



## Chinese medicine- prevention and healthcare for Gout 痛風的中醫預防保健(英文)

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Gout is a disease with crystal deposition in the joint space and soft tissue, which is resulted by elevated levels of serum uric acid. It can induce reddish, swollen, warm and painful to joints, especially at fingers, big toes and ear, as called acute arthritis. Uric acid is decomposed from purine. Purine comes from food and self-metabolism. The normal range for male is about 2.5~7.5 mg/ml, and for female is about 1.9~6.5 mg/ml.

### What should be prevented?

1. The first step is to decrease the intake of purine-rich foods such as milk products, fermentative drinks, animal liver, brain, kidney, beans, seafood, crust, clam, asparagus, dried mushrooms, and thick soup, etc.
2. In the acute stage, you should take low-purine foods and drink a lot of warm water. The source of protein should be based on plant-based protein, milk, or eggs. Staple food can be brown rice, white rice, or fruits, etc.
3. We should lower the daily calorie diet 10-15% than normal amount. The reason is that obesity will reduce the elimination of uric acid. The excess lipid will suppress the elimination of uric acid.
4. People without heart or renal disease should drink water more than 2000 cc/day to facilitate the elimination of uric acid.
5. We should quit alcohol, and decrease the intake of salt, coffee and, tea.
6. The foods rich in vitamin B and C are helpful. Besides, we should take the mildly alkaline food such as vegetables, fruits (except lemon) to increase the resolvability of uric acid and avoid acidic food such as cranberries and plums.

## What kind of life style is good for our health?

1. We should keep our mind and body free of pressure, which will induce the attack of gout.
2. We should sleep within the right time (22:00~6:00), and avoid staying up all night. It may induce cell damage and death to increase the purine concentration.
3. Keep the surrounding quiet and avoid the violent and hurtful exercise.
4. If we feel any uncomfortable with long-term medicine use, we should come back to hospital for further examination.

## Food therapy

1. Coix lacryma-jobi porridge : Grind the Coix lacryma-jobi into powder, and cook it in boiling water to porridge. The Coix lacryma-jobi can increase the urine amount, and eliminate the metabolites.
2. Lophatherum gracile Brongn tea : Boil two bundles of Lophatherum gracile Brongn and Lagenaria siceraria into tea for daily drinks. The tea can clear the heat and damp.

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