

Ayurveda and High Uric Acid

High levels of uric acid in the body are called hyperuricemia. Hyperuricemia occurs when uric acid forms faster than it eliminates from the body. Uric acid saturates body fluids leading to formation and accumulation of monosodium urate monohydrate crystals in different parts of the body, which manifests in the form of various diseases.^[1] Depending on the tissue involved, excess uric acid crystals may cause gout (vatarakta) or urinary calculi (ashmari). Gout can cause joint pain as well as swelling problems that can lead to arthritis. It occurs due to accumulation of urate crystals in joints, tendons, and the surrounding tissues. Urinary calculi are characterized by the accumulation of stones in the urinary system (obstructing the passage of urine) and pain during urination.

Although people believe that diet rich in purines increases uric acid, there are also other reasons besides this includes:^[2]

- Renal insufficiency – reduced of the kidneys to filter waste
- Drinking alcohol in excess
- Due to the high amount of iron in the body
- Genetics (inherited tendencies)
- Health disorders such as kidney disease, diabetes mellitus, hypothyroidism, some types of cancers or chemotherapy, psoriasis, and high blood pressure
- Obesity
- Stress.

In the beginning of the disease, the increase of uric acid in the body is not detected. Most of the people do not understand how to identify increased uric acid. Below are some common symptoms:^[2]

- Feeling uncomfortable to get up and down
- Swelling of feet, joints, fingers, lumps
- Pain in the joints and ankles
- Lump in joints
- Mild stinging pain in hands/toes
- Feeling tired, etc.
- Vibration in the body
- Fever and excessive thirst.

Ayurveda provides a holistic approach to fight with high level of uric acid. In Ayurveda, the defect of the body (vata, pitta and kapha) determines which diseases you are suffering from. Understanding the dosha can help you to find out which treatments and lifestyle changes you should make to balance energy. In the Ayurvedic system, it is believed that gout occurs when the vata dosha is imbalanced. Urinary calculi is primarily a condition of vata-kapha origin, though pitta dosha and shukra dhatu may also be involved in the formation of stones/calculi. Obstruction and injury in the urinary tract due to accumulation of stones may then affect ejaculation of semen in adults and

lead to scrotal swelling and abdominal pain. Urinary stones are classified depending on the involvement of doshas, and the treatment methods vary accordingly. Various herbs may help in high uric acid condition includes^[3] Gokshura-*Tribulus terrestris* (acts on the urinary, respiratory, reproductive, and nervous systems and has aphrodisiac, pain-relieving, diuretic and rejuvenating properties), Bhumi Amla-*Phyllanthus niruri* (acts on the urinary, digestive and reproductive systems and is useful in the management of inflammation, sores and swellings, gout, and kidney stones), Pashanbheda-*Bergenia ligulata* (helps in dissolving uric acid crystals and used in the management of gout and stones in the urinary system), Punarnava-*Boerhavia diffusa* (effective in the management of osteoarthritis, gout, kidney stones, inflammation, fever, cough, and many other conditions), Giloy-*Tinospora cordifolia* (stem juice is highly effective in the treatment of arthritis and helps to reduce the increased levels of uric acid in the body), Neem-*Azadirachta indica* (helps to reduce inflammation and soothe gout flare-ups), Turmeric-*Curcuma longa* (effective in joint arthritis conditions including gout), South-*Zingiber officinale* (effective in gout and other inflammatory conditions).

Different Ayurvedic medicine helps in high uric acid condition includes:

Kaishore Guggul:^[4] Contains Guggul-*Commiphora mukul*, Giloy-*Tinospora cordifolia*, South-*Zingiber officinale*, Kali Mirch-*Piper nigrum*, Vaividang-*Embelia ribes*, Dantimool-*Baliospermum Montanum*, Haritaki-*Terminalia chebula*, Bibhitaki-*Terminalia bellerica*, Amalaki-*Emblica officinalis*, and Nishoth-*Operculina turpethum*. This formulation is blood purifier and helps the body to balance the production of uric acid and control gout.

Chandraprabha Vati:^[5] Contains various herbomineral ingredients such as Devadaru-*Cedrus deodara*, Chitrak Bark-*Plumbago zeylanica*, Vaividang-*Embelia ribes*, Nagarmotha-*Cyperus rotundus*, Kali Mirch-*Piper nigrum*, Daru Haldi-*Berberis aristata*, Vacha-*Acorus calamus*, Piplamool-*Piper Longum*, Dhania-*Coriandrum sativum*, Chavya-*Piper retrofractum*, Gajpipal-*Scindapsus officinalis*, South-*Zingiber officinale*, Nishoth-*Operculina turpethum*, Dantimool-*Baliospermum montanum*, Tejpatra-*Cinnamomum tamala*, Chhoti Ela-*Elettaria Cardamomum*, Bibhitaki-*Terminalia bellirica*, Haritaki-*Terminalia chebula*, Amalaki-*Emblica officinalis*, Kapur-*Cinnamomum camphora*, Guggul-*Commiphora mukul*, Haridra-*Curcuma longa*, Yavakshar prepared from *Hordeum vulgare*, Sendha Namak-Rock salt, Shilajit-*Asphaltum punjabianum*, etc. It helps in relieving pain, inflammation and is also effective in reducing burning sensation during urination.

Gokshuradi Guggul:^[6] Primarily composed of Gokshura-*Tribulus Terrestris*, Guggul-*Commiphora Mukul*, and 7 other medicinal herbs). It breaks urinary stones and supports in their easy removal from the body.

Simhanada Guggulu:^[7] Contains Haritaki-*Terminalia chebula*, Bibhitaki-*Terminalia belerica*, Amalaki-*Embllica officinalis*, Saugandhika (Gandaka)-Purified Sulfur, Guggul-*Commiphora mukul*, and Oil of *Ricinus communis*. This makes it an effective therapy for the management of conditions caused due to high uric acid such as gout and arthritis.

Punarnava Guggulu:^[4] Contains Punarnava-*Boerhavia diffusa*, Erandmool-*Ricinus communis*, Sounth-*Zingiber officinale*, Guggul-*Commiphora mukul*, Nishoth-*Operculina turpethum*, Dantimool-*Baliospermum montanum*, Giloy-*Tinospora cordifolia*, Triphala, Trikatu, Chitrakmool-*Plumbago zeylanicum*, Sendha Namak-Rock salt, Vaividang-*Embelia ribes*, Shudh Bhallataka-*Semicarpus Anacardium*, Swarnmakshik bhasma-Calcined chalcopryrite. Diuretic properties of Punarvadi Guggulu prove to be helpful in flushing out uric acid.

There are many yoga asanas not only help to reduce uric acid but also prevent uric acid crystals accumulation in the joints. These asanas include Ardha Matsyendrasana (Spinal Twist Pose), Bhujangasan (Cobra pose), Dhanurasan (The Bow pose), Hastashirsana (The Head to Head Pose), Makarasana (The Crocodile Pose), Pavan mukhtasana (The Wind Relieving Pose), Pranayama (breathing technique), Tadasan (The Mountain Pose), and Vriksasana (The Tree Pose). Regular practice of these asanas everyday may lead a pain-free life by keeping uric acid levels well within the normal limit.

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Conflicts of interest

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