

URIC ACID

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GUIDELINE BY SANJAY G.M.

Causes:-

- High protein Diet
- Alcohol
- Dehydration
- Medicine Side effect like diuretics

Symptoms:-

- Joint Pain (leg toe)
- Joint Swelling
- Urinary discomfort or related
- Kidney stones

Solution:-

- Stay hydrated
- Reduce purine- rich foods & pulses
- Base on Shree Nityanandji advise - take below 9 items in same quantity, mix all together & make a powder. Take 1 spoon powder in 2 glasses of water boil it till it become 1 glass & drink for 1 month.
 - 1) Giloy
 - 2) Mulethi (मुलेठी)
 - 3) Sonth (ड्राय जिंजर)
 - 4) White sandalwood (सफ़ेद चन्दन)
 - 5) Lotus flower (कमल)
 - 6) Kutki – (कुटकी)
 - 7) Terminalia arjuna (अर्जुन की छाल)
 - 8) Gokhru (काटे गोखरू)
 - 9) Punarnava (खापरा)

NOTE: - All guidelines are on my personal research or study from many authors which convince me. Follow guideline under doctor's observation

