

Gout

What is Gout?

Gout is a recurrent acute, painful inflammatory disease that affects the person's joints, especially in the big toes. It is a metabolic disorder resulting from the accumulation of uric acid in the blood and other body fluids. The uric acid forms crystals in the joints, which trigger an acute inflammatory response. It can also develop into a chronic or recurring condition.

Signs and Symptoms

Severe, throbbing, excruciating pain in a joint, particularly in the big toe (50% of cases), ankle or knee. The affected joint is inflamed – red, swollen, hot and very tender to the touch. Flu-like symptoms may appear, such as muscle aches and fever; hard nodules form on the joint surface; and physical movement is painful and difficult. Gout can also affect the ankles, knees, wrists, tendons and surrounding tissues.

Complications

Untreated gout may cause urate crystals nodules (tophi) to form under the skin. Tophi can develop in several areas such as the fingers, hands, feet, elbows or Achilles tendons along the back of the ankle. Tophi themselves are not usually painful, but they can become swollen and tender during gout attacks. Another complication that may occur is the development of kidney stones due to urate crystals forming in the urinary tract.

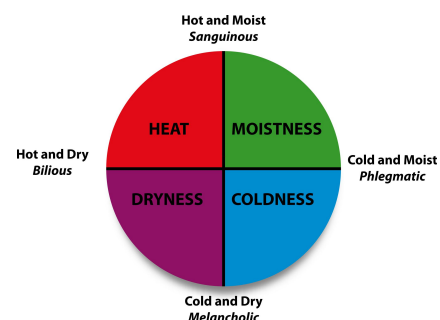
What Causes Gout?

Gout occurs when urate crystals accumulate in joints, causing the inflammation and intense pain typical of a gout attack. The uric acid is a normal waste product of the body's metabolism, but is not excreted properly in gout.

Gout often results from long-term consumption of rich, high-protein food, especially cold and dry foods like beef. Other risk factors include: side effects of certain medications such as diuretics, and a genetic or temperamental predisposition.

The Tibb View of Gout

According to Tibb, gout is linked to **coldness with dryness**. It develops in the peripheral areas of the body which do not receive as much heat as the core organs and tissues. Physis is unable to regulate the high uric acid levels circulating in the blood, resulting in these crystals depositing and "freezing" in the joint spaces. The body's reaction to this is the origin of the signs and symptoms of gout. Although individuals with a melancholic dominant/sub-dominant temperament are predisposed to gout, people with dominant/sub-dominant sanguinous temperaments are also at risk. This is the result of the oxidation of the sanguinous humour into abnormal melancholic humour.



Management of Gout

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with gout, by implementing Lifestyle Factors that will **increase the qualities of heat with moistness**. This assists Physis in addressing both the symptoms and causes of gout.

Tibb Lifestyle Factors

Food and Drink

- Ideally eat only fruit and vegetables (juiced), and avoid nuts, eggs, meats and fried foods for several days during an acute attack;
- Eat **mostly Hot & Moist foods** - such as spinach, dates, mango, and turmeric, **followed by Hot & Dry foods** - like oily celery, green or red peppers, avocados and parsley.
- Eat **less of Cold & Moist foods** - such as milk, pineapples, and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomatoes, sour milk, and beans.
- Cut down on tea and coffee, and restrict alcohol consumption, especially beer.
- Do not eat purine-rich foods, which include brains, herring, anchovies, liver, kidneys, sardines and pilchards.
- Drink at least three litres of warm water daily to dissolve and flush out uric acid deposits.
- Drink caffeine-free herbal teas to increase fluid intake; peppermint, rose hip and yarrow, for example.
- Avoid frequent sugary soft drinks, as they contain much fructose, which can increase recurrence.
- Avoid eating protein-rich foods
- A light fast for a couple of days is often beneficial.

Other Lifestyle Advice

Try steam bathing or sauna (for short sessions) daily. Heat helps to soften the uric acid crystals.

Herbal Remedy

- Infuse in 1 cup of boiling water with ½ tsp cinnamon powder, ½ tsp fenugreek powder, and a ¼ tsp celery seeds powder. Add honey to taste.

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									