

Remedies for Gout Relief

There is no cure for gout, but it can be controlled and treated. Usually, the pain associated with gout will subside within 24 hours after treatment has begun. The main objectives of treatment are pain relieving and prevent future attacks of gout. Although gout is well known, it is not a typical arthritic condition. Gout is caused by an accumulation of uric acid crystals in joints, causing joint pain and inflammation. Colchicine is a traditional drug used since the 1800's as a treatment for gout. Although Colchicine produces desirable results, it does have side effects of nausea, vomiting, and diarrhea. The non-steroidal anti-inflammatory drugs (NSAID) are also used to treat gout, which does not have the side effects of colchicine. Indomethacin is a widely used NSAID in the treatment of gout. Patients should avoid Aspirin and aspirin-containing products during the attack of gout. Those people who have had multiple attacks or developed tophi or kidney stones should stabilize uric acid level in the blood. Probenecid is an important drug, which helps the kidney, eliminate uric acid. Another drug called Alopurinol is used to block the excess production of uric acid by the body. The drug of choice between these types of drugs depends upon the quantity of uric acid excreted through urine. Zyloprim, is a potent treatment for gout, and is usually prescribe for gout patients with kidney stones or other kidney problems. This drug slows down the rate of production of uric acid by the body. The patients who took this drug showed side effects such as skin rashes and stomach upset. Both of these symptoms usually go away as the body began accustomed to the drug. As we know, prevention is better than treatment; avoiding the intake of food high in uric acid can readily prevent the occurrence of gout. Reducing alcohol consumption is also often helpful. Alcoholic beverages should not exceed 3 ounces per day. Reduce or eliminate the purine-containing foods such as organ meats (sweet breads, liver, and kidneys), shrimp, sardines, dried legumes, and anchovies. There are many natural products available in the market. Incorporate flax seed or omega 3 oil into your diet to help reduce inflammation and tissue damage. Burdock root can help rid the body of acidic waste build up and help supports normal uric acid levels in the body. If you suffer from gout, see your doctor and discuss a pain relief program and a correct diet to reduce gout occurrences. With correct treatment and diet, gout outbreaks can be well controlled.

About the Author

Healthy Living information on disease prevention through health promotion, healthy diet, fitness, weight loss, emotional.

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