

HOME REMEDIES

How to control burning sensation while urinating

By **Phionah Nassanga**

Dr Abram Mabaziira, a physician at Kitebi Hospital, says a burning sensation while urinating is in most cases a sign of a urinary tract infection.

Though this has to be treated with antibiotics, Dr Mabaziira says the burning can also be controlled using some readily available remedies.

Water

Drinking plenty of water can reduce

the burning and remove bacteria through continuous urination. Drink at least four to eight glasses of water per day and every after a meal or snack.

Vitamin C intake

Fruits and vegetables are rich Vitamin C sources and are a good way to treat the burning sensation.

Fruits such as pawpaw, guava, oranges and strawberries all contain the full recommended amount of vitamin C and because of their acidity, can kill off any bacteria.

Stay clean

Women should wipe from front to back, especially after a bowel movement. This ensures that bacteria does not get into the urethra. It is also important to wear loose-fitting clothes and underwear, which allow in air to keep the urethra dry. Wearing tight jeans or materials such as nylon can be a problem because moisture is trapped in, allowing bacteria to grow.

Garlic

Mix crushed garlic in a glass of warm

water with one teaspoon of honey and drink. Garlic has a variety of antimicrobial activities.

In its pure form, garlic has been found to fight a wide range of bacterial infections including burning sensations. Garlic also has antifungal properties.

Cotton underwear

Wearing breathable cotton underwear does more than keep you dry and comfortable. It also prevents the rapid migration of bacteria near your urethra.