

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.

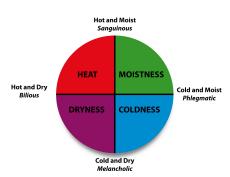
What Causes Gout?

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 increases 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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							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)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						