

# 19<sup>th</sup> European Congress on Clinical Pediatrics and Child Care

## September 27, 2024 | Webinar

Volume : 09

### Iranian traditional remedies for Nocturnal Enuresis in children

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**N**octurnal Enuresis (NE) refers to nighttime intermittent involuntary incontinence in a child aged five years or more (at which staying dry at night can be reasonably expected.) without any other urinary tract symptoms. It is a multifactorial pathologic disease and although conditioning modalities and also some pharmacological interventions are the main therapeutic strategies, parents who have a child with NE, usually suffer from this issue and take a refuge to alternative medicines to manage this disorder. According to Iranian Traditional Medicine (ITM) and were first developed by Iranian scientists such as Rhazes, Haly Abbas and Avicenna, Nocturnal Enuresis (NE) is justifiable with a medical system based on child's temperament. I believe we can use folk beliefs in the treatment of Enuresis, if they are not disruptive for our treatment and also not inconsistent with our religious commands (Islamic orders). So, in this study I decided to search in Medieval Persia resources and make sure we can prescribe or advise people for these traditional remedies beside other treatments.

**Methods:** First of all, I searched Iranian Traditional Medicine (ITM) resources and for each of herbal remedies I looked for its mechanism. If I found a didn't find a strong scientific support for any of them, and it was just used as a folk belief, I refused them. In my experience, I realized Iranians especially villagers and illiterate people and also sometimes even educated persons, use Sweetbread roast for Enuresis treatment in children and I witnessed that eating sweetbread at least one time per week for 3 months was effective even without medication. In Islam eating Sweetbread is unlawful and is not a halal meat, so the next step was requesting for this opinion from 10 of religious leaders (Mufti). So first I ask if it's allowed usage for prepubertal child (boy or girl) as a treatment and if we can prescribe it as a substance in a form of a drug by extract it.

**Result:** Enuresis in children is a multi-factorial disease and usually needs prolonged treatment, so it is better to use folk beliefs, beside our specific medical and conditioning treatment, if they are effective. On the other hand, in Islam we have a lot of religious leaders (Mufti) and we can use efficient folk beliefs in their treatment, but just if it is not inconsistent with their mufti commands.

#### Biography

Dr. B1 Dormanesh Bayhaghi M.H., MD, is a highly regarded Professor of Pediatric Nephrology at AJA University of Medical Sciences in Tehran, Iran. With a distinguished medical career, Dr. Dormanesh specializes in pediatric kidney diseases, renal replacement therapies, and congenital kidney disorders. He has contributed significantly to clinical research in pediatric nephrology, advancing knowledge in the treatment of chronic kidney disease (CKD) and its complications in children.

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Abstract received : April 20, 2024 | Abstract accepted : April 22, 2024 | Abstract published : 02-10-2024