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Case Study: Ayurvedic treatment to lower uric acid

Dr. Nisha Surajan Thaware

PG student,
3rd year Agadtantra Department,
YMT Medical College, Kharghar,
Navi Mumbai (Maharashtra, India)

E-mail: nishathaware19@gmail.com

Dr. Mamata Narvekar

PG Guide,
Agadtantra Department,
YMT Medical College, Kharghar,
Navi Mumbai (Maharashtra, India)

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Abstract:

Elevated uric acid levels can lead to conditions such as gout and kidney stones. This case study explores the efficacy of a holistic treatment regimen involving Kaishor Guggul, Kokilaksha Kashaya, and Erand Oil in lowering uric acid levels.

Keywords: Uric acid, Kaishor Guggul, Kokilaksha Kashaya, Erand Oil, Ayurveda, hyperuricemia, gout treatment,

Introduction:

Uric acid is a byproduct of purine metabolism, and elevated levels can result in significant health issues. Traditional Ayurvedic treatments offer natural alternatives to manage this condition effectively. This case study examines a patient diagnosed with hyperuricemia and evaluates the effects of a specific Ayurvedic treatment protocol.

Patient Profile:

A 45-year-old male presented with symptoms of joint pain and swelling, particularly in the big toe. Laboratory tests indicated a uric acid level of 8.5 mg/dL, significantly above the normal range. The patient had a history of dietary indiscretions and sedentary lifestyle.

Treatment Protocol:

The patient was prescribed the following Ayurvedic formulations:

1. Kaishor Guggul:^[1]

Known for its detoxifying properties, Kaishor Guggul contains several herbs that aid in the elimination of toxins and support metabolic processes. The patient was instructed to take this formulation twice daily.

2. Kokilaksha Kashaya: ^[2-4]

This herbal decoction is known for its anti-inflammatory and diuretic properties, promoting uric acid excretion. The patient consumed 30 ml of Kokilaksha Kashaya twice daily.

Composition of Kokilaksha Kashayam

Kokilaksha Kashayam is primarily made from the herb Kokilaksha (*Asteracanthalongifolia*), along with other supportive herbs and minerals. Key components often include:

- Kokilaksha: Known for its diuretic and anti-inflammatory properties.
- Ginger: Enhances digestion and reduces inflammation.
- Turmeric: Contains curcumin, which has anti-inflammatory effects.
- Black Pepper: Improves bioavailability of other ingredients.

These ingredients work synergistically to promote health and lower uric acid levels.

3. Erand Oil (Castor Oil): ^[5]

Erand Oil is reputed for its ability to reduce inflammation and support digestive health. The patient was advised to take 1 teaspoon of Erand Oil at bedtime to enhance detoxification.

Mode of action of Panchkarma therapy: ^[6-9]

1. Oleation therapy (Snehan) It works as a Vataghna (Decrease VataDosha in body), softness in Dosha, purification of Kostha (Abdomen), increase in digestive power, and increase the strength of the body ^[6]
2. Sudation therapy (Swedan) – Sudation act as if, there is heaviness in body, it is away from sweat, coldness is removed by sweating, and sweating comes from perspiration which is a shit. With this stool, the skin remained an all seven levels and its impurities are removed in the muscles, gout, juice, blood, and fattening ^[7]
3. Enema (Basti) Basti mainly possesses Vedanasthapana, Shothahara, Deepana, Pachana, Mutrala, Vatahara, Rasayana. Basti collectively decreases Vata Dosha and nourishes Asti and MajjaDhatu. Ksheerabasti is a Mrudu Niruha Basti which does Dosha Shaman and Brimhana. ^[8]
4. Bloodletting therapy (Jalaukavacharana) Healing of the skin, the strength of the body increases, the sensory and mind becomes happy and embodied in their work, the work of fire increases which is beneficial in digestive diseases, there is a benefit in inflammation, blood pressure is of special importance in Shul, VataVyadhi, Vatarakta, Lephadhi, Visarpadi the above mention diseases are prevented ^[9]

Monitoring and Results:

The patient was monitored over a period of six weeks. Regular blood tests showed a gradual decline in uric acid levels, with the final measurement at 6.2 mg/dL. Additionally, the patient reported significant relief from joint pain and swelling.

Discussion:

The combination of Kaishor Guggul, Kokilaksha Kashaya, and Erand Oil appears to provide a synergistic effect in lowering uric acid levels. The anti-inflammatory and diuretic properties of these formulations contribute to improved metabolic function and enhanced uric acid excretion.

Conclusion:

This case study suggests that a holistic approach using Ayurvedic formulations can effectively manage elevated uric acid levels. Further research with larger sample sizes and controlled studies is necessary to validate these findings and explore long-term outcomes.

Clinical Evidence

Several studies have investigated the effects of Kokilaksha Kashayam on uric acid levels:

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3. Antioxidant Activity: Research indicates that Kokilaksha exhibits strong antioxidant properties, which may help mitigate oxidative stress associated with hyperuricemia (Ravi et al., 2020)
4. Long-term Use: A follow-up study suggested that long-term consumption of Kokilaksha Kashayam is safe and effective for managing uric acid levels without significant side effects (Kumar et al., 2022).
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