATHIC MEDICAL COLLEGE, THIRUVATTAR	Reported on	: 25/09/2026 16:21
Referred By	: N/A	Report Status	: Final Report
Aadhar No	:	Sample Type	: URINE
Passport No	:		

Test Report

Test Name	Results	Flag	Units	Bio. Ref. Interval
URINE ANALYSIS				
URINE				
Mission U500 urine Analyser				
Reflectance Photometry				
COLOUR	**Yellow, turbid**			
pH	7.0			4.5 - 8.0
SPECIFIC GRAVITY	1.020			1.005 - 1.030
LEUCOCYTE	Less than 15		Leu/ µL	NEGATIVE
BLOOD	NEGATIVE		Ery/µL	NEGATIVE
NITRITE	NEGATIVE			NEGATIVE
BILIRUBIN	NEGATIVE		mg/dL	NEGATIVE
KETONE	NEGATIVE		mg/dL	NEGATIVE
UROBILINOGEN	0.2		mg/dL	0.2 - 1
PROTEIN	NEGATIVE		mg/dL	Upto 15 or NEGATIVE
GLUCOSE	NEGATIVE		mg/dL	NEGATIVE
MICROSCOPY	**13 Leucocytes, 4 Epithelial cells/cu.mm.No cast or crystals seen.Few bacteria seen .**			

*** End of Report ***

Dr.S.R.SRINIVASA KANNAN.M.D.Path
DIRECTOR & PATHOLOGIST

SREETHI
TECHNOLOGIST

REPERTORIAL RESULT

Remedy Name	Canth	Merc	Ph-ac	Graph	Nux-v	Rhus-t	Sep	Sil	Staph	Arg-n	Nat-m	Acon	Bell	Merc-c
Totality	16	16	16	15	15	15	15	15	15	15	15	14	14	14
Symptom Covered	8	8	7	8	8	8	8	8	8	7	7	8	8	8
[C] [Mind]Dullness, sluggishness, difficulty of thinking and comprehending:	1	2	3	3	2	2	3	3	3	3	3	2	3	2
[C] [Sleep]Disturbed:	1	1	1	3	1	1	1	1	1	1	1	1	1	1
[C] [Bladder]Urination:Frequent:	3	3	3	3	3	3	2	3	3	3	2	1	2	3
[C] [Bladder]Pain:Burning:	3	1	1	1	1	1	2	1	1			2	1	1
[C] [Urethra]Itching:	1	1		1	2	1	1	1	1	1	2	1	1	2
[C] [Urine]Sediment:	3	3	3	1	1	1	3	2	2	1	1	2	1	1
[C] [Urine]Profuse, increased:	2	3	3	1	2	3	1	1	2	3	3	2	2	2
[C] [Fever, Heat]Heat in general:	2	2	2	2	3	3	2	3	2	3	3	3	3	2

PRESCRIPTION

1. CANTHARIS VERSICATORIA 200/1Dose (ST)
2. GLOBULES No.40 (3) x TDS x 7 DAYS

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JUSTIFICATION FOR PRESCRIPTION

- Dullness
- Sleep disturbed
- Thirst increased
- Buring sensation while urination
- Itching in urethra
- Frequent and scanty urine
- Sandy sediments in urine
- Fever

GENERAL MANAGEMENT

1. Try to void urine often
2. Increase fluid intake
3. Maintain personal hygiene
4. Wear loose cotton garments
5. Try to wipe front to back

FOLLOW UP

SL. No	DATE	PRESENTING COMPLAINT	PRESCRIPTION
1	5/10/2026	Burning sensation while urination got reduced, Frequent urination reduced, itching in urethra reduced, fever got reduced.	1)SACCHARUM LACTIS/1D/ST 2)GLOBULESNO.40(3TDS)x7DAYS

INVESTIGATION:

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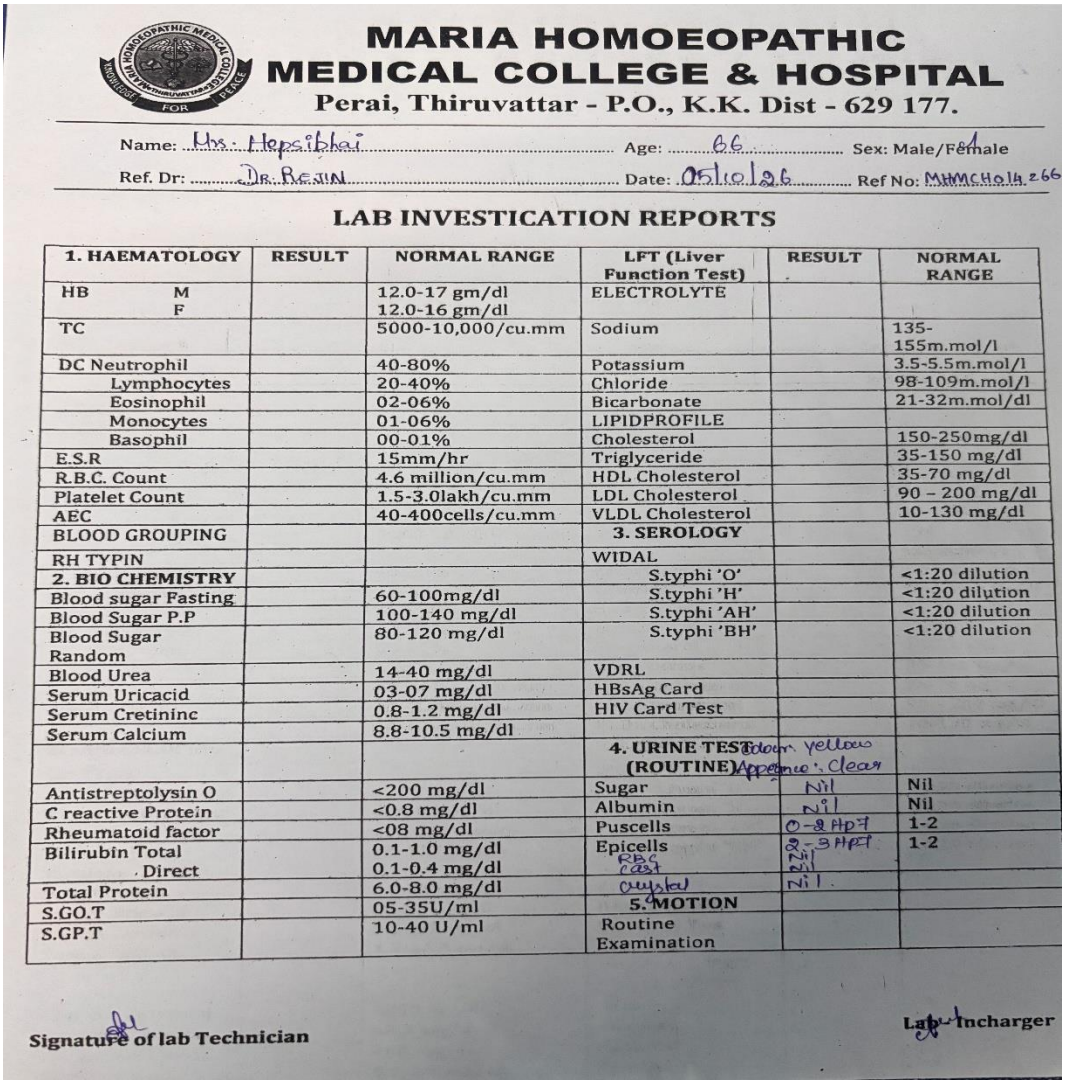

MARIA HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

Perai, Thiruvattar - P.O., K.K. Dist - 629 177.

Name: Mrs. Hepsibhai Age: 66 Sex: Male/Female

Ref. Dr: Dr. Rejin Date: 05/10/26 Ref No: MHMCH014266

LAB INVESTICATION REPORTS

1. HAEMATOLOGY	RESULT	NORMAL RANGE	LFT (Liver Function Test)	RESULT	NORMAL RANGE
HB M		12.0-17 gm/dl	ELECTROLYTE		
F		12.0-16 gm/dl			
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		21-32m.mol/dl
Monocytes		01-06%	LIPIDPROFILE		
Basophil		00-01%	Cholesterol		150-250mg/dl
E.S.R		15mm/hr	Triglyceride		35-150 mg/dl
R.B.C. Count		4.6 million/cu.mm	HDL Cholesterol		35-70 mg/dl
Platelet Count		1.5-3.0lakh/cu.mm	LDL Cholesterol		90 – 200 mg/dl
AEC		40-400cells/cu.mm	VLDL Cholesterol		10-130 mg/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 yellow Appearance: Clear	
Antistreptolysin O		<200 mg/dl	Sugar	Nil	Nil
C reactive Protein		<0.8 mg/dl	Albumin	Nil	Nil
Rheumatoid factor		<08 mg/dl	Puscells	0-2 HPF	1-2
Bilirubin Total		0.1-1.0 mg/dl	Epicells	2-3 HPF	1-2
Direct		0.1-0.4 mg/dl	RBC cast	Nil	
Total Protein		6.0-8.0 mg/dl	Crystal	Nil	
S.GO.T		05-35U/ml	5. MOTION		
S.GP.T		10-40 U/ml	Routine Examination		

Signature of lab Technician

Lab Incharger

RESULT AND DISCUSSION:

The patient presented with urinary tract infection had undergone homoeopathic treatment, after 7 days, the patient started to show noticeable reduction in her symptoms and urine routine examination was done before and after administration of medicine. According to the organon of medicine, complete totality of symptoms guides to the choice of right remedy. The potency is to be selected based on susceptibility, vitality, nature of disease and symptom similarity of patient. Homoeopathic repertorisation provides more of therapeutics rather than Cantharis vesicatoria such as Mercurius solubilis, Phosphoric acid, Graphites, Nux vomica, Rhustoxicodendron, Sepia officinalis, Silicea terra, Staphysagria.Hence Cantharis vesicatoria is chosen due to totality of symptom of patient [4,5]

CONCLUSION

Homoeopathic medicines work wonderfully on management of UTIs. In this study, Cantharis vesicatoria was selected due to its symptom similarity of keynote corresponding to totality of symptom of patient including burning sensation while urination and sandy urine sediments and increased frequency of urine and itching in urethra.As homoeopathy treats patient as a whole,The patient showed marked improvement within 7 days,

indicating the potential effects of homoeopathic medicines in UTI as a supportive and holistic treatment method in reducing symptoms and prevention of recurrence [4,5]

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