

A STUDY ON FREQUENCY OF CONSUMPTION OF PURINE RICH FOODS BY THE PATIENTS SUFFERING FROM GOUT

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ABSTRACT

The present study was aimed to study frequency of consumption of purine rich foods by the patients suffering from gout. A total no of 60 patients were randomly selected. The sampling was conducted from OPD of Jawahar Lal Nehru Memorial (JLNM) hospital Rainawari Srinagar Kashmir. The study sample comprised 70% males and 30% females. Questionnaire cum interview schedule was used to collect desirable information from the respondents. The study revealed that gout is more commonly seen in males than females. The results of the study clearly indicated that gout is more prevalent in the age group of 50-60 and constituted 31% of the studied sample. The result also revealed that majority of urban as well as rural residents' i.e, 76% and 65.71% were having age of onset of disease in the age group of 40-60 years respectively. Overall majority of respondents' i.e, 81.7% were having primary type of gout and only 18.3% were suffering from secondary type of gout. All the studied sample were non vegetarian, who used to consume non vegetarian diet on daily basis. Non vegetarian diet was one of the main factors responsible for the gouty attacks leading to pain. Higher consumption of meat and sea foods are also associated with an increased risk of gout.

KEYWORDS: *Gout, Vegetarian, Dietary Management, Pain, Consumption.*

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