

Natural therapies for gout show promise through multiple mechanisms. Curcumin and flavonoids respectively inhibit xanthine oxidase and URAT1, reducing uric acid synthesis and increasing excretion. *Euodiae fructus* suppresses NLRP3 inflammasome, lowering inflammation and uric acid. Antioxidants combat oxidative stress. While *Euodiae fructus* shows efficacy in animal models (Wang et al., 2024), further research is needed on herbal remedies like *Smilax riparia* and marine-derived compounds (Liu et al., 2022; Yuan et al., 2022) to confirm their clinical benefits and understand structure–activity relationships.