4 Natural Remedies to Help Improve OAB Symptoms

by OLIVIA ROBBIN

Natural Remedies for Overactive Bladder

Whether you have been struggling with overactive bladder (OAB) for a few months or a few decades, finding a solution to ease your need to go to the washroom is a concern. What works for your mother, brother, or colleague might not have any success for you.

The tricky thing about OAB is that it is not a specific diagnosis, rather it is a set of one to four symptoms: urgency, frequency, urge incontinence and nocturia. You may struggle with one or all of them if you have OAB.

If you struggle with OAB, then you likely know how many different remedies and tips and tricks there are out there to help people like us. Sometimes it is the simple things that can make an enormous difference. Other times, it is not so simple, and it can feel very defeating.

However, the more informed we are, the more we are able to make good choices and perhaps find some more interesting and alternative ways of combating OAB.

Why You Should Try Natural Remedies for Overactive Bladder

Natural remedies for OAB have been around for centuries but can easily be overlooked. One reason is that they are natural and have the connotation that they are not all that effective. Doctors cannot recommend them, and there is also not enough evidence that they work, or why they work, or even recommendations of a proper dosage of what to take.

However, some remedies are incredibly useful in treating one or more symptoms of OAB, and some can have few side effects, unlike most prescribed medication.

For some, trying natural remedies for any ailment may be the only affordable or realistic choice. It is good to try some first before writing them off altogether and going straight to traditional medication, with the reason being that they can be very cost effective, especially if you do not have privatized or centralized healthcare.

They can also create healthy lifestyle choices, that if followed correctly, can improve other areas of your life for a long period of time.

4 Types of Natural Remedies

If you are interested in trying natural remedies for overactive bladder symptoms, keep on reading to find out what four remedies you should consider trying.

1. Pumpkin Seed Oil

National Center for Biotechnology Information (NCBI) has researched the effectiveness of pumpkin seed oil for urinary disorders including OAB. It is available at most drug stores in capsule and in cold-pressed oil form.

Taking this daily and nightly can improve your urinary function. Although this remedy works wonders for many patients, it is unknown exactly which factor of the pumpkin seed oil has this effect.

Additionally, a combination of pumpkin seed oil and soy extract is notably a desirable blend of natural ingredients for treating OAB, and they are usually sold together. Soy extract has a component called isoflavones, and it is thought that this helps with bladder muscle strength.

2. Vitamin D

Research done by NCBI shows that low levels of vitamin D are linked to pelvic floor disorders in women. Vitamin D is not a vitamin, but a pro-hormone that is created when sunlight hits our skin.

There are other ways of getting Vitamin D into our systems other than getting some sun. Food is one source of Vitamin D, with fish and fish oil being a rich source. 1 tablespoon of cod liver oil has more than double the recommended daily amount for adults: 18% to 70%.

3. Corn Silk

Those stringy, annoying silky strands that stick to your cob of corn while shucking them have a health benefit.

Corn silk is a soothing diuretic and has been used for centuries for many different ailments. More commonly, it has been effective in treating OAB, bladder infections, inflammation in the urinary system and bedwetting.

You can either cultivate your own corn silk and steep it in a tea, or you can buy it in capsule form and tinctures.

4. Ginseng

This American and Asian root has an anti-diuretic effect on the bladder. Known for its impressive cure-all medicinal properties, ginseng is one of the more costly natural remedies for overactive bladder. However, there is strong evidence that it is one of the most effective natural remedies for improving OAB symptoms.

There are many ways of benefiting from ginseng, from just tucking a piece of the dried root into your cheek and holding it in your mouth throughout the day, rather than chewing it, to brewing it in tea, to getting more convenient fashions of it in capsule form.

Prescription Treatment vs. Natural Remedies for Overactive Bladder

Just like any medication, natural remedies like these can have a negative impact if taken incorrectly and may have unwanted side effects. If possible, to avoid complications, consult your doctor to ask about any known side effects of natural remedies that can counteract with any of your current medications.

There are benefits to both natural and prescribed treatment options. Fortunately, there are so many avenues of treating the symptoms of OAB, which means that there are countless different ways to combat OAB, many of which can be done in conjunction with one another.

Things like lifestyle changes can be incorporated into any natural or prescription treatments. Choose what is right for you. Because there are so many treatments, it means that there is not one universal fix to one’s OAB.

In Conclusion

There are various other natural remedies available for the treatment of OAB symptoms. Fortunately, these natural remedies listed are widely accessible and are well-researched.

Not all natural remedies are easy to get, nor have enough proof of ability to treat OAB. With all natural remedies, remember to always research it yourself before buying it. Natural remedies can be promising and offer an alternative form of treatment that a prescription may be unable to do.

Make sure you are comfortable and knowledgeable about what you are taking. Perhaps a natural solution is right for you.