

## Review Article

### Homeopathic Management of Gout

Shailendra P. Sharma, Samar Shahaji Ransing\*

Shri Bhagwan Homoeopathic Medical College and P.G. Institute, Aurangabad, Maharashtra, India-431003

#### ABSTRACT

Gout is a disease of the joints. It is a kind of arthritis, which is caused by the deposition of uric acid in the joints. The deposited uric acid causes inflammation of the joints. The level of uric acid in our bodies goes up when the amount of purines in our meals is increased. Purines are responsible for the production of uric acid. This contribution aims to provide a simple and pragmatic approach based on general introduction, causes, why to study, effectiveness and regulations of homoeopathic medicine.

**Keywords:** Homoeopathy, gout, treatment

---

#### Address for Correspondence:

**Dr. Samar Shahaji Ransing**

Shri Bhagwan Homoeopathic Medical College and P.G. Institute,  
N-6, CIDCO, Aurangabad, Maharashtra, India-431001

**Conflict of Interest:** None Declared!

*(Received 20 January 2019; Accepted 10 February 2019; Published 25 March 2019) ISSN: 2347-8136 ©2018 JMPI*

#### INTRODUCTION:

##### Gout

**Definition:** In the simplest of words gout can be defined as the inflammation of joints due to continuous accretion of urate crystals. An excess of uric acid can make a person suffer from gout.

##### Risk factors

You're more likely to develop gout if you have high levels of uric acid in your body. Factors that increase the uric acid level in your body include:

**Diet.** Eating a diet rich in meat and seafood and drinking beverages. Alcohol consumption, especially of beer etc.

**Obesity.** If you're overweight, your body produces more uric acid

**Medical conditions.** Untreated high blood pressure and chronic conditions such as diabetes, metabolic syndrome, and heart and kidney diseases.

**Certain medications.** The use of thiazide diuretics and low-dose aspirin also can increase uric acid levels.

**Family history of gout.** If other members of your family have had gout, you're more likely to develop the disease.

**Age and sex** Gout occurs more often in men, primarily because women tend to have lower uric acid levels.

##### Clinical feature

The signs and symptoms of gout almost always occur suddenly, and often at night. They include:  
**Intense joint pain** Gout usually affects the large joint of your big toe, but it can occur in the ankles, knees, elbows, wrists and fingers.

**Inflammation and redness** The affected joint or joints become swollen, tender, warm and red.

**Limited range of motion** As gout progresses, you may not be able to move your joints normally

##### Investigation

**Joint fluid test** Your doctor may use a needle to draw fluid from your affected joint. Urate crystals may be visible when the fluid is examined under a microscope.

**Blood test** Your doctor may recommend a blood test to measure the levels of uric acid and creatinine in your blood..

**X-ray imaging** Joint X-rays can be helpful to rule out other causes of joint inflammation.

**Ultrasound** Musculoskeletal ultrasound can detect urate crystals in a joint or in a tophus..

**Dual energy CT scan** This type of imaging can detect the presence of urate crystals in a joint, even when it is not acutely inflamed.

##### Need for the study

Gout is the most common cause of inflammatory arthritis in men aged more than 50, affecting approximately 1–2% of adult men in the Western world. Gout develops in men more than women

(10:1) and seldom occurs in premenopausal women. Incidence of gout in India is not very clear.

The prevalence is 0.12% as per International League of Nations Against Rheumatism, Community Oriented Program for Control of Rheumatic Diseases (ILAR COPCORD) study in Bhigwan village of India.<sup>2</sup> A study from Vellore revealed that 15.8% of the affected patients are less than 30 years of age; urban Indian population is involved more than the rural population and due to increased prevalence of metabolic syndrome in younger population

#### **Homoeopathic management in gout**

Homeopathy treats the root cause of the problem and aims at eradicating the disease completely. The effectiveness of the medicines largely depends on the patient's lifestyle. These medicines are listed below:

1. **Colchicum:** It is the primary medicine given to patients suffering from gout. It is good for the treatment of the chronic cases. It is given to patients who suffer from pain in the big toe. The pain is unbearable, when the affected area is touched. The region turns hot, red and swollen. In these patients, the pain starts from the left side usually. The patient feels feverish. Their problem will intensify in warm weather. Their joints get stiffer.

2. **Ledum Pal:** It is for patients who suffer from gout pain travelling upwards. The pain is likely to start from the patient's feet and travel towards the knees. The patient will not be able to bear external warmth. The patient feels better with cold application.

3. **Benzoic Acid:** This medicine is for patients who suffer from gout along with offensive urine. The odour of the urine is intolerable. The colour of the urine is unusual—brown in colour sometimes. There is a cracking sound in the joints.

#### **Review of Literature**

Gout is the most common form of inflammatory arthritis in men (5-27 per 1000 men). Indian studies indicate that about 65% of patients are from middle socioeconomic class. Prevalence of gout appears to be increasing although public awareness about the condition is extremely poor. Gout has a familial predisposition in about one-sixth of cases and certain genetic factors are important risk for development of gout. The gout occur due to deposition of uric acid in the joint and inflammation of the joints. The disease occurs when our body fails to eliminate the

excess uric acid in blood by excretion or the production of the acid is increased.

The level of uric acid in our bodies goes up when the amount of purines in our meals is increased. Purines are responsible for the production of uric acid. They are found in meats, alcohol, sea food and other food items. When digestion of these foods takes place inside the body, purine is released into the blood stream. Uric acid level is also increased by a sedentary lifestyle. Sometimes other factors like intake of insufficient water, consumption of medicines and obesity can also affect the uric acid level in the blood.

Homoeopathic medicines can be a big boon for all those who suffer from high uric acid. These medicines work by reducing the uric acids overproduction by the body and accelerating the removal of this waste product from through the kidneys.

Homoeopathy is known to control the uric acid diathesis and is also useful in acute attacks. Homeopathy helps in controlling the pain during the acute attack of gout as well as helps in preventing the recurrence of such episodes. It helps in reducing stiffness and improves the mobility of the joints.

#### **REFERENCES**

1. Harrison's Principles of Internal Medicine; Vol. 1, 16th Edition.
2. Davidson's Principle and Practice of Medicine 17th Edition.
3. API Text book of medicine. Vol-2. 8th Edition. India: Association of physicians India; 2008.
4. William Boericke-Pocket Manual of Homoeopathic Materia Medica
5. Kent JT. Lectures on Homoeopathic Philosophy. New Delhi: B Jain Publishers (P) Ltd; Reprint 2003
6. Dunham C. Lectures on Materia Medica. New Delhi: B Jain Publishers (P) Ltd; Reprint 1993.
7. <https://www.mayoclinic.org/diseasesconditions/gout/diagnosis-treatment/d>
8. <https://www.lybrate.com/topic/can-homeopathy-help-in-treating-gout->
9. <http://www.arthritis-india.com/gout.htm>