



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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SOTTU NEER – BED WETTING

Definition

Bed wetting (Nocturnal Enuresis) is defined as passing urine while asleep which occurs in children aged 5 years or more, with at least 1-2 episodes per week over at least a three month period. Nocturnal enuresis may be primary or secondary. In Siddha system it is known as “Sottu Neer”, in which the child wets the bed without his / her knowledge while asleep even in the later stages of childhood.

Causes

- Urinary tract infection (*Siruneer paathai noigal*).
- Thread worms in the stool (*Vayitru puzhu*).
- Psychological factors - emotional immaturity, shyness, fear, rivalry among children, problem of adjustment in school and feeling of insecurity. (*Accham, Vetkam* etc.)
- Abnormalities in the urethral valves in boys or in the ureter in girls or boys. (*Neer puzhai kuraipaadugal*)
- Inadequate level of Anti-diuretic hormone (ADH).
- Delayed development of the central nervous system which reduces the child's ability to stop the bladder from emptying at night.
- Imbalance of the bladder contraction and relaxation muscles.

Preventive Measures

- The child /teenager should not be scolded in the evening or before going to bed.
- He should be asked to urinate before going to bed.
- Oral liquids like milk, water etc., should be restricted after dinner.
- Food items like potato, spicy food, etc., should not be given

Health Promoting Tips

- Make them walk / exercise regularly
- Practice Yogasanam and Pranayamam

Curative Herbs

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|-----------------|----------------------|-------------------------|
| • Aavaarai | Tanner's cassia | Cassia auriculata |
| • Konrai | Purging cassia | Cassia fistula |
| • Thetrankottai | Clearing nut | Strychnos potatorum |
| • Naaval | Jamun | Syzygium cumini |
| • Azhinjil | Sage leaved Alangium | Alangium salvifolium |
| • Koraikizhangu | Nutgrass tuber | <i>Cyperus rotundus</i> |