

## A brief Discussion on Gout

**G**out is a very painful disease which mainly attacks the joints of your body. One should be careful enough if he is suffering from **gout attack** because sometimes it results full damage to the body. Leading a simple and restricted life would be a wise decision for you. But you should not take too many medications as it can result harmfully on your system. There are various types of gout and you ought to have knowledge regarding this. You should aware of the symptoms of gout also.

- This article we will talk about about the symptoms, types and the natural remedies of gout attack.
- So the gout affected people should read this very carefully.



### Symptoms of Gout:

Generally this starts at Middle of the night for that gout affected people. You will not feel the pain while going to bed regarding sleeping. You will feel the pain in the morning while rising up from your bed. In this case you should seek advice from the physician.

- The big toes are one of the major operating areas of gout.
- You may think that the pain will be reduced everyday.
- But usually it helps in order to increase the pain.

### Types of Gout:

There mainly two types of gout. They are primary hyperuricaemia and secondary hyperuricaemia. We will discuss about these below.

#### Primary Hyperuricaemia:

Is a birth problem and this sort of disease is mainly caused by the particular abnormal function of kidney.

#### Secondary Hyperuricaemia:

This type of gout is more common and it is mainly due to the particular abnormal level of **uric acid** in the system. So you should check those foods that help to increase the level of **uric acid** in the bloodstream.

- The next section we will discuss about the natural remedies that help to stop gout attack.
- We are going to talk about this elaborately below.
- Remedies to Prevent Gout

Being a gout affected individual you should eat fruits and vegetables. You should eat cherries and strawberries per day because these fruits have anti inflammatory element which can control the abnormal level of uric acid in the blood stream.



- You should ask a physician what amount of water you should drink per day.
- Water helps you to bring out the toxin from your body.
- You have to do lighting exercise regularly that can help to prevent gout problem.
- Before start practicing you should ask a physiotherapist which type of exercise you need to cure the problem.
- Vitamin C is another option that can prevent gout.
- Several experiments have shown that vitamin C can reduce the actual uric acid from the blood stream.
- In this way ascorbic acid helps you to stop gout.

### Conclusion:

With the help of this brief discussion we have given you a clear idea regarding gout. We have highlighted several different aspects of gout. We have discussed about the kinds, symptoms and natural remedies of gout. If you want to get rid of gout attacks, this article will be a great help for you.

- Author's bio: Andrew Greens, a well-known author writes articles on health and drug related concerns.
- In this article Andrew has written on gout that can be cured Get Colchicine.
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