



## 1. ACUPUNCTURE IN THE TREATMENT OF PSYCHOGENIC ENURESIS

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**Introduction.** Enuresis is an ongoing inability to control urination commonly we can say urinary incontinence. The most prevalent kind of urine incontinence, known as stress urinary incontinence (SUI), is the involuntary leakage of urine brought on by physical activity, such as coughing or sneezing and also under stress. SUI affects a person's life in social, psychological, physical, and economically. SUI can have a significant negative influence on one's capacity to perform daily tasks, which can lead to social isolation, sleeplessness, and shame. It's possible that patients with SUI are less inclined to engage in physical activity, which can negatively affect general health as inactivity is a risk factor for numerous illnesses.

**Aim of study.** To find out how safe and effective acupuncture is for treating psychogenic enuresis in adults.

**Methods and materials.** From the time of their creation until April 2020, pertinent databases such as MEDLINE, Cochrane Library, EMBASE, Chinese National Knowledge Infrastructure, PubMed, Chinese Biomedical Literature Database, and the Chongqing VIP Chinese Science and Technology Periodical Database will be retrieved.

**Results.** We identified 233 studies. Of these, 32 were published in Chinese. Of these, 22 were deemed potentially eligible, and 211 were excluded because they did not include acupuncture, did not include randomised controlled trials, or did not include self-inflicted pain in the participants. Of the 22 studies that remained, we excluded 20 for various reasons, designated one for further assessment, and included one study.

**Conclusion.** The findings show that acupuncture successfully reduces the maximal and average urine speed during symptoms of SUI and additionally studies have demonstrated that acupuncture methods paired with muscle building techniques like kegel exercises for the pelvic floor, herbal remedies (jin Gui Shen Qi Wan, Gi ji nourishing tablets), Vit, etc. have led to advancement in SUI.