

An Evidence-Based Homoeopathic Case Series in the Treatment of Hyperuricemia

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ABSTRACT

In the modern era, hyperuricemia is an increasingly common medical problem due to our unhealthy lifestyle. Increased consumption of different purine-rich diet like meat, sea-foods, fructose, alcohol, etc. for a long time, gradually enhances monosodium urate crystal deposition in joints and synovial fluids. It is commonly manifested by recurrent acute pain in the monoarticular joints, usually in the great toe, along with swelling, stiffness and redness. Chronic hyperuricemia can even lead to gout and nephrolithiasis in the long run. Different Homoeopathic literature enlists many medicines for hyperuricemia, but there is a paucity of evidence-based published studies. Here we have presented three cases of hyperuricemia treated successfully with individualized Homoeopathic medicines and the result was evident within three months. The individual curative response of Homoeopathic medicines was assessed through a reduction in serum uric acid (SUA) levels (baseline vs. 3 months) as well as improvement in quality of life (QoL) by scores of Short Form (SF)-36 questionnaire (baseline vs. 3 months). After the study, it was evident that Homoeopathy provides a curative approach to the patient suffering from hyperuricemia, both physically and mentally, without any adverse effects.

Keywords: Homoeopathy, Hyperuricemia, Purine-rich diet, Serum uric acid.

INTRODUCTION

Hyperuricemia, or high uric acid, is usually considered when the normal upper limit of it exceeds 7 mg/dL in men and 6 mg/dL in women [1, 2]. It is a common metabolic disorder that affects patients of all ages and genders. According to the National Health and Nutrition Examination Survey (NHANES) 2007-2008, a similar prevalence was found in both men (21.05%) and women (21.02%) [3]. From three Indian studies, it was found that about 65% of patients from the middle socioeconomic sections suffer from hyperuricemia and gout. It has a familial predisposition in about 1/6 of cases, and certain genetic

factors are also important factors for developing gout. [4,5]

In modern medicine, commonly, hyperuricemia is treated with the NSAIDs Colchicine, Corticosteroids, Xanthine oxidase, Allopurinol, etc. When these medicines are used for an extended period, they may cause drug dependency and unwanted side effects like diarrhea, nausea, vomiting, peptic ulcer, renal failure, blood dyscrasia, etc. [6,7] Homeopathic medicines are quite effective for treating such conditions, as the treatment is based on individualization. Appropriate selection of similimum and proper dosage often bring

about a cure without any complications [8-11].

A search on the PubMed database revealed an open, randomized, pragmatic, pilot trial by individualized homeopathic (IH) medicines and *Urtica urens* mother tincture (UUMT) in the treatment of hyperuricemia in 2020, which shows the IH + UUMT group had a more positive effect on the reduction of hyperuricemia. [12] Similarly, a double-blind, randomized, placebo-controlled trial of individualized homeopathic medicines in the treatment of hyperuricemia by Ghosh et al. showed significantly better results in reducing SUA levels and improving quality of life among such patients by prescribing individualized homeopathic medicines as compared to placebo. [13].

Here we have presented three cases suffering from hyperuricemia treated with individualized homoeopathic medicine along with diet and lifestyle measures. In comparison to other studies, here we used validated Short-form (SF)-36 questionnaire to assess quality of life based on scores, as secondary outcomes along with serum uric acid level (primary outcome) which helps to assess the health status & quality of life(QoL) at both physical and mental level of patients suffering from hyperuricemia. [14-18]. The study shows improvement in both serum uric acid levels and the SF-36 questionnaire scores obtained from 9 different domains over 3 months after the Homoeopathic treatment. Thus, this study, though a preliminary one, revealed a positive treatment effect of individualized Homoeopathic medicines, bearing potentials not only in elevated serum urate levels, but also in improving the physical as well as mental well-being, bodily pain, social activity and quality of life of patients of hyperuricemia without any substantial medicinal adverse effects.

CASE SERIES

CASE NO. 1-

Patient information- A 59-year-old fisherman reported at the outpatient

department of Mahesh Bhattacharyya Homoeopathic Medical College & Hospital (M.B.H.M.C&H) on November 15, 2019 with complaints of tearing pain and swelling in both knee joints for the last 3 months. The pain suddenly came and gradually disappeared, which was aggravated at night, after exertion, weather changes, and ameliorated by pressure and warm compress. He also had a fungal itching eruption between the inner sides of his toes for the last 6 months with a burning sensation, especially after scratching, which was ameliorated by applying cold water to his feet.

The patient often took painkillers, which gave him temporary relief, and applied several lotions on his toes, but no such improvement was reported. No other remarkable medical history was noted. His father was hypertensive, and his mother suffered from gout and bronchial asthma.

Physical General- Patient had a good appetite with extreme craving for sweets and a desire for rice, fish, and salty things. He had moderate thirst and the tongue on examination was moist and clear. There was a strong aversion to milk and bread and intolerance to any green leafy vegetables, especially spinach, as it caused loose stool. His bowels were regular, once in the early morning; urine was clear; profuse perspiration occurred on covered parts of the body with little exertion, which was occasionally offensive and left a white stain on the clothes. He slept for about 6-7 hours daily. Thermally, he was hot, couldn't tolerate any kind of heat, and always wanted to be fanned but reported of having a tendency to catch cold easily.

Mental generals: He was very short-tempered, could not tolerate lying, was easily angered, and then wanted to be alone. And he feels upset sometimes, as he has suffered losses in his business.

General survey: The patient was conscious, alert, and cooperative. Pallor, cyanosis, clubbing, or any engorgement of the neck vein or gland were not detected. He was stout, dark-skinned, and well built. His BP

was 110/70 mm of Hg, his pulse was 78 beats/min, and his height and weight were 5.3 feet and 68 kg. On examination, swelling on the left knee joint was slight; on palpation, pain and tenderness were present on both knee joints.

Diagnosis was made from his history and serum uric acid level report: 7.2 mg/dl (7.11.19), and on X-ray of both knee joints (AP and lateral view), no such significant changes were seen.

Totality of symptoms:

- i. Short tempered; cannot tolerate lies; easily angered.
- ii. Wants to be alone.
- iii. He feels upsets sometimes as he had suffered losses in his business.
- iv. Desires: Sweets⁺, fish, salty things, rice.
- v. Aversion: Milk; bread.
- vi. Intolerance: Green leafy vegetables especially spinach which caused loose stool.
- vii. Perspiration: profuse on covered part of body on little exertion which was occasionally offensive and left a white stain on clothes.
- viii. Hot patient; couldn't tolerate any kind of heat, always wants to be fanned.

ix. Tendency to catch cold easily.

x. Tearing type of pain both knee joint extends up to leg and foot < at night; after exertion; weather changes and > from warm compress; pressure with swelling.

xi. Fungal itching eruption between the inner side of toes < after scratching with a burning sensation &> from applying cold water on feet.

Repertorization and remedial analysis: Repertorium Homeopathicum Syntheticum (Edition 9.1) was consulted as the case presented with characteristic mental and physical symptoms. After repertorial analysis and Materia Medica consultation, *Natrium sulphuricum* 200C was prescribed (two doses in sac lac for 2 consecutive days to be taken early in the morning on an empty stomach), followed by placebo (14 doses in globule number 20, where four globules to be taken every night after dinner). It was prescribed on December 17, 2019 and was advised to maintain the given diet chart strictly and practice yoga daily.

		nat-m.	sulph.	nat-s.	calc.	bry.	chin.	kali-c	nat-c
		1	2	3	4	5	6	7	8
		11	11	11	11	11	11	11	11
		27	23	22	21	20	20	20	20
2. Clipboard 2									
1. MIND - SADNESS	(625) 1	3	3	3	3	2	3	2	3
2. MIND - COMPANY - aversion to	(241) 1	4	2	1	1	2	2	1	2
3. GENERALS - FOOD and DRINKS - salt - desire	(108) 1	4	1	1	2	-	2	-	1
4. GENERALS - FOOD and DRINKS - sweets - desire	(198) 1	1	3	1	2	2	3	2	2
5. GENERALS - FOOD and DRINKS - milk - aversion	(89) 1	2	2	2	2	2	1	1	3
6. GENERALS - FOOD and DRINKS - bread - aversion	(53) 1	3	2	2	2	-	3	2	-
7. GENERALS - FOOD and DRINKS - vegetables - agg. - green	(18) 1	-	-	2	2	2	-	2	2
8. RECTUM - DIARRHEA - vegetables, after	(14) 1	2	-	2	-	1	-	-	1
9. GENERALS - WARM - agg.	(181) 1	3	3	3	2	2	1	1	1
10. GENERALS - COLD - take cold; tendency to	(161) 1	3	2	-	2	3	1	3	2
11. EXTREMITIES - PAIN - warm applications - amel.	(41) 1	-	2	-	-	2	1	2	-
12. EXTREMITIES - PAIN - tearing - Knee	(122) 1	1	2	2	2	1	2	3	2
13. EXTREMITIES - PAIN - tearing - Leg - Calf	(61) 1	1	1	3	1	1	1	1	1

FOLLOW-UP-

DATE	OBSERVATIONS	PRESCRIPTION
17.12.19	1. Intensity and duration of pain reduced along with swelling than before. 2. Fungal itching eruption remain the same as before App- good; Thirst- moderate; Stool- clear; Sleep- disturbed occasionally	R _s , Placebo carb 200/ 28 dose; advised to be taken 2 globules once daily, for 28 days and diet should be maintained

30.01.20	1. Occasionally pain occurred at midnight; swelling completely reduced. 2. Fungal itching eruption improved than before. App- good; Thirst- moderate; Stool-clear; Sleep- disturbed occasionally	Rx, <i>Rubram carb</i> 200/ 28 dose; advised to be taken 2 globules once daily, for 28 days and diet should be maintained and advised for the blood test for uric acid.
27.02.20	1. Pain in both knee joints much better than before 2. Fungal itching eruptions almost disappeared App- good; Thirst- moderate; Stool- clear; Sleep- well	Rx, <i>Sac lac</i> 200/ 28 dose; advised to be taken 2 globules twice daily, for 28 days and diet should be maintained and Blood Report of uric acid on 10.02.20 – 6.1 mg/dl

SF-36 SCALE	PF	RP	RE	VT	MH	SF	BP	GH	PH	UA LEVEL
BASELINE	70	75	100	65	76	87.5	80	70	75	7.2
AFTER 3 MONTHS	100	100	100	75	84	100	100	95	100	6.1

COMMENT: There was a marked improvement seen both in uric acid level and SF-36 SCORE after the prescription of *Nat sulph* 200/2 dose. The patient was also as a whole better as far as the symptoms were concerned.

GOVERNMENT OF WEST BENGAL
M.B.H. MEDICAL COLLEGE & HOSPITAL, DRAINAGE CANAL ROAD, DOOMURJALA, HOWRAH -711 104.
DEPARTMENT OF PATHOLOGY & MICROBIOLOGY
BLOOD BIOCHEMISTRY REPORT

NAME : BECHARAM BAG .			DATE : 07.11 .2019.
AGE/SEX : 59/M .			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting)	XX	mg/dl	70 – 110.
Urea	XX	mg/dl	12 – 45.
Creatinine	XX	mg/dl	M: 0.7 – 1.4. F : 0.6 –1.2.
Uric Acid	7.2	mg/dl	M: 3.5 - 7.2. F : 2.5 - 6.2
Total Cholesterol	XX	mg/dl	140 – 250.
HDL Cholesterol	XX	mg/dl	M : 35 – 80. F : 42 – 88.
LDL Cholesterol	XX	mg/dl	85 – 160.
VLDL Cholesterol	XX	mg/dl	20 – 30.
Triglyceride	XX	mg/dl	25 – 160.

Instrument used : Erba EM 200.

Shubhanga Chak
(HOD, PATHOLOGY)

Fig no. 1.- SERUM URIC ACID BEFORE THE TREATMENT

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DEPARTMENT OF PATHOLOGY & MICROBIOLOGY
BLOOD BIOCHEMISTRY REPORT

NAME : BECHURAM BAG.			DATE : 10.02.2020.
AGE/SEX : 59/M .			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting)	87	mg/dl	70 – 110.
Uric Acid	6.1	mg/dl	M: 3.5 - 7.2. F : 2.5 - 6.2.

Instrument used : Erba EM 200.

Shubhanga Chak
(HOD, PATHOLOGY).

Fig no. 2.- SERUM URIC ACID AFTER THE TREATMENT

CASE NO. 2-

Patient information- A 32-year-old housewife reported to the outpatient department of Mahesh Bhattacharyya Homoeopathic Medical College & Hospital (M.B.H.M.C&H) on September 24, 2021, complaining of stiffness and burning pain in all small joints of the hands and feet for the last 6 months. She also felt great restlessness, along with burning palms and soles. The pain aggravated in the early morning after rising from bed and was ameliorated by applying cold water. She was a known hyperuricemic patient with a serum uric acid level of 8.1 mg/dl (14.09.20); even though she had taken allopathic medicine for the last two years for that, there has been no relief. Her family history included: Mother: asthma, and father: diabetes and osteoarthritis.

Physical General- her appetite and thirst were adequate, with a moist, clear tongue. There was a desire for fish, sweet and salty things, and fruits. Her bowel movements were regular and clear, twice a day. Her perspiration was scanty on her underarms and non-staining. Her sleep was sound, and she had no particular dreams. Thermally, she was hot, couldn't tolerate any kind of heat, and always wanted to be fanned.

Mental general: absent-minded; often forgot daily things she kept. Sometimes she anticipated some events related to her family, which disturbed her so much.

General survey: The patient was conscious, alert, and cooperative. Mild pallor was detected on examination, but cyanosis, clubbing, or any engorgement of the neck vein or gland was not detected. She was

stout, fair-skinned, and moderate-built. Her BP was 130/70 mm of Hg, her pulse was 88 beats/ min, and her height and weight were 5.5 feet and 61 kg. On examination, all fingers and feet were slightly swollen and stiff on palpation.

Totality of symptoms-

1. Absent-minded; often forgot daily things she kept.
2. Sometimes she anticipated some events related to her family, which disturb her so much.
3. Desires: fish+; sweets+; fruits, salty things.
4. Hot patient; couldn't tolerate any kind of heat; always wants to be fanned.
5. Stiffness, burning pain in small joints of hands and feet which aggravated in the early morning after rising from bed; ameliorated by cold water
6. Great restlessness, along with burning palms and soles

Repertorization and remedial analysis- Repertorium Homoeopathicum Syntheticum (Edition 9.1) was consulted as the case presented with characteristic mind and physical symptoms.

After Repertorial analysis & Materia Medica consultation, *Medorrhinum* 200C was prescribed (two doses in sac lac for 2 consecutive days to be taken early morning on an empty stomach) followed by placebo (14 doses in globule number 20 and four globules to be taken every night after dinner) was prescribed on 17 December 2019 and advised to maintain the given diet chart strictly and practice yoga daily.

	med.	phos.	nat-ym.	caust.	carb-ly.	lac-c.	nit-ac.	atr.
1. MIND - MEMORY - weakness of memory (323) 1	11	10	9	9	9	9	9	8
2. MIND - ABSENTMINDED (227) 1	21	20	20	17	16	15	14	19
3. MIND - ANTICIPATION (59) 1	3	3	2	3	2	2	3	3
4. GENERALS - FOOD and DRINKS - fish - desire (44) 1	1	2	3	3	1	2	1	1
5. GENERALS - FOOD and DRINKS - sweets - desire (198) 1	1	1	1	1	2	2	-	3
6. GENERALS - FOOD and DRINKS - salt - desire (108) 1	2	1	2	1	-	1	1	-
7. GENERALS - FOOD and DRINKS - fruit - desire - unripe (1) 1	2	2	1	1	2	1	2	3
8. GENERALS - WARM - agg. (181) 1	2	4	4	2	3	3	2	3
9. EXTREMITIES - PAIN - Joints - Small joints (6) 1	3	-	-	-	-	-	-	-
10. EXTREMITIES - PAIN - Joints - morning - waking, on (4) 1	1	2	3	1	1	2	1	3
11. EXTREMITIES - PAIN - Joints - cold - applications - amel. (8) 1	1	-	-	-	-	-	-	-
12. EXTREMITIES - PAIN - burning (50) 1	-	-	-	-	-	-	-	-
13. EXTREMITIES - RESTLESSNESS - Leg (82) 1	-	1	-	-	2	-	1	-
14. EXTREMITIES - STIFFNESS (194) 1	3	2	2	2	2	1	2	2
	2	2	2	3	1	-	1	1

FOLLOW-UP-

DATE	OBSERVATION	PRESCRIPTION
22.10.20	1. Pain reduced moderately 2. Burning and restlessness reduced slightly but not so much App- average; Thirst- moderate; Stool-clear; Sleep- disturbed	Rx, <i>Placebo Carb</i> 200/ 28 doses; to be taken 2 globules once daily, for 28 days and diet should be maintained
26.11.20	Recurrence and intensity of pain and burning improved than before App- good; Thirst- moderate; Stool-clear; Sleep- disturbed occasionally	Rx, <i>Rubram Carb</i> 200/ 28 dose; advised to be taken 2 globules once daily, for 28 days and diet should be maintained and for blood test for uric acid.
31.12.20	1. Pain reduced completely 2. Burning and restlessness are much better than before App- good; Thirst- moderate; Stool- clear; Sleep- well	Rx, <i>Sac lac</i> 200/ 28 dose; advised to be taken 2 globules twice daily, for 28 days and diet should be maintained and the Blood Report of uric acid on 22.12.20 – 5.4 mg/dl

SF-36 SCALE	PF	RP	RE	VT	MH	SF	BP	GH	HEALTH STATUS	UA LEVEL
BASELINE	70	0	33.3	55	100	100	70	65	25	8.1
AFTER 3 MONTHS	95	100	100	70	100	100	90	85	100	5.4

COMMENT: There is a marked improvement seen both in uric acid levels and SF-36 SCORE after the prescription of *Medorrhinum* 200/2 dose. The case is considered as markedly improved and homoeopathic constitutional medicine has proved effective in this case of hyperuricemia.

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BLOOD BIOCHEMISTRY REPORT

NAME : SAHANARA BEGUM.		DATE : 14.09.2020.	
AGE/SEX : 32/F.			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting)	XX	mg/dl	70 – 110.
Uric Acid	8.1	mg/dl	M: 3.5 - 7.2. F: 2.5 - 6.2.

Shukhramy Ghosh

Instrument used : Erba EM 200.

(HOD, PATHOLOGY).

Fig no. 3.- SERUM URIC ACID BEFORE THE TREATMENT

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DEPARTMENT OF PATHOLOGY & MICROBIOLOGY
BLOOD BIOCHEMISTRY REPORT

NAME : SAHANARA BEGUM.		DATE : 22.12.2020.	
AGE/SEX : 32/F.			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting)	XX	mg/dl	70 – 110.
Uric Acid	5.4	mg/dl	M: 3.5 - 7.2. F: 2.5 - 6.2.

Shukhramy Ghosh

Instrument used : Erba EM 200.

(HOD, PATHOLOGY).

Fig no. 4.- SERUM URIC ACID AFTER THE TREATMENT

CASE NO. 3-

Patient information- A 42-year-old housewife reported at the outpatient department of Mahesh Bhattacharyya Homoeopathic Medical College & Hospital (M.B.H.M.C&H) on 24.09.20 with complained of drawing type of pain in both knee while standing and walking since the last 7-8 months. It is only ameliorated by pressure. No other medical history was found. His mother was hypertensive and mother suffered from chronic kidney disease.

Physical General- Patient appetite was good, thirst was moderate and his tongue was moist, clear. There was a sour taste in mouth. She had an extreme craving for boiled eggs& desire for sweets and warm things. There was strong aversion to meat. Stool was regular but first hard then liquid passed; urine was clear, profuse perspiration occurred on covered part of body on little exertion which was occasionally offensive. Sleep was good, with dreams which were not remembered. Thermally she was hot, preferred cold weather.

Mental general- She was very irritable; easily angered and then wanted to be alone. There was a great fear of dark.

General survey- Patient was conscious, alert, co-operative. Pallor, cyanosis, clubbing, any engorgement neck vein or gland not detected. She was stout, fair complexioned, well built. Her BP was 130/80 mm of Hg, pulse was 85 beats/ min, height & weight was 5.3 feet & 78 kg.

On examination- swelling on left knee joint was slightly found; on palpation pain & tenderness was present on both the knee joints.

Diagnosis- was made from his history and serum uric acid level report- 7.2 mg/dl (7.11.19) and on X-ray of both knee joint (AP & lateral view) –no such significant changes had seen.

Totality of symptoms-

- i. Mental irritability.
- ii. Fear of darkness.
- iii. Sour taste in mouth.
- iv. Desire -boiled eggs, sweets, warm food.
- v. Aversion- meat.
- vi. Profuse perspiration occurs on covered part of body on little exertion which was occasionally offensive.
- vii. Stool at first hard then liquid passes.
- viii. Drawing type of pain in both knees< while standing, walking; > pressure.

Repertorization and remedial analysis- Repertory of the Homeopathic Materia Medica by - J. T Kent, through Hompath Zomeo Elite, was consulted as the case presented with characteristic mind and physical symptoms. After Repertorial analysis & Materia Medica consultation, *Calcarea carbonica* 200C was prescribed (two doses in sac lac for 2 consecutive days to be taken early morning on an empty stomach) followed by placebo (14 doses in globule number 20 and four globules to be taken every night after dinner) was prescribed on 17 December 2019 and advised to maintain the given diet chart strictly and practice yoga daily.

Symptoms : 12 Remedies : 230 Filters : Normal

Remedy	Oil	US	Am	Sep	Chin	Norm	Subst	Calc	Kali-C	Phos	Nux
Totality	24	21	14	14	13	13	13	12	12	12	12
Symptoms Covered	10	8	6	6	6	6	5	6	6	6	5
Kingdom											
[Kent] [Stomach] [DESIRE] Eggs/Boiled Soft: (2)	2										
[Kent] [Stomach] [DESIRE] Warm Food: (11)		2	3								
[Kent] [Stomach] [AVERSION] Meat: (8)	3	2	2	3	3	2	3	2	2	2	3
[Kent] [Mouth] [TASTE] Sour: (10)	3	3	2	2	2	2			1	3	3
[Kent] [Stool] [HARD] First Then Liquid: (14)	3	3				2					
[Kent] [Perspiration] [PROFUSE]: (13)	3	3	3	3	2	3	2	3	3	2	2
[Kent] [Extremities pain] [PAIN] Drawing/Knee/Standing/While: (8)	2							1			
[Kent] [Extremities pain] [PAIN] Drawing/Knee/Walking/While: (13)	2				1				1	1	
[Kent] [Extremities pain] [PAIN] Drawing/Knee/Hollow of knee/Pressure,amel: (1)											

FOLLOW-UP-

DATE	OBSERVATION	PRESCRIPTION
17.11.19	1. Pain reduced moderately App- average; Thirst- moderate; Stool- clear; Sleep- well	Rx, <i>Placebo Carb</i> 200/ 28 dose; advised being taken 2 globules once daily, for 28 days and diet should be maintained
29.12.219	1. Recurrence and intensity of pain improves than before App- good; Thirst- moderate; Stool- clear; Sleep- well	Rx, <i>Rubram Carb</i> 200/ 28 dose; advised to be taken 2 globules once daily, for 28 days and diet should be maintained and for blood test for uric acid.
4.2.20	1. Pain reduces completely App- good; Thirst- moderate; Stool- clear; Sleep- well	Rx, <i>Sac lac</i> 200/ 28 dose; advised to be taken 2 globules twice daily, for 28 days and diet should be maintained and the Blood Report of uric acid on 3.2.20 – 6.6 mg/dl

SF-36 SCALE	PF	RP	RE	VT	MH	SF	BP	GH	HEALTH STATUS	UA LEVEL
BASELINE	70	0	0	40	69	62.5	0	35	75	8.1
AFTER 3 MONTH	80	100	100	55	100	68	87.5	32.5	45	6.6

COMMENT: There is a marked improvement seen both in uric acid level and SF-36 SCORE after the prescription of *Calcarea carbonica* 200/2 doses. The case is considered as markedly improved and homoeopathic constitutional medicine is much effective in this case of hyperuricemia.

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DEPARTMENT OF PATHOLOGY & MICROBIOLOGY
BLOOD BIOCHEMISTRY REPORT

NAME : REKHA DAS .		DATE : 07.11 .2019.	
AGE/SEX : 55/F .			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting)	XX	mg/dl	70 – 110.
Urea	XX	mg/dl	12 – 45.
Creatinine	XX	mg/dl	M: 0.7 – 1.4. F: 0.6 – 1.2.
Uric Acid	8.1	mg/dl	M: 3.5 – 7.2. F: 2.5 – 6.2
Total Cholesterol	198	mg/dl	140 – 250.
HDL Cholesterol	62	mg/dl	M : 35 – 80. F : 42 – 88.
LDL Cholesterol	114	mg/dl	85 – 160.
VLDL Cholesterol	22	mg/dl	20 – 30.
Triglyceride	108	mg/dl	25 – 160.

Instrument used : Erba EM 200.

Shulchamoy Ekab
(HOD, PATHOLOGY)

Fig no. 5.- SERUM URIC ACID BEFORE THE TREATMENT

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DEPARTMENT OF PATHOLOGY & MICROBIOLOGY
BLOOD BIOCHEMISTRY REPORT

NAME : REKHA DAS.		DATE : 03.02.2020.	
AGE/SEX : 55/F .			
PARAMETER	RESULT	UNIT	EXPECTED VALUE (Adult)
Blood Sugar (Fasting,)	XX	mg/dl	70 – 110.
Uric Acid	6.6	mg/dl	M: 3.5 - 7.2. F: 2.5 - 6.2.

Instrument used : Erba EM 200.

Shulchamoy Ekab
(HOD, PATHOLOGY)

Fig no. 6.- SERUM URIC ACID AFTER THE TREATMENT

DISCUSSION

Three distinct case reports on hyperuricemia have been discussed along with their positive conclusions. Based on clinical symptoms and a comprehensive examination of the patient's medical history, personal history, family history as well as test results (serum uric acid level), the cases were identified. Here, following a thorough case analysis and repertorization, we provided customized homoeopathic medications. The drugs were administered in centesimal potency and the homoeopathic principles of dose and repetition were adhered to precisely. Every patient was counseled to modify their food and exercise routine in order to take care of their lifestyle. Every patient who was enrolled had three months of intervention, and if the patient requested it, follow-up visits were made at least once a month. The individual curative response of Homoeopathic medicines was assessed through reduction in both serum uric acid levels (baseline vs. 3months) as well as Short Form (SF)-36 quality of life questionnaire scores (baseline vs. 3months). No patient complained about the side effects or any negative consequences.

Among the three cases discussed so far, *Nat Sulph*, *Medorrhinum* & *Calcarea carbonica* were found serviceable as per the totality of symptoms. The presented cases had different sites of manifestation and the patients were mostly from third-fourth decades of life as corroborated from age-wise distribution. It was observed that apart from serum uric acid levels, constitutional Homoeopathic medicines also helped to improve patient's associated complaints such as sleeplessness, asthma, itching, constipation or elevated sugar, pressure or thyroid levels etc.; suggesting Homoeopathy as a holistic therapeutic method of care.

The primary limitation of this study was that the study population is only three patients. Randomized controlled trials and/or observational studies with larger sample sizes are needed to collect more detailed information.

CONCLUSION

After the study, it was evident that Homoeopathic system of medicines provides curative approach to the patient, suffering from hyperuricemia both physically and mentally without any adverse effect. These medicines are not only helpful in lowering the level of serum uric acid but also reduce its recurrence. It helps in re-establishing of homoeostasis of purine metabolism and uric acid excretion. It has been found serviceable in minimizing the deposition of uric acid crystals and also reduces the frequency, severity and duration of acute attack of gout. Thus, this beneficial mode of treatment improves the overall quality of life of the person.

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