

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.

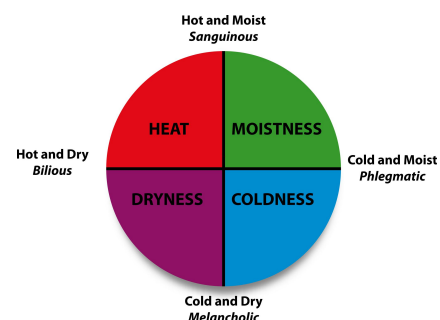
What Causes Gout?

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.



Treatment and 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 increase recurrence.
- Avoid eating protein-rich foods
- A light fast for a couple of days is often beneficial.

Other Lifestyle Factors

Try steam bathing or sauna (for short sessions) daily. Heat helps to soften the uric acid crystals.

Medication

Herbal Remedies

- 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.

Tibb Medication

Rumaflam tablets and ointment - These products possess pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease.

Tibb-Antiflam tablets - This product possesses anti-inflammatory activity, and contains colchicine. Tibb-Antiflam is associated with qualities of **heat**, which increases blood circulation to the bones, joints and muscles.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix