

Research Article

Gout & Its Homoeopathic Approach

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Publication Date: 28 January 2022

DOI: <https://doi.org/10.23953/cloud.ijaayush.512>

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Abstract Gout is a metabolic disease that most often affects middle-aged to elderly men and postmenopausal women. This is characterized by pain and swelling of first metatarsophalangeal joint initially, followed by other joints, with an abnormal elevation of urate level in the body either due to over production (10%) or under excretion (90%) or some time both. Homoeopathic remedies are effective in treating acute as well as chronic gout and also helps in reducing the uric acid levels, thus preventing further attacks and other complications of hyperuricemia.

Keywords *Gout; Hyperuricemia & Homoeopathy*

Introduction

Gout is a crystal associated disease in which synovial fluid is supersaturated with uric acid in blood. It results in deposition of Monosodium urate crystals in and around small joints, periarticular tissue and tendons.

Uric acid is breakdown product of purine metabolism that are part of many foods which we eat like organ meat, red meat, mushroom, dried beans, cauliflower, pea. Hyperuricemia may be due to either increased production of uric acid or decreased excretion of uric acid by the kidney.

Types

Acute-sudden development of severe pain in affected joints
Chronic-Recurrent acute gout produces chronic gout

Etiology of gout

- obesity,
- weight gain
- alcohol intake
- high blood pressure
- abnormal kidney function

- lead toxicity
- Leukemia
- polycythemia vera

Pathogenesis

Gout refers to disease that occurs in response to the presence of mono sodium urate (MSU) crystal in joints, bones and soft tissue. It may result in an acute arthritis and a chronic arthropathy (tophaceous gout). urate crystal are phagocytosed by synoviocytes, which then release prostaglandins, lysosomal enzymes and interleukin-1 which attract and activate polymorphonuclear leucocytes and mononuclear phagocytes, macrophages. Attracted by these chemotactic mediator, polymorphonuclear phagocytes migrate into the joint space and amplify the ongoing inflammatory process. In the later phase of the attack increased no. of mononuclear phagocyte appear, ingest the urate crystals, and release more inflammatory mediators.

Clinical feature

- Pain in affected joints
- Swelling, tenderness, redness, hot sensation in affected joints
- Local inflammation around tophi
- Sometimes pus discharge around tophi
- Low grade fever may be present.
- Decreased mobility.
- General discomfort.

Location - Great toe, ankle, wrist, hand, finger joint

Tophus



Investigation

- Blood- Leucocytosis,
 - High ESR
 - Uric acid level is raised

(Normal level 2-6 mg %)

However, a single estimation of normal uric and cannot rule out the possibility of gout.

- Urine volume is diminished and it has a color
 - . Urine may show urate crystal.

- X-Ray - X-ray in acute case of the involved joint may show only soft tissue swelling & in chronic cases X-ray of the involved joints show punched out (rat bite) areas, but when it is near a tophus, it is practically diagnostic of gout.

Management

- Avoid foods rich in purine such as red meat, spinach, cheese, beans, peas, gram, mushroom, cauliflower etc.
- Consume purine neutralizing food such as fresh fruits, most of the vegetables, B complex, Vitamin-C, cherry etc.
- Drink plenty of water and other fluids.
- Avoid alcohol consumption.
- Maintain healthy weight.
- Getting regular exercise

Homoeopathic management

What approach a homoeopath has to take while dealing with a gout patient depends upon in which stage the patient presents to the physician. So, if the patient is coming in an acute stage, as it is a very painful condition, the purpose of the treatment should be to manage the pain. So, an acute remedy which covers the symptom totality should be given. & if the patient is coming in a chronic stage of gout, our treatment should be mainly to reduce the uric acid levels and the tendency for uric acid formation along with symptomatic management. So, a constitutional remedy covering the uric acid diathesis or gouty diathesis should be ideally given to such patients.

Repertorial approach

Rubrics taken from various repertory

Synthesis repertory

Extremities-Pain-Joints-Gouty

Abrot. adren. aesc. agar. AGN. Alum. am-be. am-c. am-m. am-p. ambr. ambro. anac. anag. ant-c. ant-t. anthraco. Apis. apoc-a. arb. ARG-MET. ARN. Ars. ars-h. Ars-i. Asaf. asar. asper. aur. aur-ar. aur-i. Bapt. Bar-c. bar-i. BELL. bell-p. Benz-ac. berb. bism. borx. bov. BRY. Bufo. cact. caj. cal-ren. CALC. calc-f. calc-i. CALC-P. CALC-S. canth. caps. carb-an. carb-v. Carbn-s. carl. CAUST. cedr. cham. Chel. Chim. Chin. Chinin-ar. chinin-s. chr-o. Cinnb. Cocc. COLCH. Coloc. Cupr. daph. dros. Dulc. eucal. eup-per. Ferr. ferr-ar. ferr-i. ferr-p. Form. frag. gast. gent-l. get. gnaph. Graph. grat. Guaj. hell. Hep. hera. hydr. Hyos. Ign. ins. Iod. irid-met. jal. Kali-ar. kali-bi. KALI-C. Kali-i. kali-n. kali-p. kali-sil. Kalm. kiss. lappa Laur. LED. lith-be. lith-c. LYC. lycpr. lysd. m-ambo. MAG-C. mag-m. mag-p. malar. Mang. mang-act. med. meny. MERC. Mez. Nat-ar. Nat-c. nat-lac. Nat-m. nat-ox-act. nat-p. Nat-s. nit-ac. nux-m. NUX-V. ol-j. Ox-ac. pancr. petr. Ph-ac. Phos. Phyt. pin-s. pipe. plat. Plb. plb-xyz. prim-v. PSOR. Puls. pyrus, querc-r. querc-r-g-s. rad-br. Ran-b. ran-s. Rhod. RHUS-T. ruta SABIN. sacch-l. Sal-ac. samb. Sang.Sars. sec. SEP. Sil. solid. spig. SPONG. squil. Stann. STAPH. stel. stram. Stront-c. sul-ac. sul-i. SULPH. tarax. tax. tep. thlas. Thuj. ur-ac. urea Urt-u. valer. verat. verb. vichy-g. viol-o. viol-t. Visc. wies. wildb. Zinc

Boericke Repertory

Locomotor system- Joints – Inflammation -Gout

Abrot, **Acon**, Am-be, Apis, **Arn**, Ars, Aur-m, Aur-m-n, Bell, **Benz-ac**, Berb, **Bry**, **Caj**, Calc, Carl, Cham, **Chin-s**, **Cinch**, **Colch**, Cupr, Daph, Dulc, Ferr-pic, Form, **Guai**, Jab, Kali-bi, Kali-i,

Kalm, Led, Lith-c, Lyc, Mang, Med, Merc, Nat-l, Nat-m, Nat-sal, Nux-v, Ox-ac, Pancreat, Phyt, Puls, Queb, Rhod, Rhus-t, Sabin, Sil, Spig, Stel, Sulph, Tax, Ur-ac, Urt-u

Phatak Repertory

GOUT:

Colch, Coloc, Kali-i, Led, Lyc, Nux-m, Rad-br, Ran-s, Sulph, Urt-u

BBCR

Lower extrimitie-gout like pain

Hip - Am-p, *Coloc*

Joint – Petr, Ver-s

H-Sil.

Knee-Con, ver-a.

Foot Joint-Amb, Arn ,Psor

Heel - Led.

Toe -Ambr, Graph, Kali-bi.

Here are some remedies which are usually prescribed for gout

Abrotanum

It is indicated when Joints are stiff, swollen with pricking sensation < at night> by motion. Joints especially affected are wrist and ankles.

Arnica montana

It is indicated when Gout & rheumatism with great fear of being touched or struck by the persons coming near him.

Bryonia

It is indicated when Pain in small joints like toe, finger joints. Pain is aggravated by slightest motion.>by absolute rest. Tearing pain worse at night. Patient is thirsty. Great thirst for small quantity.

Colchicum

It is indicated when Pain in clavicle, neck, shoulder, arms, back which prevents motion of head. He also has pain in elbow joints, forearm, waist, ligament of finger joints and great toes. Patient is unable to hold the lightest thing. Arthritic pain in joints. Patients screams with pain on touching a joint.

Calcarea phos

It is indicated when pain in knee joints, wrists, complaints worse when thinking about it. aggravation in cold weather, mental exertion.

Ledum pal

It is indicated when Pain & swelling of left shoulder, ankle. ascending pain of Joints become the seat of nodosities and gout stones which are very painful. Patient always feel cold and chilly.

Rhus tox

Pain in all small joints, <rest, sitting >continued motion

Urtica urens

It's almost a specific remedy for hyperuricemia. Can be used to reduce uric acid levels even in the absence of symptoms. Pain associated with urticaria like symptoms. Pain in the right deltoid. Pain is worse by rotating arm inwards. affected part is very much sensitive to touch.

Discussion & Conclusion

Gout is a metabolic disease & typically characterized by episodic acute arthritis or chronic arthritis caused by deposition of MSU crystals in joints and connective tissue tophi and carries the risk for deposition in kidney interstitial or uric acid nephrolithiasis. In modern medical science several classes of drugs are used to treat gout; non-steroidal anti-inflammatory drug (NSAIDS), disease modifying antirheumatic drug (DMARDS), glucocorticoids & if needed, pain medications. But there are lot of side effect. Homoeopathy finds significant place in the treatment of Gout and reducing its symptoms without having any side effects & complication.

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