

Purging Gout with Homoeopathic Approach

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ABSTRACT

Gout is an inflammatory and painful condition associated with arthritis. This is due to accumulation of uric acid crystals in and around the joint. Due to the uric acid accumulation severe pain, swelling, tenderness, redness is noted at the site of joint. Homoeopathy plays vital role in treating Cases of Gouty arthritis based on symptom similarity. Not only the severity comes down with Homoeopathy but also the frequency and gradually even the serum uric acid levels come down.

Keywords: Gout, Uric acid, Homoeopathy, Arthritis

INTRODUCTION

Gout is defined as a common form of arthritis which is very painful. Inflammatory arthritis is characterized by redness, tenderness, severe painful, hot and swollen joints. Inflammation is due to accumulation of uric acid crystals in and around the joints. Pain comes suddenly and violently. Urates come from purines, they are found in body tissues and foods. When purine breaks down, they form into urates and are found like needle shaped crystals in your joints causes pain and swelling. Uric acid deposition may also happen due to either calculi in kidneys or due to kidney damage. Most commonly seen in men when compared with Women. Elderly males and postmenopausal women are the culprits. Rarely young people will develop this disease, it gets complicated.

Causes

- Increasing age
- High urate levels

- Family history of Gout
- Drinking alcohol
- Eating foods that are rich in purines
- Drinking beverages which is having high fructose levels
- Obesity
- Metabolic syndromes like chronic diseases such like Hypertension, Diabetes, Hyperlipidemia
- Chronic Kidney Disease

Clinical Features

- Severe pain in the joints which is hot
- Swelling at the joint with tenderness
- Redness is noted
- Warmth and restricted movement
- Symptoms usually progress quickly and lasts for 1-2wks.

Investigations

- Sr. Uric acid
- Complete Blood Picture
- Fasting lipid profile
- FBS/PLBS
- TSH
- Renal Function Test
- Complete Urine Examination
- Xray
- Joint Aspiration
- CT Scan.

General treatment

- Small and simple changes in life style will bring lot of relief regarding pain in joints.
- Planning for decreasing weight
- Drinking wine instead of beer
- Drinking skimmed milk

Homoeopathic Treatment

1. Colchicum

Primary medicine for gouty conditions. Severe pain in great toe. Unbearable with even slight touch. Has great affinity in membranes of joints. Indicated in chronic affections with hot, tenderness swelling. Tearing type of pain which is worse during nights and from touch. Severe pain in toes which will be hurting very badly. Great prostration with coldness. Tearing type of pain in warm weather. Pins and needle like pain in hands and wrists, fingertips. Pain in front of thigh. Stiffness noted. Pain worse during nights. Inflammation of great toe. Gout in heels. Aggravated by motion, loss of sleep, mental exertion. Amm by Stooping.

2. Ledum Pal

Indicated in functional pain with depositions in joints. Pain begins in feet and moves upwards. Specific medicine for cataract with gout. Gout pain is severe in nature shoots in foot, joints and limbs. Pain especially in small joints with tenderness, hot and swelling tendency. Severe pain in soles unable to step on them. Sprains easily noted in ankles. Coldness sensation all over the parts. Agg by heat of bed, night. Amm by cold, putting feet in cold.

3. Rhus tox

Great effect over joints and tendons. Tearing type of pains. Stiffness and severe pain. Extreme restlessness. Hot, painful swelling of joints. Soreness of condyles of bones. Cold fresh air is not tolerated during the pain. Numbness and trembling after exertion. Sensation as if loss of power in forearm and fingers. Crawling sensation in tips of fingers and tingling sensation in feet. Agg by cold, wet rainy weather. lying on back or right side. Amm by Weather, motion, walking, rubbing.

4. Bryonia alb

Acts on serous membranes with swelling in joints. Stitching type of pain, tearing type of pain. Bryonia patient is irritable, vertigo on

raising the head. Stiffness, painful, tenderness. Red, hot swelling of joints. Stitching and tearing type of pain. Every joint seems to be very painful. Agg by warmth, any movement, hot weather. Amm by Lying on painful side, pressure, rest.

5. Arnica Montana

Pains are like as if beaten. Sore, lame, bruised feeling all over the body. Unable to perform continuous work. Can't bear pain. Severe pain due to which fear of touch is developed. Sensation as if sprained and dislocation of joints. Soreness after exertion. Everything whatever they lie on seems to be hard. Cannot walk erect due to severe pain. Pain starts down and gradually moves up. Aggravated by Least touch, motion, rest. Amm by Lying down

6. Benzoic acid

Has a marked action on Uric acid diathesis and metabolism. Cures symptoms of highly coloured urine with very offensive nature and in gouty symptoms. Dwells the unpleasant things in the past. Gouty depositions. Tearing type of pain in tendo-achillis. Swelling, redness and hot sensation of wrist. Agg by open air, uncovering.

7. Urtica urens

Indicated in gouty and uric acid diathesis. Symptoms like pain in joints, swelling, tenderness, red hot sensation return every year at same time. Pain in ankles, wrists. Heat like sensation in the bed. Soreness of the parts. Stitching type of pains. Aggravated by water, moist air, touch.

8. Sulphur

Heat and burning sensation all over the body. Red, hot, swelling of joints with flushing like sensation. Patient is irritable. Trembling sensation. Gouty complaints with itching. Burning and sweat during nights. Stiffness of knees and ankles. Sensation of a band around the joints due to gouty affections with skin complaints. Agg by rest, warmth. washing. Amm by warm weather lying on right side.

Declaration by Authors

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