

Losing Control at Night



Written by : Yiu Yee Chiu, Chinese Doctor

Every parent hopes that their child will develop well and quickly, even if they may not surpass others. In medicine, there is a condition that falls between "disease" and "physiology" that greatly troubles both parents and children. This is "pediatric nocturnal enuresis."

Pediatric nocturnal enuresis is a stage in physiological development, but if a child is still unable to control their urination and wets the bed after the age of 5, it becomes a problem. Pediatric nocturnal enuresis can be divided into two types: primary and secondary. The former is due to pathological reasons, such as spina bifida or developmental delays. The latter refers to when a child has previously gained control but then loses it for some reason. The most common cause is an unexplained developmental delay.

Medication, Physical Therapy, and Lifestyle: A Tripartite Cooperation

From a Chinese medicine perspective, the generation of urine is related to multiple organs. The main causes are kidney qi deficiency, spleen and lung qi deficiency, and liver channel stagnation and heat. Clinically, kidney qi deficiency is the primary factor. Unlike adult enuresis or secondary enuresis in children, the condition generally improves after a few months of treatment. However, the treatment must involve a combination of medication, physical therapy, and lifestyle adjustments.



Chinese Herbal Treatment: The main herbs are Mulberry Twig, Medicated Leech, Rougan, Schisandra, Yam, and Mulberry Parasitic Plant.

Physical Therapy: Acupuncture and massage, focusing on the bladder and kidney channels on the back.

Strict Diet: Avoid cold, raw foods and beverages to prevent further damage to kidney qi.

Diet Therapy: Incorporating walnuts, lotus seeds, and Dioscorea as side dishes or desserts.

Pre-Bed Warm Compress: Every night before bed, use a warm compress on the bladder shu points along the bladder channel. For better results, you can wrap the compress with a cloth bag containing roasted fennel, white pepper, or Sichuan peppercorn.

In fact, nocturnal enuresis is not uncommon, and the vast majority of children will

fully recover. Therefore, the most important thing is how to help the child smoothly transition through this stage. If parents handle it improperly, it may affect the child's self-esteem. Therefore, it is crucial to consult a doctor for a proper examination and diagnosis to truly help the child.