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Gout. its Forms, Diagnosis, Treatment.

Divided by Cullen into 1. *Podagra regularis*; characterized by Inflammation of the Joints continuing for several days, and receding gradually, with swelling, itching and desquamation of the part. 2. *Podagra atonica*; with debility of the Stomach or some other internal part, and either without the expected or usual inflammation of the joints, or with slight and flying pains in them, often quickly alternating with dyspepsia or other

symptoms of debility. 3 Podagra retrograda,
 with inflammation of the joints, receding
 suddenly, and followed immediately
 by debility of the Mennies, or of some
 other internal part. 4 Podagra aborras,
 with inflammation of some internal part,
 preceded or not by inflammation of the
 joints; if so preceded, the external in-
 flammation quickly disappears, for prac-
 tical purposes, the division first proposed
 by Sir C. Scudamore seems preferable;
 viz, into acute, chronic, and irregular,
 Acute Gout. Arterio-venous symptoms of
 these are chiefly referrible to the di-
 gestive organs and are flatulence;
 acidity of stomach; heartburn; sometimes
 acid eructations; irregular appetite; cost-

-tiveness; or sometimes relaxation of the
 bowels; the urine is scanty and high
 coloured and becomes thick on cooling;
 urine occasionally copious and pale; in
 some individuals the symptoms of gas-
 tro intestinal irritation are more marked;
 so wit; tongue loaded, red at its apex and
 edges; tenderness of the Epigastrium.

Phenomena of the Paroxysms of regular Gout.

The first attack is for the most part confined
 to one foot, and in general to the ball of the
 great toe; the patient is most frequently
 awakened soon after midnight with
 intense burning and throbbing pain
 in the affected part; some swelling, which
 as well as the pain, increases rapidly, so that
 in a few hours the part is much swollen
 and red, with considerable distension of the

neighbouring superficial veins the veins
soon become of a bright scarlet tinge.

Constitutional symptoms. Fever: restlessness,
thirst, anorexia, epigastric oppression, pulse
in general full and hard a sensation of heat
in the epigastrium, with sour eructations, &
acid, or acid vomiting, which produces a sense
of heat and rawness in the oesophagus;
Tongue furred & red round the edges, or clean
and of a fiery red colour; bowels sometimes
relaxed more generally torpid; evacuations
unnatural and offensive; urine scanty,
high coloured producing irritation in the
bladder and urethra; on standing
it deposits a luteous or brick-red
sediment; when the inflammatory symptoms
subside, it loses its high colour, and now shows
down a whitish deposit. In most cases, there

is great disturbance of the nervous system, characterized by great irritability of temper, increased sensibility, restlessness darting pains in the course of the nerves, which throw the muscles into violent spasmodic contractions, followed sometimes by the sudden removal of the disease from one limb to another, in two or three days there is a mitigation of the symptoms the patient complaining only of weakness in the limb with some tenderness in the part. Inflammation as it declines in one foot, in incipient cases of gout, seldom appears in the other. The oedema of the part continues for some time longer, which at length disappears with desquamation of the cuticle & intense itching. The frequency of a return of the gouty fit is proportioned to the constitutional tendency, and the irregular habits of living of the individual.

Phenomena of Chronic Gout. The atonic or Cullen or the disguised, lurking, gout of Mason & Ford

This form is generally the consequence of previous acute attacks. The local symptoms are, a sense of alternate heat & cold experienced in the affected part, and much increased at night; numbness and a sense of fulness or weight, weakness of the muscles and joints, & cramps of the lower extremities chiefly at night; the surface of the part either a pale reddish colour or of the natural hue or of a purplish tint; part swollen; shooting pains along the nerves; motion difficult and painful; permanent oedema, attended by fulness of the veins.

Constitutional symptoms, They characterize Dyspepsia, some have cramps, others heartburn, and a sensation of icy coldness in the stomach. Spasms of the muscles of Chest and Abdomen; costive or irregular state of the bowels. Evacuations unnatural white sometimes, or dark, or bloody & very foetid; feverishness after a full meal. The mind becomes weak and irritable often hypochondriacal sleep is general broken and disturbed; palpitation, irritation about

The rectum with haemorrhoids often present.
Calcareous depositions about the smaller joints
called chalkstones occur more frequently in this
than in the Acute form.

Phenomena of Irregular gout under the head may be
considered 1 those specific disorders occurring in the
gouty diathesis and followed by a perfect or im-
-perfect gouty affection; 2 the derangements
following the sudden cessation of the gouty
paroxysm; 3 those various marked derangements
to which gouty persons are subject, and
which are not followed by external in-
-flammation. In exemplification of the first
head may be adduced those cases where
palpitation of the heart disappears on the
occurrence of the gouty paroxysm, and where
-in affections of the urinary organs, asthma, &c.
have been removed by a regular fit of the gout.
To the second head may be referred those instances
in which during a fit of gout, the external in-
-flammation either disappears or becomes
mitigated, and the patient is attacked with
symptoms referrible - a. to the head as lethargy
coma, apoplexy, intense headache; b. to the

Thoracic regions, as dyspnoea, tightness at the
chest, sense of suffocation, cough, violent pal-
-pitation, constriction in the cardiac region; or
what is more usual to the abdominal vis-
-cera as symptoms of gastritis, enteritis, depending
se - suppression of urine, stranguary, catarrhus
vesicae, piles &c. - To this variety of gout the denom-
-inations, displaced, retrograde, or metastatic
more peculiarly belong. Under the third
head may be classed those cases wherein
symptoms are developed in a Gouty constitution
indicative of affections of some internal
organ, without being preceded by any
external gouty affection. This is sometimes
called, disguised, lurking, masked, mis-
placed gout; by Cullen, *Podagra atonica*,
Diagnosis. To distinguish an attack of gout,
from Rheumatism. The precursory disorder of
the digestive functions more marked in the
former than in the latter, the remission of
pain and fever during the day also more

marked. In gout there is slight pitting on
pressure the veins are turgid (near the affected
part); the pain is pungent, burning, lancinating
the surface presents a shining red appearance
and is very tender, and its temperature
much increased; the urinary secretion
very much disturbed and presenting a
pinkish or terebinthaceous sediment.

Predisposing Causes Hereditary disposition,
adult age, male sex, indolence, intemperance
venereal excesses, disordered digestion.

When the gouty diathesis is formed, exces-
sive indulgence in meat and drink, par-
ticularly the use of new or bad wine;
neglected, or contipated bowels, suppression
of the natural excretions by the application
of cold. Fatigue or external injury of
a part, mental excitement, or depression.

Treatment of Acute Gout. - Indications, 1. to
avert the attack when threatened. 2. to mitigate
the symptoms of the fit; & 3. to prevent its
return. To accomplish the first of these

indications, if the patient be young, robust & plethoric.
Emetics may be practiced, if there be signs of
congestion, or inflammation of any viscus; Haemorrhoidal
discharges should be encouraged by means
of Astringent purgatives. If the tongue be loaded
with acid or viscid secretions, without
pain or tenderness of the Epigastrium, or de-
termination to the Head, an Emetic may
be administered. A dose of Calomel &
James' Powder may be given at night
& a Stomachic aperient on the following
morning. such as Compound infusion
of Gentian, with infusion of Senna &
sulphate of Magnesia. Should the excretions
continue to present a morbid appearance
give Calomel Magnesia at night, and
the same Stomachic aperient in the
Morning.

Treatment during the Fit, this must
be regulated by the age, strength & habits.

of the patient, by the nature of the present, as well
as of former symptoms; bloodletting is robust,
and unbroken constitutions, more particularly
local depletion; not venies if not contraindica-
-ted; purgatives are decidedly beneficial;
Calomel, or James' powder, followed by the
aforementioned bitter aperient, should
this not act sufficiently, give Magnesia,
and Sulphate of Magnesia, with some
aromatic water, until full saline
evacuations are procured, Rhubarb &
Magnesia, are preferred by some, In early
attack when much inflammatory
excitement exists, half a drach of any
of the fluid preparations of Colchicum,
with Magnesia & Sulphate of Magnesia
may be given three times a day. When
there is torpor of the Bowels or Conges-
-tion of the Liver, cathartics are es-

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pecially indicated, however when the
bowels are relaxed, or irritable in debilitated
subjects, mild aperients calcined Magnesia
with, or, without Colchicum, are preferred.
When the Colchicum causes depression,
or nausea, it should be discontinued.
Diuretics, beneficial, Citrates of soda, &
of Potash, acid acetate of Potash,
Lime water, liquor Colapae, in some
bitter infusion, with Extract of Taraxacum.
Diaphoretics. Dover's powder, Camphor,
Jamaica powder. warm, & vapour baths.
Starcotics, have been employed during
the paroxysm, both internally & externally.
Their use should be preceded by purgatives.
Local treatment in the feet. - Leeches are
recommended by some; blisters, fomen-
-tations and poultices, Sennamore re-
commends a poultice made with
bread scalded with warm water, pressed
through a strainer to dryness, & then used.

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=dried soft by the addition of one part of
Alcohol, & three of Camphor Mixture, to
be applied tepid to the part affected, &
kept on during the night only; or a
Lotion consisting of one part of Alcohol &
three of Camphor Mixture, rendered like
warm by the addition of hot water, and
applied with linen rags. Dr. Turnbull
recommends the use of an ointment
consisting of Teracig. gr x - xv. Adipis
preparat. ℥iv. During the fits the diet
should be spare and for the most part
farinaceous.

Treatment during convalescence and in
the Interval. The meals should be light, and
in moderate quantity; abstinence from
wine and heating liquors, when there is
disorder of the Liver. Mercurials at night
and an aperient, with Taraxacum,
in the morning. When the bowels are
torpid a combination of Purgatives with aper-
= ients; the Compound sweeten of St. John's

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with the compound infusion of Gentian; the Compound
Rhubarb Pill & soap at night. The oedema of the parts to
be relieved by mechanical support, with rollers of
calico or flannel. Sponging with tepid salt and
water; frictions with stimulating liniments.
When the liver is free from congestion, the
weakness of the digestive organs, as well as the
torpor of the bowels may be relieved by quinine
combined with aloes.

Treatment of the chronic form, when this
occurs primarily, attention should be paid
to the digestive functions, and to the biliary
secretion. Should the latter be deficient, give
Colony & James' powder, followed by a bitter
spiritual draught, in the morning; An-
-tiperative pile consisting of Plummer's pill,
Castile soap, & extract of Taraxacum,
followed by a stomachic draught
in the morning, and colchicum and
Magnesia in the course of the day.
When the secretions have been improved
we should give gentle purgatives.

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When Chronic gout is secondary there is great disorder of the digestive and other functions, as also of the Nervous system. The treatment just now mentioned is to be adopted here & should there be torpor of the bowels give eight, or ten grains, of Calomel, with four or five grains, of James' powder, at night and compound infusion of Gentian, acid of Senega, with Sulphate of Magnesia, to which quinaquina may be added; Should there be pain in the stomach or tenderness apply leeches to be followed by a Blister Should there be congestion of any organ cropping is indicated. Should the urine be scanty, high coloured, and thick, cup and give diuretics. When the more urgent symptoms are relieved, restore the digestive functions by the means already mentioned. abstemious living must be enjoined and regular exercise in the open air. Should Rheumatic symptoms supervene give small doses of Dover's powder.

and mild aperients with tonics,

With respect to the local treatment, sponging the surface with a tepid solution of salt; and frictions with stimulating liniments are beneficial.

As to the gassy concretions it is recommended by Seneca more that the liquor Potassae diluted with an equal quantity of almond milk, should be rubbed over the part twice or three a day, and that the liquor potassae and calcined Magnesia be taken internally.

Retrocussion. If the retrocession has been caused by indigestible substances give an emetic, if the stomach or bowels be chiefly affected, give a full dose of Calomel with Camphor, Hyosciamus, and Opium, and two or three hours after a purgative draught the operation of which may be promoted by a Cathartic Eucema containing very turpentine, or aperfatives. The feet may be immersed in hot water containing flour of mustard and salt, or should be covered

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with sinapisms. Flannels wrung out of hot
water and soaked in Spirit of Turpentine
should be applied to the abdomen. Should
inflammation attack the stomach bowels
or kidneys, bloodletting must be employed
either general or local, or both the latter if
the circumstances require or tolerate it.

Give Colomel, camphor and also opium; and if
Relief be not obtained, repeat them, Should
flatulence or Colicky pains exist, give Castor
oil, and oil of Turpentine, or some aro-
matic water, with a warm tincture if ne-
=cessary. Should the Retrocession be to the
Head and Symptoms of Apoplexy appear.

Vascular depletion is generally required
particularly if the Head be hot, and the
action of the Carotids strong; otherwise
not. Purgatives and Cathartic Enema
=ta. with derivatives to the lower
Extremities are useful.

Should the Retrocession be to the kidneys
and there be suppression of urine

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pain in the region of the Kidneys, numbers
in one or both thighs, cupping should
be employed over the loins, and then
a blister, which should be quickly
removed, and replaced by sinapism,
Derivation to the lower extremities,
and diuretics are necessary. When
the bladder is attacked, apply
leeches; give alkalis internally,
with Camphor & Anodynes.

Displaced Gout. The Stomach,
bowels, heart Brain, and Kidneys,
are the more usual seats of this.
Should spasms of the Stomach and
Colicky pains, come on in a gouty
subject, give large draughts of warm
water, cardiac. & stimulating medicines

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warm brandy and water, with deriva-
-tion by sinapisms. Should the heart be
affected, either separately or simulta-
-neously with the stomach, give
Camphor, Ammoniac, & Opium
and Carminatives with Acquisia
and employ derivation by sinapisms.
The same principles will apply
when the retrocession is to the
head.

Richard Barry Jones

March 23
1844