

Reflexotherapeutic Methods Prove Effective in the Treatment of Children with Nocturnal Enuresis

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Abstract

Nocturnal enuresis represents a serious problem in children and adults. Multi-etiological nature of the disorder requires versatile methods of treatment. The present study demonstrates a reliable (93,2%) efficacy of the treatment using electro puncture and shiatsu point massage. The abovementioned methods are recommended as important therapeutic means in the treatment of nocturnal enuresis.

Keywords: *nocturnal enuresis, reflex therapy, electro puncture, point massage*

Introduction

Nocturnal enuresis is notoriously known among numerous disorders to be one of the urgent problems not only for its high prevalence in childhood age groups, but also as a defining factor intensively affecting formation of an adult's mental state.

Multi-etiological nature of the disease accounts for the intricacy of the problem, requiring compatible versatility of therapy methods. Many authors suggest the treatment strategies whether complex or differentiae should be determined by the form of disorder.

Without questions, the problem solving is to be based on a careful investigation, dynamical observation and etiology-relevant treatment of the disorder as well as, in certain cases, on an appropriate preventive approach. For example, folic acid-deficient diet in the first trimester of pregnancy may cause a malformation of the fetus as "Spina bifida".

Our long-term scrupulous study has enabled to reveal that in more than in 95% of children nocturnal enuresis

acquires a form of neurosis, characterized by a profound sleep at night, frequent episodes of anxiety during the day time, lability etc., which is caused by malnutrition during the gestation period (the mother's improper diet), stress, anemia and other endo-or-exogenous factors. It is deep sleep that can be considered one of the main etiological factors in neurosis-like form of nocturnal enuresis.

Material and Methods

90 patients with nocturnal enuresis received a course of treatment at the Reflexotherapy Unit, Central Clinical Hospital, State Medical University, Tbilisi. The patients (30 females and 60 males) were divided into 4 groups designated A, B, C, D respectively. The basic treatment methods employed were electro puncture and shiatsu point massage (T.Namikoshi shiatsu technique) of bioactive acu-points. One course of the treatment comprised 10 sessions of procedures, each being performed once daily. The medical histories had been obtained accurately and in depth. Every patient received urologic and neurological screening for organic pathology, which appeared negative. Thus, merely functional and neurological disorders were identified.

Group	Age	Females	Males	Total
A	5-7	6	11	18,8%
B	8-10	8	19	30%
C	11-13	7	12	21,2%
D	14-15	9	18	30%

Tab.1 Electron-paramagnetic signal rate of nitric oxide in pancreases, liver, vessels and blood during the norm and Alloxan diabetes.

Group Age	Female	Male	Total	Improvement/Recovery			Without Improvement
				I course	II course	III course	
A.5-7	6	11	17 18,8%	11 64,7%	2 11,7%	1 5,9%	3 17,7%
B. 8-10	8	19	27 30%	23 85,2%	1 3,7%	1 3,7%	2 7,4%
C.11-13	7	12	19 21,2%	17 89,4%	1 5,3%	–	1 5,3%
D.14-15	9	18	27 30%	27 100%	–	–	–
Total	30 33,3%	60 66,7%	90	78 86,6%	4 4,4%	2 2,2%	6 6,8%
93,2%							6,8%

Tab.2 Demonstrates the results of acu-pressure and electro puncture treatment obtained in different age groups

Results

Group A. composed of 17 patients showed a good recovery in 11 patients after the completion of one course of procedures; 2 patients improved their state having received 2 courses, one patients had to undergo 3 courses of the treatment; 3 cases remained without a favorable results.

Group B.-27 patients. Of them 23 recovered after one course of procedures; 2 individuals showed recovery having received two and three courses of procedures; 2 individuals did not show any improvement.

Group C.-19 patients. Of them only one had to repeat the course; one patient did not show improvement.

Group D. -All 27 patients showed recovery shortly after the completion of one course of the treatment.

Discussion

A 10-day treatment was performed using electro and acupuncture methods.

Of the 90 patients enrolled into the study 86,6% showed full recovery after one course of the treatment (10 days);4,4%-repeated the course; 2,2% recovered after

receiving 3 courses; 6,8% showed no positive results despite of receiving three courses of the treatment.

As it is seen from *Tab.2* the above mentioned methods appeared to be effective in relatively older age groups.

Treatment of the nocturnal enuresis by classical and psychotherapeutic methods is confined to 36% of efficacy, percussion puncture yields 76% of recovery (journal of traditional Chinese Medicine, 1986).

Treatment by only needle puncture (acupuncture) shows recovery in 82% of patients (ibid).

Prof. Filiz Tuzuher, Department of Anesthesiology, Ibn Sina Hospital, Ankara University reports on 98,2% efficacy of electroacupuncture treatment.

Thus the results obtained in our study make it clear that the methods of electropuncture and point massage treatment in nocturnal enuresis have reliably high efficacy (93,2%) are non-invasive, painless and do not cause any side effects. The methods can be suggested as treatment of choice in the future management of the disorder.

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Эффективность методов рефлексотерапии в лечении ночного энуреза

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Р Е З Ю М Е

Ночной энурез представляет серьёзную проблему не только в детском возрасте, но также является одним из определяющих факторов в формировании психики взрослого индивидуума. Представлены результаты лечения вышеуказанного заболевания методами электропунктуры и точечного массажа по системе Т. Намикоши. Эти методы неинвазивны, безболезненны и не вызывают побочных эффектов. Полученные результаты демонстрируют высокую эффективность (93,2%) данных методов, что дает возможность рекомендовать рефлексотерапию методом выбора при лечении ночного энуреза.

Ключевые слова: *ночной энурез, рефлексотерапия, электропунктура, точечный массаж*