

## TCM Dietotherapy for Gout

LI Hong-wei 李红卫<sup>1</sup>, ZHANG Yuan-zhen 章媛珍<sup>2</sup>, LIU Zhen-hai 刘振海<sup>3</sup> & JIA Shou-kai 贾守凯<sup>3</sup>

<sup>1</sup> General Staff Hospital of Administration & Indemnification Department, Beijing 100088, China

<sup>2</sup> Huangshan TCM Hospital of Anhui Province, Huangshan, Anhui 245000, China

<sup>3</sup> China Academy of Chinese Medical Sciences, Beijing 100700, China

Gout is caused by purine metabolic disorder, clinically characterized by hyperuricemia, and the hyperuricemia-induced gouty acute arthritis, tophus sedimentation, tophus chronic arthritis and joint deformity. And it may involve the kidney, resulting in chronic interstitial nephritis and uric-acid nephrolithiasis. The disease may be primary or secondary. The incidence rises with aging, and it is higher in males than that in females with ratio of 10:1.

The disease falls into the TCM category of arthralgia syndrome, and the pathogenesis lies in the fact that the exopathogens obstruct the limbs and channels with poor circulation of *qi* and blood. At the early stage, it is mainly manifested in the channels on the body surface. In chronic case, the pathogens linger in the weakened body, deeply affecting the bone joints and the kidney. At the acute stage, it should be treated by clearing away the heat, dredging the channels, dispelling the wind and removing the dampness. At the chronic stage, the methods of removing the phlegm, promoting blood circulation, warming the channels and expelling the cold should be adopted accordingly. Meanwhile, attention should be paid to strengthening the body resistance, nourishing *qi* and blood, and tonifying the kidney and the liver.

### Diet for Prevention

The gout patients should take low purine food. *Baihe Yiyiren* Gruel (百合薏苡仁粥) with good auxiliary effects can be used as an ideal diet for the gout patients. In the gruel, *Tu Fu Ling* (土茯苓 *Rhizoma Smilacis Glabrae*) can lower the concentration of uric acid in blood; *Yi Yi Ren* (薏苡仁 *Semen Coicis*), *Dong Gua* (冬瓜 *Benincasa*), *Ze*

*Xie* (泽泻 *Rhizoma Alismatis*), *Che Qian Zi* (车前子 *Semen Plantaginis*), *Da Fu Pi* (大腹皮 *Paricarpium Arecae*) and *Fu Ling Pi* (茯苓皮 *Poria Peel*) may promote to the excretion of uric acid.

### Diet Given According to Syndrome Differentiation

#### 1. For stagnation of damp-heat

This type of gout is mostly seen in patients at the acute stage. The main clinical manifestations include swelling and pain in the joints more severe at night, fever, headache, aversion to cold, thirst, red tongue with yellow-thin or yellow-greasy coating, and rapid pulse. It should be treated by clearing away the heat, dredging the channels, expelling the wind and removing the dampness.

1) *Towel Gourd Gruel* (丝瓜粥): Non-glutinous rice 100 g is cooked into gruel. When the gruel is half-cooked, small sections of towel gourd 50 g are added. After being slightly cooled, the well done gruel is taken twice a day.

2) *Tu Fu Ling Gruel* (土茯苓粥): Non-glutinous rice 50 g and peanut kernel 50 g are cooked into gruel, with the powder of *Tu Fu Ling* (土茯苓 *Rhizoma Smilacis Glabrae*) 30 g added. After boiling, the gruel is taken twice a day.

3) *Fang Ji Yi Yi Ren Gruel* (防己薏苡仁粥): *Fang Ji* (防己 *Radix Stephaniae Tetrandrae*) 12g, *Sang Zhi* (桑枝 *Ramulus Mori*) 30g, *Yi Yi Ren* (薏苡仁 *Semen Coicis*) 60g and *Chi Xiao Dou* (赤小豆 *Semen Phaseoli*) 60g are cooked into gruel on a slow fire for 2–3 hours. The gruel is taken twice a day.

## 2. For retention of cold and dampness

This type of gout is mostly seen in patients at the chronic stage. The main clinical manifestation are painful joints aggravated by cold with restricted movement, pale tongue with white coating, and deep-taut or deep-uneven pulse. It should be treated by dispelling the cold, removing the dampness and dredging the channels.

1) *Gan Jiang Fu Ling Gruel* (干姜茯苓粥): Non-glutinous rice 100 g is cooked into gruel with the decoction of Gan Jiang (干姜 *Rhizoma Zingiberis*) 6g, Fu Ling (茯苓 *Poria*) 15g and Hong Zao (红枣 *Fructus Ziziphi Jujubae*) 5 pieces. The gruel added with brown sugar is taken once a day for consecutively several days.

2) *Chuan Wu Yi Mi Gruel* (川乌薏米粥): After boiling of Chuan Wu (川乌 *Radix Aconiti*) powder 12g and Yi Yi Ren (薏苡仁 *Semen Coicis*) 30g with water, the gruel is cooked on a slow fire, with ginger juice 5 ml and honey 10 g added. It is taken on an empty stomach once a day.

3) *Du Huo Ren Shen Decoction* (独活人参饮): Du Huo (独活 *Radix Angelicae Pubescentis*) 45g, Qiang Huo (羌活 *Rhizoma seu Radix Notopterygii*) 30g and Ren Shen (人参 *Radix Ginseng*) 20g are pounded into pieces. 10 g of the mixture is decocted each time with water 10 ml and yellow wine 5 ml for 15 minutes. With the residues removed, the warm decoction can be taken at any time.

## 3. For deficiency of both *qi* and blood

This type of gout with a long illness course is characterized by joint pain and numbness, joint deformity with restricted movement, pale tongue with white-thin coating, and deep-thready pulse. It should

be treated by replenishing *qi*, nourishing blood, removing blood stasis, and dredging the channels.

1) *Yi Zao Chi Dou Gruel* (薏枣赤豆粥): Yi Yi Ren (薏苡仁 *Semen Coicis*) 60g, Hong Zao (红枣 *Fructus Ziziphi Jujubae*) 20 pieces, Chi Xiao Dou (赤小豆 *Semen Phaseoli*) 100g, Non-glutinous rice 50 g and mung bean 15 g are cooked into gruel to be taken for several days.

2) Steamed taro noodle with parched sesame (芝麻芋头面): The slivers of taro 300 g evenly mixed with oil are well steamed, and then with some condiments, and small sections of Chinese onion mixed and the parched sesame 30 g added. The taro noodle is taken once a day.

### Points for Attention

1. Daily drink at least 2,000 ml of water (mainly tea or fruit juice beverage). Alcohol is forbidden.

2. Take food with little or low purine, such as finely processed flour, substandard rice, soda biscuit, steamed bread, baked bread, milk, dairy products, eggs, and fresh fruits and vegetables (except cauliflower, spinach, etc.).

3. Cauliflower, spinach, green bean, pea, asparagus, kidney bean, button, black carp and oyster, etc., which contain moderate purine, should be relatively controlled.

4. The internal organs of animals, meat soup, chicken soup, meat of poultry and livestock, fish, ham, aquatic products of shellfish type and other foodstuffs with high purine should be strictly restricted

(Translated by DUAN Shu-min 段树民)

Received October 10, 2009