

Children wet the bed at night, but cannot control themselves.



Written by Chinese Doctor Yiu Yee Chiu

Every parent wants their child to develop well and quickly, not to lag behind, if not to be better than others. In medicine, there is a condition between "disease" and "physiology" that both parents and children find very disturbing. This is "nocturnal enuresis in children".

Nocturnal enuresis is a stage of physiological development, but it is a problem if a child is still unable to control his or her urination and wets the bed after the age of 5. Nocturnal enuresis in children can be divided into two types: primary and secondary. The former is a pathological cause, such as spina bifida, or developmental delay. In the case of secondary causes, the child has control over the urine, but then for some reason, it gets out of control. The most common cause is an unexplained delay in development.

Medication, Physical Therapy, and Life

In Chinese medicine, the production of urine is related to several internal organs. The causes are kidney qi deficiency, spleen-lung qi deficiency, and liver stagnation and heat. In clinical practice, the main cause is kidney qi deficiency. Unlike adult enuresis or secondary enuresis in children, the condition will generally improve with several months of treatment. However, the treatment must be combined with medication, physical therapy, and life support.



Chinese herbal medicine treatment: the main ingredients are mulberry cuttlebone, puzzle nut, whole cherry, Schisandra, yam, and mulberry.

Physical therapy: Acupuncture and massage, mainly for the bladder and kidney meridians in the back

Strict abstinence from food: Avoid cold and raw foods and beverages to avoid further damage to kidney energy

Food therapy: Use peaches, tzatziki, Chinese yam, etc. as a meal or dessert

Hot compress before bedtime: Apply hot compresses to the kidney points on the back of the bladder meridian every night before bedtime. For a more pronounced effect, use cumin, white pepper, or peppercorns and then wrap them in a cloth bag.

It turns out that nocturnal enuresis is not a rare occurrence and most children recover completely. Therefore, the most important thing is how to let the child pass through this stage smoothly. If parents don't handle it properly, it may affect their self-esteem. Therefore, it is important to see a doctor for a formal examination of the situation so that you can really help your child.