



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2024; 8(4): 424-425
Received: 08-09-2024
Accepted: 12-10-2024

Dr. Janmesh R Kapadia
Assistant Professor,
Department of Pathology &
Microbiology, SS. Agrawal
Homoeopathic Medical College
& Hospital, Navsari, Gujarat,
India

Janki M Santoki
4th B.H.M.S Student, SS
Agrawal Homoeopathic
Medical College & Hospital,
Navsari, Gujarat, India

Hyperuricaemia and *Urtica urens* - bridging herbal remedies and modern science

Dr. Janmesh R Kapadia and Janki M Santoki

DOI: <https://doi.org/10.33545/26164485.2024.v8.i4g.1317>

Abstract

High blood uric acid levels, or hyperuricaemia, are linked to a number of diseases, including metabolic syndrome and hyperuricemia. Recent research points to a possible connection between urticaria and other dermatological disorders and hyperuricaemia. Small nettle, or flaming nettle, or *Urtica urens*, has long been utilized for its therapeutic qualities, which may include relief from inflammatory disorders. The pathophysiological causes, clinical consequences, and therapeutic potential of *Urtica urens* in the management of hyperuricemia patients are the main topics of discussion in this overview of the link between hyperuricaemia and urticaria.

Keywords: *Urtica urens* herbal medicine, hyperuricaemia, urticaria, allergic reactions, swollen joints

Introduction

“An increased serum uric acid level, often more than 6 mg/dL in women and 7 mg/dL in men, is referred to as hyperuricemia.”

Hyperuricemia is present in 1%-2% of people, with a greater than 5:1 male preponderance. Hyperuricemia has been progressively more widespread over recent years in wealthy societies due to the rising incidence of obesity and metabolic syndrome, of which hyperuricaemia is an intrinsic component.

Hyperuricemia is more likely to occur as people age and as their serum uric acid (SUA) levels rise.

Etiology

1. Renal failure
2. Lead toxicity
3. Seafood as specially shellfish
4. Alcohol
5. Starvation
6. Allopathic drugs; Thiazides, low dose aspirin etc...
7. Increase fructose intake etc...

Pathophysiology

1. Production of uric acid

- Purine metabolism, which happens when the body breaks down purines contained in specific meals and nucleic acids, produces uric acid. Enhanced output may arise from:
 - **Dietary factors:** Consumption of foods high in purines, such as seafood, red meat, and some legumes, is high.
 - **Cell turnover:** Diseases like haemolytic anaemia and malignancies that have higher cell turnover also break down purines more often.

2. Excretion of uric acid

- The main way that the kidneys control blood uric acid levels is by removing it through urine. Decreased excretion may be brought on by:
 - **Renal dysfunction:** Reduced excretion of uric acid is a result of impaired kidney function.
 - **Dehydration:** Consuming less fluids can reduce the excretion of uric acid.
 - **Medication:** A few diuretics and other medications can lower the excretion of uric acid.

Corresponding Author:
Dr. Janmesh R Kapadia
Assistant Professor,
Department of Pathology &
Microbiology, SS Agrawal
Homoeopathic Medical College
& Hospital, Navsari, Gujarat,
India

3. Elevated absorption

- In the renal tubules, uric acid can be reabsorbed even after filtering. Among the elements causing a rise in reabsorption are:
 - **Metabolic syndrome:** Related disorders such as insulin resistance, obesity, and hypertension may cause changes in the way the kidneys handle uric acid.
 - **Genetic variants:** Uric acid reabsorption may be impacted by certain mutations in transport proteins

4. Additional elements

- **Obesity:** Higher levels of adipose tissue can result in higher uric acid production and lower excretion.
- **Alcohol consumption:** Drinking alcohol, especially beer and spirits, can raise the production of uric acid and lower its excretion.

Clinical feature

- Acute episodes of joint pain, often starting in the big toe
- Swelling, redness, and warmth in affected joints.
- Possible tophi in chronic cases.
- Flank pain.
- Haematuria
- Urinary obstruction or infection.
- Rash
- Itching
- Hives
- In severe cases, anaphylaxis
- Dietary Triggers: Purine-rich foods, such as shellfish, red meat, and some alcoholic drinks, might make hyperuricemia worse.

Investigation

- **Serum uric acid level**
 - Male: 3.4 to 7.0 mg/dL (200 to 416 µmol/L)
 - Female: 2.4 to 6.0 mg/dL (140 to 360 µmol/L)

Homoeopathic management by *Urtica urens*

- **Common name:** Stinging-Nettle
- **Family:** Urticaceae

Alkaloids

- **Histamine:** Found in *Urtica urens*, this non-alkaloid substance is well-known for its function in inflammation and allergic reactions.
- **Choline:** A substance that resembles an alkaloid and is involved in a number of metabolic processes as well as possible neuroprotective properties.
- **Sphere of action:** Skin and mucous membrane, mammae, Genito-urinary organs, spleen and joints.
- **Diathesis:** Gout & Uric Acid Diathesis
- **Ailments from:** eating shellfish

Symptomatology

1. Favors elimination of uric acid
2. Rheumatism associated with urticaria like eruptions
3. Uric acid toxaemia
4. Acute Gout
5. Enuresis and urticaria
6. Itching blotches
7. Urticaria, burning heat with formication; violent itching
8. Urticaria nodosa

9. Itching and stinging in the scrotum
10. Angioneurotic oedema
11. Urticaria, associated or alternating with, rheumatism
12. Acrid urine causing itching
13. Continuous pain in deltoid (right) < Rotating arm inwards; could not put on the coat.
14. Urinous odour of the body
15. Urine suppressed for eight days, everything disappeared with desquamation.
16. Suppression of urine for twelve days; oedematous swelling of whole upper body to umbilicus
17. Strangury, gravel, disease of bladder and kidneys
18. Pain in right arm < lying on it, and on moving it a stitch darted- through arm, extending over front of humerus.
19. Raised, red, itching blisters on skin of hands and fingers
20. Pain of acute gout; deltoid; pain in ankles, wrists.

Conclusion

In conclusion, research on the bridge between hyperuricemia and *Urtica urens* is quite interesting for both herbal medicine and its manifestation. Because of its diuretic, anti-inflammatory, anti-histaminic qualities, *Urtica urens*, also known as lesser nettle, has shown promise as a natural therapy for hyperuricemia, which can cause illnesses like kidney stones, gout, allergic reaction. Recent studies indicate that this herb may help reduce uric acid levels and ease hyperuricemia symptoms. *Urtica urens* may be a useful adjunct to conventional medical medicines in the management of hyperuricemia as knowledge of complementary therapies expands. In the end, a comprehensive strategy that incorporates dietary modifications, lifestyle adjustments, and herbal therapies may offer the greatest results.

References

1. Boericke W. Pocket manual of homoeopathic materia medica and repertory. 11th Ed. New Delhi: B. Jain Publisher (P) Limited; c2012.
2. Clarke JH. A dictionary of practical materia medica. Vol. I. Reprint Ed. New Delhi: Indian Books & Periodicals Publishers; c2017 October.
3. Davidson S. Davidson's principles & practice of medicine. 21st Ed. UK: Churchill Livingstone Elvister; c2010.
4. Mandal M, Mandal P. A textbook of homoeopathic pharmacy. Rev. & enl. 2nd Ed. Reprint Ed. Kolkata: New Central Book Agency (P) Ltd; c2011.
5. Phatak SR. Materia medica of homoeopathic medicine. 2nd Ed. 14th impression. New Delhi: B. Jain Publisher (P) Limited; c2012.

How to Cite This Article

Kapadia JR, Santoki JM. Hyperuricaemia and *Urtica urens* - bridging herbal remedies and modern science. International Journal of Homoeopathic Sciences. 2024;8(4):424-425.

Creative Commons (CC) License

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.