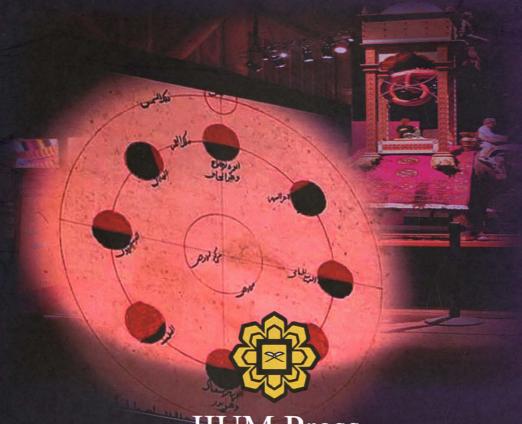
Contributions of Muslim Scientists to Medicine and Related Sciences

Abdi O. Shuriye Raihan Othman



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CHAPTER FOUR

AL-RAZI ON GOUT

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4.1 INTRODUCTION

This chapter studies al-Razi's treatese on gout entitled *Maqalah fi Ajwa' an-Niqris*. The materials used are acquired from the books and academic journals. The study investigates al-Razi's understading on gout, and the main focus of chapter is to enquire answers on how Abu Bakr Muhammad Zakariyya al-Razi treated the desease. Al-Razi's book on gout can be considered as the first authentic, independent work devoted to this desease; in addition, the work has survived to the present day. In view of its medical importance and in crediting al-Razi's pioneering work on gout, this study has been carried out.

4.2 GOUT IN THE MEDIEVAL ERA

Hippocrates recognized gout in the fifth century BC by referring it as 'the unwalkable disease'. Some of Hippocrates' remarkable clinical perceptions in relation to gout are preserved in aphorisms, as shown in Table 1, which are as true today as they were 2500 years ago (Nukiand Simkin, 2006, p. 1). He had identified that the excessive accumulation of one of the body's humours is responsible of gout, and suggested restricted diet, barley water and black hellebore to slow and lessen the severity of the attacks (Hamarneh, 1986, p.259).

Aphoris m	Details
VI-28	Eunuchs do not take the gout, no become bald.
VI-29	A woman does not take the gout, unless her menses be stopped.
VI-30	A youth does not get gout before sexual intercourse.
VI-40	In gouty affections, inflammation subsides within 40 days.
XI-55	Gouty affections become active in spring and in autumn.

Table 1 Five aphorism of Hippocrates on gout. This table is adopted from: (Nuki and Simkin, 2006, p. 2)

Six centuries later, Galen was the first to describe tophi, which were compact of phlegm, blood, or bile, singly or in combination (Llewellyn, 1920, p. 4). He wrote briefly