

Gout Management through Ayurvedic Intervention- A Case Study

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ABSTRACT

In Ayurveda *Vata-rakta* is an independent disease, caused by the aggravation of both *Vata Dosha* and *Rakta Dhatu*. In present era symptoms of Gout resemble with *Vata-rakta*. Gout is a painful inflammatory arthritis caused by high uric acid levels in the body also know metabolic disease characterized by abnormal purine and uric acid metabolism, which leads to the formation of needle-like crystals in joints, most commonly the big toe. Symptoms include sudden, severe pain, swelling, redness, and warmth in the affected joint. Risk factors include high protein diet, alcohol consumption, certain medical conditions like high blood pressure or diabetes and genetics. The global prevalence of Gout is between 1-4%. The case study aims to explore whether Ayurvedic interventions, specifically *Shodhana (Basti)* and *Shamana*, can manage gout effectively. A 48 year old Female Pt. came at the OPD of the Department of Panchakarma, at Govt. Dhanvantari Ayurveda College and Hospital Ujjain (M.P.), with clinical features indicative of Gout. She was examined and diagnosis was conforming by previous reports. This case of Gout was managed by Ayurvedic intervention *Shodhana* and *Shamana Chikitsa* and symptomatic treatment should be done at OPD and IPD level. The response to the treatment was found highly effective. At the end of the treatment period of 2 months as compared with baseline, a highly significant change was observed. The prescribed Ayurvedic procedure and treatment were found to be safe and highly effective and low of cost in managing *Vata-rakta*, correlating with Gout.

Keywords: *Ayurveda, Basti, Gout, Metabolic disease, Parisek. Shodhana, Shamana, Vata-rakta,*

INTRODUCTION TO GOUT



A metabolic disorder caused by hyperuricemia, the buildup of uric acid, which leads to crystal deposits in the joints and soft tissues

Symptoms and Modern Treatment

- ❑ **Symptoms:** Acute, severe pain; redness, warmth, and swelling, often in the big toe.
- ❑ **Modern Treatment:** Often relies on pain relievers (NSAIDs), anti-inflammatories, and uric acid-lowering drugs, which may have side effects and provide only temporary relief.

Gout in Ayurveda (*Vata-rakta*)

Ayurvedic Correlation: -

Gout is correlated with the condition *Vata-rakta*, caused by the simultaneous vitiation of *Vata dosha* and *Rakta dhatu*.

Etiology and Signs of *Vata-rakta*

Etiology:- Unhealthy diet i.e. mithiya ahara vihar (excessive intake of high-purine foods) and a sedentary lifestyle are key causative factors.

Signs of *Vata-rakta*:-

- ❑ *Ruk* (severe pain)
- ❑ *Swayathu* (swelling)
- ❑ *Daha* (burning sensation)

Case Presentation—Patient Details

Patient Profile:-

A 48-year-old female patient with a two-year history of joint pain and swelling came at the OPD of the Department of Panchakarma, Govt. Dhanvantari Ayurveda College and Hospital Ujjain (M.P.), with clinical features indicative of Gout. She was examined and diagnosis was conforming by previous reports.

Chief Complaints, Associated Symptoms and Initial Diagnosis

Chief Complaints:

- ❑ *Sandhi Vedana* (multiple joint pain)
- ❑ *Sandhi Sodha* (joint swelling)
- ❑ *Daha* (burning sensation in joints)

Associated Symptoms: Weakness and disturbed sleep due to pain.

Initial Diagnosis: Confirmed as Acute Gouty Arthritis with a high serum uric acid level of 9.2 mg/dL.

Ayurvedic Treatment Approach (*Vatarakta Chikitsa*)

Treatment Goal: Reduce serum uric acid levels and inflammatory symptoms while preventing long-term joint damage.

Treatment Plan: A combination of therapies was used in a successful case study.

❑ **Panchakarma (Purification Therapy):**

- **Abhyanga:-** Pinda and Bruhat Guduchi Taila (medicated oil) should be used.
- **Parishak Swedan:** Mild sudation (*Mridu Swedana*) with Javneeyagan, Kakoliyadi sidha Puranghrit and Bala tail to loosen toxins.
- **Upanaha Swedan:** Application of a poultice with *Jatamasadi Churna* to the affected joints.
- **Panch tikta Ksheer Basti**
- **Shamana Chikitsa (Palliative Therapy):** Oral medications administered for sustained relief.
- **Vatsaadhani Kashaya:** Patol patra, Triphala, Satavar, Gudduchi, and Kutki a herbal decoction for Vednasaman and uric acid removal.
- **Amrita/ Gudduchi Swarasa:-** A classic drug of choice for Gout.
- **Kaisor & Punarnava Guggulu:** A classic formulation known for its anti-inflammatory and diuretic properties, aiding in toxin and uric acid removal.
- **Dietary and Lifestyle Changes (*Pathya*):**
 - Avoidance of high protien (purine) foods.
 - Maintenance of a healthy body weight.
 - Increased intake of fruits, vegetables, and low-fat dairy.

Before Treatment



After Treatment



RESULTS AND OUTCOME

Assessment Criteria: Subjective improvements (pain, swelling, stiffness) and objective improvements (serum uric acid, ESR).

Case Study Results: After a specific period (e.g., 60 days of treatment).

- ❑ **Serum Uric Acid Level:** Reduced from 9.2 mg/dL to 4.7 mg/dL.
- ❑ **ESR Level:** Decreased from 53 mm/1hr to 26 mm/1hr.
- ❑ **Symptom Reduction:** Significant decrease in joint pain, tenderness, swelling and stiffness.

Overall Improvement: The patient reported significant relief and improved quality of life with no adverse effects.

CONCLUSION

- **Ayurvedic Treatment** :-encompassing *Panchakarma* and *Shamana* therapy, can effectively manage the symptoms of gout (*Vata-rakta*).
- The therapy addresses the root cause of the disease by rectifying the imbalance of *Vata* and *Rakta*.
- Ayurveda offers a holistic, cost effective, low-risk alternative or complementary approach to conventional treatment for hyperuricemia and gout.

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