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Primary Gout and Its Homoeopathic Approach

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Abstract-

One of the leading and primary abnormalities in large number of diseases is the metabolic disorders. Hyperuricaemia (HU) is one of the common metabolic disorder which leads to Gout. Elevation of serum uric acid (SUA) levels, or hyperuricaemia, is an essential prerequisite for the development of Gout. Gout is now regarded as a symptom complex disease of multiple aetiology. It is labelled as primary gout, where there is often a strong hereditary factor in some cases and labelled as secondary gout, where an obvious associated disease is the primary cause. Hyperuricaemia is defined as a serum or plasma urate concentration greater than 7.0 mg/dl in males and 6.0 mg/dl in females that is the limit of urate solubility at physiological temperature and pH. Homoeopathy follows an individualistic approach towards patients suffering from hyperuricaemia and its manifestation as primary gout. Homoeopathy considers health as a state indicating harmonious functioning of life force. Disease is a deviation from health, which develops when vital force is unable to overcome obstruction to its smooth functioning

Key word: Hyperuricaemia, Uric acid, Primary Gout, Homoeopathy

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Introduction-

During past decades the prevalence of hyperuricaemia has been increased due to widespread changes in lifestyle. Epidemiological changes in the prevalence of

diseases are taking place worldwide and with regional variations. The shift is driven by nutritional, demographic, socioeconomic, industrialization, urbanization and associated lifestyle changes. Especially over last few

decades, the prevalence of hyperuricaemia and gout is increased by an increased prevalence of additional disorders such as hypertension, obesity, metabolic derangements and aging.

Uric acid is a poorly soluble end product of purine metabolism in humans. Human beings have higher levels of uric acid, in part, because of a deficiency of hepatic enzyme uricase, and lower fractional excretion of uric acid. The blood levels of uric acid are a function of balance between the breakdown of purines and the rate of uric acid excretion. Theoretically, alterations in this balance may account for hyperuricaemia, although clinically defective elimination accounts for most cases of hyperuricaemia. Uric acid in the blood is saturated at 6.4-6.8 mg/dl at ambient conditions, with upper limit of solubility placed at 7 mg/dl.

Hyperuricaemia may occur because of decreased excretion (underexcretors), increased production (overproducers) or combination of these two mechanisms. Under excretion accounts for most causes of hyperuricaemia. While decreased urate filtration may not cause primary hyperuricaemia. Combined mechanisms (under excretion and overproduction) can also cause hyperuricaemia. The most common cause under this group is alcohol consumption.

Homoeopathic Management of Primary Gout

Homoeopathic approach in curing a disease is not only treating the presenting symptoms of disease but is to cure person in disease as a whole. Constitutional approach is must to reach the Similimum. Homoeopathic

physicians select remedies on Totality of Symptoms, not only based on physical symptoms, but also lifestyle, character, mental and emotional state, stress levels, diet, family history and other general factors in order to prescribe best remedy. Homoeopathy considers health as a state indicating harmonious functioning of life force. Disease is a deviation from health, which develops when vital force is unable to overcome obstruction to its smooth functioning.

Miasms are the fundamental cause of every disease so as in case of hyperuricaemia and gout. Miasm disposes the body towards a certain diathesis. Patient develops hyperuricaemia due to their uric acid or lithic diathesis. These patients develop gout and other rheumatic pains because they have tendency to build up high level of uric acid in their bodies.

In case of uric acid or lithic diathesis predominant miasm is Sycosis but psoric and syphilitic miasm also plays a significant role in development and complications of gout.

Individualisation is must in curing a disease. No two gout patient are treated with same treatment but are treated as distinct individuals, each uniquely influenced by different factors with each patient being prescribed a remedy that matches their symptom. Instead of constitutional approach some important medicines are very useful in preventing the gout and its clinical symptoms. Medicines which are useful in primary gout are as follows:-

- ❖ **UrticaUrens-** A remedy for lithiasis. Gout and uric acid diathesis.

Symptoms return at the same time every year. Stinging pain in acute gout mainly in deltoid and in ankles. Symptoms aggravated mainly from snow air, cold water, cool moist air and touch.

- ❖ **Colchicum Autumnale-** Affects markedly the muscular tissues, periosteum and synovial membranes of joints. Has specific power of relieving the gouty paroxysms. The parts are red, hot, swollen. Tearing pain down left arm. Sharp pains in limbs. Pain in front of thigh. Limbs lame, weak, tingling. Joint stiff and feverish. Shifting rheumatism. Pain worse in evening and warm weather. Inflammation of great toe, gout in heel, cannot bear to have it touched or moved.
- ❖ **Benzoic Acid-** It has marked action on metabolism. It produces and cures symptoms of uric acid diathesis with urine highly colored and very offensive. Anti- sycotic. Joints crack on motion. Pain in TendoAchillis. Rheumatic gout, nodes are very painful. Swelling of the wrist and knees. Tearing pain in great toe. Symptoms worse in open air and by uncovering.
- ❖ **Ledum Pal-** Affects mainly the rheumatic diathesis. Gouty pains shoot all through the foot, limbs and in joints especially small joints. Affected area is swollen, hot and pale. Cracking in joints. Gouty nodosities. Ball of great toe swollen. Rheumatism begins in lower limbs and ascends. Ankles swollen, soles painful, can hardly step on them. Ameliorated from cold, putting feet in cold water. Worse at night and from heat of bed.
- ❖ **Antimonium Crud-** Mainly suited to the conditions of gout with gastric derangements. Arthritic pains in finger. Feet very tender. Pain in heels. Worse in evening, from heat, acids, wine, water and washing. Better in open air, during rest and moist warmth.
- ❖ **Sabina-** It has special action on serous and fibrous membranes, hence it is very useful in gout. Bruised pains in anterior portion of thighs. Shooting in heels and metatarsal bones. Arthritic pain in joints. Gout worse in heated room. Red, shinning and swelling of affected part. Gouty nodosities. Worse on least motion, heat and warm air. Better in cool fresh air.
- ❖ **Ammonium Phos-** A remedy for chronic gouty patients having uric acid diathesis. Nodosities of the joints of the fingers and backs of hands. Pain in shoulder joints. Heaviness of limbs.
- ❖ **Arnica-** Useful in gout. Great fear of being touched or approached. Pain in back and limbs as if bruised or beaten. Sprained and dislocated feeling. Soreness after overexertion. Everything on which he lies seems to hard. Rheumatism begins low down and works up.

❖ **Berberis Vulgaris-** Rheumatic paralytic pain in shoulders, arms hands and fingers, legs and feet. Swelling of finger joints. Pain in the heels, stitching between metatarsal bones as from nail when standing. Pain in balls of feet on stepping. Worse on motion, standing. It brings on or increases with urinary complaints.

❖ **Lycopodium-** Numbness with drawing and tearing in limbs especially while at rest or at night. Heaviness of arms. Tearing in shoulder and elbow joints. One foot hot, the other cold. Chronic gout, with chalky deposits in joints. Cannot lie on painful side. Limbs go to sleep. Worse right side, from right to left. From above downwards, 4 to 8 pm, from heat or warm room, hot air and bed. Better by motion after midnight from food and drink, on getting cold and from being uncovered.

❖ **Rhododendron-** Rheumatic and gouty symptoms well marked. Rheumatism in the hot season. Joints swollen. Gouty inflammation of great toe joint. Rheumatic tearing in all limbs, especially right side, worse at rest and in stormy weather. Pains in bones in

spots, reappear by change of weather.

Cannot sleep unless legs crossed.

Conclusion

From above philosophical and medicinal data it can be concluded that homoeopathy has got rich literature and plenty of remedies for the cases of hyperuricaemia esp. in the name of Uric acid Diathesis. Homoeopathic literature shows that it has got lot of scope in treatment of cases of hyperuricaemia on basis of individual symptoms of the case – matched with individual symptoms of the most similar medicines. Its methodology of action promotes reversal of the symptoms of gout according to Hering's law of Cure i.e., first to come will be last to go, from centre to periphery, from above downwards, within outwards pattern, in a more permanent manner, as rapid as possible and in a most harmless way.

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