Cystitis*: Cystitis is an inflammation of the tissues of the bladder wall and is often caused by overgrowth of bacteria, although in some cases it may be related to a viral infection, caffeine, chronic inflammation of unknown cause, structural anomalies or emotional stress. A well-chosen homeopathic remedy can offer wonderful support during an occasional episode of bladder inflammation.

Symptoms often include:
- strong, persistent urge to urinate
- burning sensation in bladder and/or urethra
- passing frequent, small amounts of urine
- passing cloudy and/or dark yellow urine
- blood, mucous or sediment in urine
- strong-smelling urine
- discomfort in lower abdomen or pelvic area
- accidental wetting
- irritability and fatigue

Contact a medical provider immediately, if symptoms persist or are accompanied by:
- back or side pain
- fever and chills
- nausea and vomiting

Infection may ascend into the kidneys, which requires immediate medical care.
Complications: an ascending infection may lead to kidney infection and permanent kidney damage and less commonly, a bloodstream infection.

*Interstitial cystitis or painful bladder syndrome is a chronic bladder inflammation of unknown cause. Seek professional guidance for these issues.

Simple Self-Care
Cystitis occurs much more commonly in women and girls than in men and boys due to differences in anatomy. Common self-care strategies play an important role in avoiding and managing cystitis. Avoiding activities and personal care products that are known to aggravate urethral tissue and the bladder reduces the incidence of cystitis.

Products and activities that may contribute to the development or aggravation of cystitis:
- tight-fighting clothing, especially synthetic clothing. For example: nylons, tights, spandex pants, yoga, cycling or swim clothing
- scented feminine products, wipes, bubble bath, soaps, laundry detergent and drier sheets
- sexual activity and/or improperly fitted diaphragms, cervical caps, spermicidal jelly, latex condoms
- some medication or medical procedures (As always, consult with your prescriber before making any changes to medications.)
- occasionally reactions to certain foods or drinks, such as coffee
- pregnancy (Urinate frequently and drink plenty of fluids.)
- avoid all refined sugar
Natural support

- Hygiene: Women and girls should wipe from front to back after using the toilet. This minimizes the travel of intestinal pathogens into and up the urethra.
- Change tampons or sanitary napkins frequently...warm moist environments are natural breeding grounds for pathogens
- Drinks lots of fluids and urinate frequently to flush germs. Unsweetened cranberry and blueberry juice can inhibit the growth of bacteria. Fresh or frozen berries may be eaten as well.
- Drink clear soups with parsley, celery, carrots and watercress.
- Some people find grapefruit-seed extract to be helpful.
- Urinate and rinse after sexual activity, especially if UTIs arise after sexual activity.
- Wear cotton underwear and loose fitting clothing...they breathe easier.

For re-occurring complaints, check-in with a medical provider and consult with a professional homeopath.

Find a professional homeopath:
National Center For Homeopathy
North American Society of Homeopaths
Council for Homeopathic Certification

Resources: search on “cystitis,” “urinary tract infection” and “UTI”
Smart Medicine For Healthier Living by Janet Zand, Allan Spreen & James LaValle
National Center for Homeopathy: back issues of Homeopathy Today
Everybody’s Guide to Homeopathic Medicines by Stephen Cummings & Dana Ullman
British Homeopathic Association
Hpathy.com
Homecare software with free trial: Miccant Akiva: Homeopathic software for Acutes
Gemmmotherapy

Welcome to learning about cystitis with the NCH Homeopathy Academy of Moms program!

Reminder – not all conditions should be treated at home and may not be respond well to self-care. Remember to use common sense and seek care from a medical provider when there is any concern. Don’t delay appropriate care.

If you are having difficulties finding the right homeopathic remedy for a condition you are working with at home, it’s a good idea to consult with a professional homeopath to help identify the right remedy.

Also, in cases of chronic illnesses or ailments and in complex situations, one should always be working with a trained professional.

This material is offered for educational purposes only. Nothing herein is intended as medical advice nor is any claim made that the comments or opinions expressed herein are approved by any government department or agency. Whenever dealing with health issues consult a qualified health care provider.