



Gouty arthritis affecting toes with a tophus over the base of left big toe



Acute gouty arthritis superimposed on tophaceous gout

Medicinal plants used in Niqris (Gout)



Bābūnah (Matricaria chamomilla Linn.)



Khiyār Shambar (Cassia fistula Linn.)



Suranjān (Colchicum luteum Linn.)



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Prevention and Control of

niqris GOUT

...through Unani Medicine



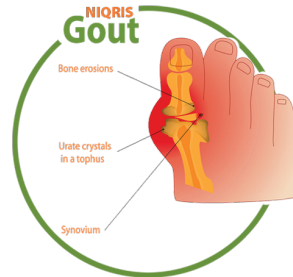
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What is Niqris (Gout)?

According to Unani concept, *Niqris* (Gout) is a kind of arthritis in which the joint of big toe is affected first. Gout is a metabolic disease caused by hyperuricemia (serum uric acid >7 mg/dL in males and >6 mg/dL in females) and characterized early by episodic acute monarticular arthritis, and later by chronic deforming arthritis due to deposition of monosodium urate (MSU) crystals in joints and connective tissues. *Niqris* is rare in children and in women before menopause. It occurs in males between 40 and 50 years and in females after menopause.

Asbāb (Causes)

- Overproduction of uric acid due to -
 - ❖ Vigorous exercise
 - ❖ Purine-rich diet
 - ❖ Obesity
 - ❖ Psoriasis
 - ❖ Chronic haemolytic anaemia
- Underexcretion of uric acid due to -
 - ❖ Drugs: diuretics, aspirin, ethambutol, pyrazinamide, etc.
 - ❖ Diabetes insipidus
 - ❖ Hyperparathyroidism
 - ❖ Starvation
 - ❖ Lead intoxication
 - ❖ Chronic kidney disease
 - ❖ Hypothyroidism
 - ❖ Hypertension
 - ❖ Toxaemia of pregnancy
- Combined mechanism (Increased production and decreased excretion of uric acid)
 - ❖ Alcohol
 - ❖ Shock
- Pouring of humour (Sanguine/ Phlegm/ Yellow bile/ Black bile) on affected joint
- *Balgham Lazij* (viscous phlegm), which may covert into *Sangreza* (crystals)



‘Alāmāt (Signs & Symptoms)

- Acute arthritis
 - ❖ Attack is sudden, starts in the night, in single joint esp. big toe
 - ❖ Affected joint is swollen, hot, red, shiny and extremely painful
- Chronic deforming arthritis
 - ❖ Chronic polyarthritis may occur as early as 3 years or as late as 40 years after the first acute attack
- Tophi (firm, nodular, 1 mm to 7 cm swellings around the joints, esp. hands and feet)
- Nephrolithiasis (kidney stones)
- Urate nephropathy (a late manifestation of severe gout characterised by proteinuria, hypertension, and renal insufficiency)

Tahaffuz (Prevention)

- Avoid the following -
 - ❖ Alcohol
 - ❖ Seafood, red meat, organ meat (kidney, liver, brain), spinach, cauliflower, peas, kidney beans, mushrooms, lentils
 - ❖ Sedentary lifestyle
 - ❖ Psychological factors specially extreme anger, sorrow, etc.
 - ❖ Excessive wakefulness
 - ❖ Regimens producing excessive waste products in the body

‘Ilāj (Treatment)

‘Ilāj bi’l-Ghidhā’ (Dietotherapy)

- Eat low-cholesterol and low-fat diet
- Consume dairy products, such as non-fat milk and yogurt
- Increase intake of fluids, specially water
- Consume pomegranate juice, sweet potatoes, whole grains (like oats, brown rice, and barley)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- Single drugs
 - ❖ *Suranjān* (*Colchicum luteum* Linn.)
 - ❖ *Būzidān* (*Chrysanthemum indicum* Linn.)
 - ❖ *Muqil* (*Balsamodendron mukul* Hook.)
 - ❖ *Khiyār Shambar* (*Cassia fistula* Linn.)
 - ❖ *Bābūnah* (*Matricaria chamomilla* Linn.)
 - ❖ *Nākhūnah* (Pods of *Trigonella uncata* Boiss.)
- Compound drugs
 - ❖ *Habb Suranjān*
 - ❖ *Kushta Gaudantī*
 - ❖ *Roghan Surkh*
 - ❖ *Ma’jūn Suranjān*
 - ❖ *Aujaia*

‘Ilāj bi’l-Tadbīr (Regimenal Therapy)

- *Tanqiya* (Evacuation of causative matter) through *Ishāl* (Purgation), *Idrār* (Diuresis) and *Faṣd* (Bloodletting) as per the causative predominant *Khilt* (humour)
- Moderate exercise
- *Qay* (Emesis)
- *Natūl* (Irrigation) on affected part with lukewarm saline water and lukewarm decoction of drugs
- Dipping of affected part in hot water followed by cold water in chronic cases

Note: Consult a registered Unani physician before using recommended drugs.