

Case Report from the Medical Practice: Treatment of Urinary Tract Infection

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The patient, a 37-year old male physician, presented to my office for recurrent urinary tract infections. He was left as a C-6 paraplegic 8 years prior as a result of a rugby accident. The patient's post-void urine residual was 300 cc and he required catheterization BID by an attendant. He had symptoms of cloudy, foul smelling urine and a feeling of not being well. His symptoms had begun again one day prior to his initial visit. At that time his medications consisted of baclofen 10 mg BID and vitamin C 500 mg QID.

The patient had been treated by a urologist for the first 2 or 3 years post-trauma with multiple courses of antibiotics. During the last 5 or 6 years he had been on alternating antibiotics as suppressive therapy. The patient had many documented positive urine cultures.

Urinalysis on the patient's initial visit to my office was markedly abnormal with moderate leukocytes and traces of blood. The urine tested positive for nitrites. The patient was started on *Populus compositum* QID and cranberry tablets. Within one day the urine was clear and a culture was negative.

Follow-up over the next fifteen months found the patient symptom-free with grossly clear urine. The patient continued to use *Populus compositum*

BID (this reduction in dosage was adopted after seven days of treatment for the acute infection.) The patient did attempt to discontinue the remedy once but the symptoms began to return. Upon resuming the remedy, the symptoms again disappeared.

Populus compositum is a complex preparation of Heel GmbH, distributed in the U.S. as a prescription medication by Heel/BHI. According to the manufacturer, *Populus compositum* is recommended for treatment of renal disorders, albuminuria, urinary tract irritation, nephrolithiasis, and cystitis. Some of its ingredients and corresponding pathologies are listed alongside.

References

(1) Clarke JH. *Dictionary of Materia Medica*. Third Edition. Vol. III:881.

(2) Boericke W. *Pocket Manual of Homeopathic Materia Medica*. 9th Edition:529.

(3) Boericke W. *ibid*: 562.

(4) Clarke JH. *ibid*: 1048.

(5) Boericke W. *ibid*: 63.

(6) Boericke W. *ibid*: 503.

(7) Clarke JH. Vol. I: 284.

Populus tremuloides

bladder irritation,¹
urine contains mucus²

Sabal serrulata

cystitis with prostatic hypertrophy³,
painful urination⁴

Apis mellifica

urine scanty,
last drops burn⁵

Petroselinum

intense itching deep in urethra⁶

Berberis vulgaris

sensation of burning in bladder,
aching pain in bladder following urination⁷

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