



Medicinal Herbs Effective on Gout

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Abstract:

Background and Purpose: Gout is an inflammatory joint disease that affects the human joints reducing the quality of life. The aim of this study is to determine herbs that can cure Gout and could replace synthetic drugs eliminating side effects associated with them.

Materials & Methods: In this study, Iranian traditional medicine reference books are used to determine all the useful herbs for curing Gout, sorted according to their importance and effectiveness from the point of view of Iranian traditional herbalists.

Results: In this research it was found out that 102 herbs are effective on gout of which 6 herbs such as *Ajuga iva*, *Citrullus colocynthis*, *Euphorbia lathyris*, *Ecballium elaterium*, *Anamirta paniculata* and *Piper longum* have the highest rating in effectiveness on this disease.

Conclusion: The most effective species of medicinal herbs that have been used to cure Gout for centuries are determined. These herbs can be the subject of valuable researches that could result in producing new kinds of effective and harmless drugs for curing Gout. Compliance with herbal medicine measures could prevent the manifestation and onset of different diseases and if illnesses manifest, using herbal drugs with minimal side effects could be a preferable choice.

Keywords: Gout, Gout treatment, Joint pain.

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