

Review Article

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A Step Towards Inner Peace



AYURVEDIC MANAGEMENT OF HIGH URIC ACID LEVELS GOUTY ARTHRITIS

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ABSTRACT:

Introduction: Gout is a type of arthritis that leads to inflammation and severe pain in the joints. Gout can be a very painful and debilitating type of arthritis that can greatly affect a person's quality of life. **Methodology:** A female patient aged 44 years prediagnosed as gouty arthritis with serum uric acid level 6.8 mg/dL presented with clinical symptoms of pain, swelling, and burning sensation in the in bilateral (B/L) knee joints, and in lower limbs suffering from 1 year. She again got attack of pain and stiffness and was not ready to do any Panchakarma process. She given Ayurvedic medications namely Tab *Panchatikta Ghruta Guggulu*, *Maharasnadi kadha* and external application of *Murivenna tailam* for 2 months and was advised with healthy diet and lifestyle. **Result:** After 20 days, she found significant relief in subjective parameters like joint pain, tenderness, swelling, stiffness and restricted joint movement. Objectively, significant reduction in serum uric acid level has been observed after 2 months. **Discussion:** Tab *Panchatikta ghruta guggulu* and *Maharasnadi kadha* are anti-inflammatory and analgesic medicines. As per Ayurveda, it works by purifying *Rakta dhatu* and pacifying *Vata-Pitta dosha* and improves metabolism. *Panchatikta ghruta guggulu* is best *Rasayana*, *Balya* formulation for management of *Vatarakta*. Patient was suggested *Raktamokshana* to prevent further attacks of pain. This case paper provides evidence based support of Ayurvedic treatment for gout management.

Keywords: Ayurveda, Gout, Inflammatory arthritis, Uric acid, Vatarakta

INTRODUCTION:

Gout is a common disease with worldwide distribution. Synovitis, deforming arthritis, nephrolithiasis, and the accumulation of monosodium urate (MSU) monohydrate crystals in the tissues are symptoms of this chronic illness. Gout is a condition that is caused by a buildup of uric acid in the blood, which can lead to painful joint inflammation.¹ The biochemical indicator of gout is the saturation of extracellular fluids with urate, which can be ruled out by blood circulation hyperuricemia. Values over 7.0 mg/dL in men and 6.0 mg/dL in women are referred to as hyperuricaemia. It has been observed that the prevalence of gout has gone up recently. Men are more likely to get gout in their middle years. The ratio of men to women is 7:1 to 9:1.²

Hyperuricaemia can be categorized into two types: metabolic and renal, each further classified as primary or secondary. Secondary instances have a recognized etiology for their hyperuricaemia, however primary individuals do not know the underlying metabolic problem.⁽⁰²⁾ Depending on the amount excreted in a 24-hour period, either overproduction or under secretion of uric acid causes this illness. In both cases of overproduction and under secretion, hyperuricaemia can result from an excessive purine diet.³ (03) Conventional treatment for the particular disease includes use of NSAID's and analgesics. It is possible to associate *vata-pittadhi* *vatarakta* with gouty arthritis, marked by signs and symptoms such as erythema (*raga*), extreme joint discomfort (*Spartshasahatva*), swelling (*Sopha*), and rigidity in the joints (*Stambha*).⁴

In Ayurvedic science, the term "hyperuricaemia" may not be explicitly mentioned, but the concept of "*Vatarakta*" is acknowledged as an independent disease.⁵ (05). *Vaatarakta* is categorized under both *Vaata vyadhi* and *Rakta aashraya roga*.^{6,7} The Ayurvedic perspective suggests a link between *Vatarakta* and hyperuricaemia, as the etiology, pathophysiology, and clinical aspects of the latter are similar. The therapy method for *Vatarakta* includes *Snehapana* (medicated ghee consumption), *Raktamokshana* (blood-letting), *Mrudu virechana* (mild laxative), *Bastikarma* (medicated enema) and *Abhyanga*

(oiling).⁸ This study states a case managed only on the basis of Ayurvedic medicines.

CASE STUDY

A 44 year-old female presenting with chief complaints of pain, swelling, and burning sensation in the in bilateral (B/L) knee joints, and in lower limbs for the past 1 year. Patient revealed sudden onset of pricking pain (*todayat vedana*) and swelling in B/L knee joint since 1 year. Stiffness in B/L knee joint resulting in difficulty in movement. The pain intensified in the last 30 days, impeding daily activities. It was observed that, discomfort exacerbates with warmth. Local analgesics administered by patient in past 6 months. Patient reported temporary relief when allopathic analgesics were administered.

Ashtavidha pariksha

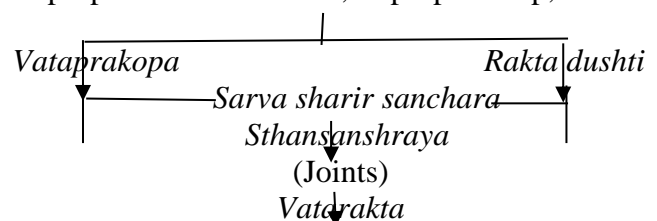
- Pulse (*Nadi*) – 86/min, Regular, *Vatapitta pradhana*
- Eyes & Vision (*Druk*) – Normal
- Fecal matter (*Mala*) – Feeling of incomplete evacuation
- General body built (*Aakriti*) – Mesomorph (*Madhyam*)
- Urine (*Mutra*) – *Samyak* (7-8 times a day)
- Touch (*Sparsha*) - Dry (*Ruksha*), warm (*Ushna*)
- Voice of patient (*Shabda*) – Healthy normal
- Tongue (*Jivha*) – Whitish layer on tongue (*Sama*)

Nidan Panchaka

- **Hetu (Causes):** *Lavana* (salty), *amla* (sour), *tikta* (bitter) *rasa sevan*, stale food, disturbed sleeping patterns, dry (*ruksha*) *aahara sevan*, more travelling, standing work.
- **Roop (Signs):** Pain, swelling and stiffness of B/L knee joints, difficulty in walking and movements

Samprapti (Pathogenesis):

Improper intake of *Ahara*, improper sleep, travelling



Criteria of diagnosis: Based on clinical investigations and increased serum uric acid level of 6.8 mg/dL reported on 30/12/2023 and knee joint synovitis, the patient was diagnosed as gouty arthritis and treatment was planned according to *vatarakta chikitsa*.

Methodology of treatment:

Table 1: Treatment schedule

SN	Treatment	Dose	Duration
1.	Tab. <i>Panchatikta Ghrita Guggulu</i>	500 mg; 2 BD	30 days
2.	<i>Maharasnadi kadha</i>	20 ml; BD with warm water	30 days
3.	<i>Murivenna tailam</i>	External application q.s. (warm)	30 days

All the medicines were procured from GMP certified pharmacy. Patient was strictly advised to avoid food like meat, fish, high fructose food and alcoholic preparations.

Subjective and Objective Criteria for Assessment:

(a) Subjective criteria : Visual Analogue Scale (0-10)

Grade	Tenderness
10	Severe pain
9	Moderate pain
8	Severe pain
7	Moderate pain
6	Severe pain
5	Moderate pain
4	Severe pain
3	Moderate pain
2	Severe pain
1	Moderate pain
0	No pain

(b) Objective Criteria: Serum uric acid level

Table 2: Subjective assessment before and after treatment

Subjective criteria	Before treatment	After treatment
Joint pain	Severe (Grade 8-10)	Mild pain (1-3)
Tenderness	Severe	No tenderness
Swelling	Present	Absent
Stiffness	Present	Absent
Restricted joint movement	Present	Mild

Table 3 : Objective assessment before and after treatment

Objective criteria	Before treatment	After treatment
Serum uric acid	6.8 mg/dL	2.8 mg/dL

The reports of before and after treatment are as follows:



Discussion

The patient showed remarkable progress, and by the time the 60th day of the recommended therapy was up, Upon investigation on 26/12/2023 the patient's Serum Uric acid level was found to be reduced at 2.8 mg/dl. the symptoms had significantly decreased. After the treatment plan was finished, the serum uric acid levels went back to normal. This favorable result indicates that the Ayurvedic intervention was effective in controlling hyperuricemia and reducing related symptoms in the case study that was given. It is recommended to do routine monitoring and follow-ups after therapy to guarantee the patient's continued well-being.

The Ayurvedic drugs in the prescribed treatment plan work synergistically to reduce uric acid levels through various mechanisms:

Tab Panchatikta Ghrita Guggulu: *Panchatikta Ghrita*

Guggulu is a polyherbal preparation indicated in *Vatarakta*.⁹ *Panchatiktaghrita guggulu* works on the sign and symptoms mentioned above and capable of curing the gout. *Nimba, Guduchi, Kantakari, Guggulu, Amalaki, Pippali mool* etc. these all have anti-inflammatory effects. *Guduchi, Patol, Guggulu, Kantakari, and Vacha* etc. these all have property to work as analgesics. Drugs like *Guduchi, Kantakari, Vaividang, Kutaki, Tejovati* etc. show antipyretic effect. *Kushtha, Mishreya, Kantakari, and Vayvidanga* etc. these all works on urinary system and regulates the proper excretion of uric acid apart from all this *Sunthi, Mishreya, Kutaki, Bhallataka, Manjistha* etc. are good antioxidant. So, their combined effect shows good results in the management of gout.¹⁰

- **Maharasnadi Kadha-** Supports digestion and elimination, assisting in the removal of metabolic waste products, including excess uric acid. Also it possesses diuretic properties, aiding in the increased excretion of uric acid through urine.
- **Murivenna Tailam** – Mentioned in Yoga Grantham of Trivandrum pharmacopeia. It reduces the pain of arthritis and strengthens the joint.

Collectively, the treatment plan addresses elevated uric acid levels through

- **Enhanced Elimination:** The *Panchtikta Ghrita guggulu* may enhance the elimination of toxins, including uric acid, from the body.
- **Anti-Inflammatory Action:** *Guggulu* contains anti-inflammatory herbs, which may reduce inflammation associated with elevated uric acid.
- **Blood Purification:** • *Maharasnadi Kadha*, with its blood-purifying properties, may aid in detoxification and elimination of impurities, including uric acid.

As patient was not willing for *Panchakarma*, hence managed on medicinal protocol. However, she was suggested to do one *Raktamokshana* after every six months and *Guduchyadi taila matra basti* every six month to prevent further attacks of gouty pain. She was advised to continue *Pathy-ahara* and exercises as a preventive approach.

CONCLUSION

In conclusion, the Ayurvedic treatment plan, Tab *Panchtikta ghrita guggul, Maharasnadi Kadha*, demonstrated efficacy in reducing elevated uric acid levels and alleviating symptoms of pain, swelling, and burning sensations. The reported favorable results were partly attributed to the holistic approach, which included cleansing, anti-inflammatory properties, and diuretic benefits. Throughout the program, the patient showed significant improvement, with stabilized serum uric acid levels. This study highlights the effectiveness of Ayurveda in treating hyperuricemia and gouty arthritis, supporting more investigation into alternative therapeutic methods.

Conflicts of Interest- Nil

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