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Ayurvedic Concept of Hyperuricemia- A Review Article

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ABSTRACT

Hyperuricemia is defined as a serum urate concentration of >6.8mg /dl for men and >5.7mg/dl for women. It results from the increased production or impaired excretion of metabolic product of purine metabolism, uric acid and it plays a potential risk factor for gouty arthritis, cardio-kidney-vascular system disease and metabolic syndrome. Gouty arthritis, the most predictable outcome of hyperuricemia, a painful inflammatory condition, is now the common cause of inflammatory arthritis in men over the age 40. Food's high in purines, adenine and hypoxanthine may exacerbate hyperuricemia. Since high uric acid is itself associated with higher risk of developing heart disease, chronic kidney disease; the burden of this clinical condition may rise in recent future. This clinical entity is the result of unscientific dietary and lifestyle practices, the identification, awareness, and education regarding health issue plays a vital role

Since it is an outcome of impaired uric acid metabolism, in Ayurveda this condition can be correlated to prasara of Kapha-Pitta pradhana mala at the level of rasa-raktha dhatu attributed by rasa –raktha dhatwagni mandhyam.

This review article highlights the etiopathogenesis, complication and management of hyperuricemia, through ayurvedic literature.

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