Healing with Tibb

A Holistic, empowering approach to understanding and managing common illness conditions

Hippocrates

Galen

Ibn Sina

tibb
A Science of Medicine
The Art of Care

Prof Rashid Bhikha and Dr Joy Saville

A PRODUCT OF THE IBN SINA INSTITUTE OF TIBB

The Ibn Sina Institute of Tibb, a non-profit organization operating as a trust (waqf), was established in 1997 to promote the practice and training of Tibb medicine in South Africa. The Institute is academically supported by Hamdard University (Pakistan) as well as Jamia Hamdard University and Aligarh University, from India.

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Dedication:

For my wife, Mariam, my children, grandchildren and the many wonderful people who are the backbone of the Ibn Sina Institute of Tibb. This book is dedicated especially to you for the support you have given me on this journey of Tibb for over twenty years.

Acknowledgements

Healing with Tibb has been a labour of dedication. It is the culmination of over a year's work for which I am both grateful and humbled.

Tibb in South Africa has come a long way since its introduction in 1997, but we have also had great challenges. However, with challenges comes introspection and growth and this has helped us in our quest to constantly improve the doctrines of our modality and the Tibb approach to healthcare. The one constant of our journey has been an unwavering commitment to effective health provision for all our country's people.

The Ibn Sina Institute of Tibb has published several books aimed at educating and empowering the public on the Tibb philosophy, and that is no different with "Healing with Tibb". Of course there are many people behind the scenes and centuries of research that we have drawn from to bring this book to fruition.

My heartfelt and sincere thanks to Dr. Joy Saville, who, as my co-author spent endless hours on research and fine-tuning the information on the illness conditions. All this throughout her pregnancy! I am also indebted to Hakim Abdul Haq for his invaluable contribution to this, and all the other publications we have printed to date. Hakim's extensive knowledge and years of experience in Tibb has been an integral part of the growth of Tibb in South Africa.

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Nothing would ever get done without the calm and able support of my assistant Magdalene du Sart, as well as the dedicated Cape Town team who carry the Tibb flag with such commitment. Thank you Caroline Davids, Christo Scheepers, Yumna Abrahams and everyone at the Institute- both Cape Town and Johannesburg.

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To my family- my wife Mariam, my children and my grandchildren for your love, support and living a Tibb life, I am most grateful for each and every one of you.
And finally, I thank the Almighty in whose trust I place everything. It is only the will of God that led me to the path of healthcare and through His guidance I have the opportunity to try and help others.

God bless
Prof Rashid Bhikha
September 2014

Introduction to Healing with Tibb

Tibb is a traditional healing system, with deep roots in ancient Greek, Egyptian, Arabic, Indian and Western medicine. Tibb is holistic in nature, and so recognises the mental, emotional, spiritual and physical dimensions of health maintenance and disease management.

The prime focus of Tibb, an Arabic word meaning 'medicine', is to empower people to become responsible for their own health, especially regarding their lifestyle choices. Tibb's philosophy is that everybody has the basic natural right to good health. It aims to keep people healthy, and treat those who fall ill effectively and affordably. By being aware of ourselves and the environment in which we live we can take greater, and more meaningful, responsibility for, and more control over, our own health.

The four pillars of Tibb are temperament (which reflects the unique nature of each person); physis (our so-called 'doctor within'); humours (which describe the body's qualitative form in health and disease); and the lifestyle factors (which define the way we live and behave).

Temperament is what defines each of us as a unique person. In Tibb it is the combination of a person's physical, mental, emotional, spiritual and behavioural attributes. This is an important parameter in Tibb, as it influences the management of lifestyle in health promotion and also provides insights into a person's predisposition to particular disorders.

Physis is the inner capacity, present in all of us, to self-heal. Tibb regards the support of physis as an integral part of the healing process. All therapeutic interventions must act to assist physis, not impede, hinder or oppose it.

Humours are represented by our body fluids, which confer the different qualities on our body. These are present in unique ratios, linked to our specific temperaments.

Lifestyle factors refer to the way we live. In Tibb they include the food and drink we consume, and also the air we breathe, the exercise we take, the way we sleep, the state of our emotions, and the elimination of wastes and toxins.

How did Tibb emerge? Tibb is indeed fortunate in having an impressive pedigree of three major pioneers - Hippocrates ("Father of Medicine"), the legendary Galen and Ibn Sina ("Prince of Physicians"). It was Hippocrates in the 4th century BCE Greece who, inspired by the pharaohic physician Imhotep, freed European medicine from the grip of superstition and accorded it the status of science. Using as his model the four elements which were thought then to make up creation - earth (cold & dry), water (cold & moist), fire (hot & dry) and air (hot & moist) - he developed the theory of qualities and humours, on which much of Tibb is based. Imbalances in the body's four humours (sanguinous, phlegmatic, bilious and melancholic), were, he thought, responsible for the disharmony that brought about disease. Although this concept is now considered archaic, recent medical and biochemical advances lend credibility to it.

Furthermore, he believed that health is the expression of a harmonious balance between the various components of man's nature, the environment and lifestyle - the "ecological model of health". He showed that diseases are not due to magic, or to witchcraft, but are natural responses linked to lack of harmony, or homeostasis, in the person affected. The resulting signs and symptoms are the predictable reactions of the body.

He affirmed that the chief function of the physician is to support the natural self-healing forces of the body. One of the most enlightening theories to be postulated by Hippocrates (which still remains a fundamental aspect of Tibb) was that of Physis - the body's dynamic organising unity. Tibb believes that our bodies have a way of finding the path back to health. Healing comes from within.

The Greek physician Galen in the 2nd/3rd century CE Rome ensured the survival of these Hippocratic ideas for nearly 2000 years. A major contribution to medical philosophy was that he introduced the concept of temperament.

After the fall of Rome, the practice of Western medicine rapidly degenerated into the 'Dark Ages'. During this time, however, the medical (and other) insights of ancient Greece and Rome were guarded, nurtured and extrapolated by Arab physicians from the seventh century onwards. Amongst these was Ibn Sina (aka Avicenna). Moreover, they refined the knowledge of the art of healing. This can be demonstrated by their sophisticated hospitals, healthcare and extensive encyclopedias of medicine.

It is the knowledge of Ibn Sina in particular that Tibb is largely based on. Born in Persia, Ibn Sina was the most eminent physician, philosopher, encyclopaedist, mathematician and astronomer of his time. His major contribution to medical science was his famous book "Qanun fi'l-Tibb" - The Canon of Medicine. In the Canon, Ibn Sina surveyed and summarised all medical knowledge available at the time. His main source was Greek medicine expounded by Hippocrates and his associates.

With the tremendous impetus generated and inspired by Ibn Sina, medicine developed in the following centuries as it had never done before. By the early 16th century the Tibb system was the basis of virtually all medicine in the Western world. In fact, significant influences of Ibn Sina can be detected in virtually all of the European nature cure movements, such as naturopathy and homeopathy.
In actual practice, Tibb promotes the early diagnosis of possible pre-dispositions to diseases, well before physical symptoms appear. This prevents these diseases from appearing in a more severe form. Thereafter, treatment is integrative, by combining various therapies in response to the patient's specific needs. Moreover, Tibb medicine does address the patient's troublesome symptoms, but also deals with the underlying causes of the ailment.

An important feature of Tibb is that it provides a constant healthcare message. The practice of conventional medicine is bedeviled by a seemingly unending series of contrary advice and information, whether due to diet (sugar, cholesterol, fats), behaviour (exercise, dieting), drug use (aspirin, statins) or procedures. This has, not surprisingly, lead to confusion at least, and rejection at most. Tibb for its part has successfully avoided significant U-turns in advice.

Through history, Tibb has not remained static, but has advanced to include important developments in both natural healing and authentic modern medicine. Tibb can be readily combined with present- day conventional therapy as integrative medicine. This provides the patient with the best of both therapeutic worlds. Conventional medicine would deal mainly with the troublesome symptoms; Tibb would address the underlying disorder. Chronic and recurring ailments respond particularly well to Tibb, as many, if not most, arise from a faulty lifestyle.

Today, Tibb is practiced largely on the Indian sub-continent, in the Middle East, and of course, South Africa. It is formally recognised by the Allied Health Professions Council of South Africa. Medicine as it is practiced today can be conveniently divided into two distinct paradigms - natural, tradition-based medicine and modern, conventional medicine. In recent times there has been a
vigorous revival of interest in Tibb and related natural healthcare systems.

The objective of this e-book is to supply information that provides a better understanding on the causes of, and predispositions to illness conditions, so empowering individuals in the management of a wide range of common ailments.

Prof Rashid Bhikha and Dr Joy Saville

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INTRODUCTION TO TIBB

Tibb, also known as Unani-Tibb, literally translates as "Greek Medicine". It traces its roots back to Hippocrates, the 'Father of Medicine'. Over the centuries, Tibb has been known as Graeco-Arab Medicine, Unani Medicine and Western Herbal Medicine.

Tibb is one of eleven healthcare systems registered with the Allied Health Professions Council of South Africa. This official body regulates the training and practice of Complementary and Alternative medicine in South Africa.

History of Tibb

Although the history of Tibb is as old as the history of Mankind itself, medicine as a science really began with Hippocrates in the 4th century before the Common Era. Not only did he remove magic and superstition from medical practice, he also came up with the theory of the humours and the idea of inner healing, or Physis. Both of these are founding principles of Tibb.

Galen later expanded on the work of Hippocrates by adding the concept of temperament. During the 9th to 11th centuries Common Era, Arab physicians such as Ibn Sina (Avicenna), Zahrawi and Rhazes, developed the theoretical principles of Tibb into a practical medical system which included aetiology, pathology, diagnosis and treatment.

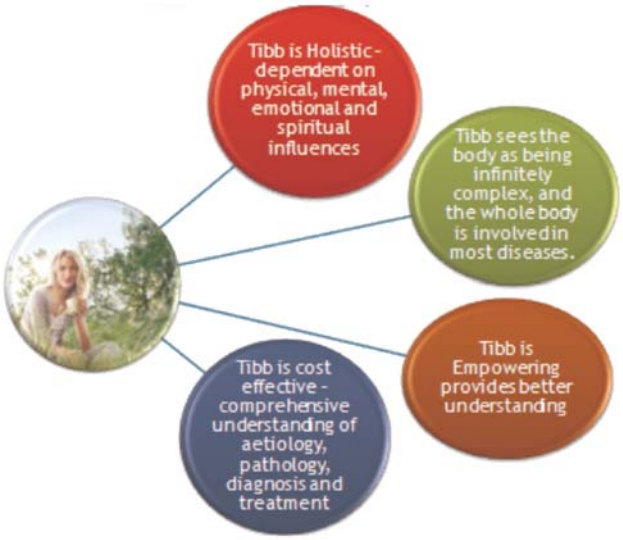
By the early 1800's, the Tibb system was the basis of medical practice in many parts of the world until the advent of the Germ Theory in the 19th century. The famous English physician, Nicholas Culpeper, a major figure in Western Herbal Medicine, is well known for his contribution in promoting the practice of Tibb in Europe.

At present, Tibb is practiced in its original form predominantly on the Indian Sub-continent. However, Tibb-inspired healing practices remain the treatment of choice for around 25% of the world's population!

Unique Features of Tibb

There are a number of important features that make Tibb a comprehensive, affordable and attractive choice for health upliftment, maintenance and dealing with most ailments. These are discussed briefly below:

- **Tibb is holistic**: Tibb addresses all aspects of health, including the physical, mental, emotional and spiritual sides. It factors in treatment for acute and chronic illnesses and further factors in the maintenance of health. Tibb does not see good health as merely the absence of disease but a quest for optimum well being.
- **Tibb recognises the complexity of the human body**: Conventional medicine perceives the body as a 'well-oiled machine' with separate, often unrelated parts. Tibb's view is that the body is infinitely more complex in terms of structure, function, and especially organisation. It recognises that the organs and systems of the body are inter-related, and that most diseases which afflict us are multi-factorial in nature - they arise from several causes, not just one.
- **Empowerment of the patient**: Tibb emphasises the need to empower the patient in understanding his or her ailment and provides insight into various ways for preventing illnesses.



Tibb is cost-effective: Tibb is ideally suited to meet the challenges we face in the high cost of health care. Because Tibb understands the origins of illness, it allows for cost-effective, low-tech, easily accessible means to achieve health,rather than expensive, high-tech interventions which are often inaccessible to millions around the world. Understanding of the causes as well as the progress of disease allows for early diagnosis long before the appearance of symptoms. This is not only more cost-effective, but it can prevent the onset of more serious diseases.

CONCEPTS IN TIBB

There are several important concepts which are central to Tibb. The main ones are:

- Physis
- Temperament
- Humours
- Lifestyle Factors

Tibb and Physis

> "Each person carries his own doctors inside him. We are at our best when we give the doctor who resides within each patient, a chance to go to work."
>
> Albert Schweitzer.

In Tibb "this doctor" is known as Physis, which is a capacity or inner ability we all have to heal ourselves and maintain health without the use of medication. Physis acts to maintain optimum balance, so creating harmony within the body. This is perhaps better known as homeostasis.

Hippocrates described this as vis medicatrix natura - the body's natural power for self-healing. Every person's Physis is constantly at work to maintain harmony between the body and the environment - both internally as well as with the outside world. It ensures that an ideal balance exists within the body's cells tissues, between the many internal organs and ulitmately throughout the entire body. Physis adjusts rapidly to any changes that occur inside the body. This activity applies to the air we breathe, the food and drink we consume, our exercise habits, emotional state, the way we sleep and the quality of our sleep, and how we deal with the many toxins threatening us from the environment.

For an example of how Physis works, we can see what happens when we eat something that disagrees with us, often due to a toxin being present. We usually react almost immediately, by vomiting or getting diarrhoea. These actions protect us, as they serve the purpose of removing most toxins from the body. Neither of these reactions should be suppressed but rather managed. This is an example of the wisdom and power embodied in Physis to restore harmony back to our body.

In conventional, Western medicine, if we complain of pain, discomfort or any other symptoms, these are usually dealt with by reaching for a quick-fix solution, perhaps a pill or injection for instant relief. This may provide welcome respite, but does not deal with the underlying problem - which will probably surface again. This action may also interfere with or obstruct our natural healing processes governed by Physis. Illness therefore should be looked at through the lens of Physis, and not as just a collection of symptoms. **Remember: treatment comes from outside, healing from within**.

Tibb can be defined as: "The art of serving, with respect, the physis of each person".

Tibb and Temperament

We are all unique. In Tibb, the differences, personal characteristics and quirks of behaviour that make each of us unique are embodied in the concept of temperament. Every one of us has our own likes, dislikes, interest and skills. For example, we may seldom feel the cold, but someone else may claim to feel cold very easily. You may hate getting up early, but someone else may love rising at dawn.

The value of knowing our temperament is that it better equips us to live according to our individual needs.

Our temperament is assessed by examining our physical, emotional, mental and spiritual characteristics. Physical features, such as our body frame, skin texture and eyes are noted, as are our preferences when it comes to the food and drink we choose, the weather we prefer, and how we respond in particular circumstances. (More about this later)

Hippocrates said:

"It is more important to know what sort of a person has a disease than to know what sort of disease a person has."

He recognised the importance of identifying temperament as the first step in treating ailments. This is because knowledge of one's individual temperament provides insight into our strengths and weaknesses when it comes to healthcare. It is particularly important for being mindful of any predisposition to disease conditions, referred to medically as risk factors. Tibb feels that each one of us can be divided into four distinct temperament types:

- Sanguinous
- Bilious
- Melancholic
- Phlegmatic

This poem by Florence Littauer identifies the key personality traits of the four temperamental types:

God could have made us all **Sanguinous**.

We would have lots of fun, but accomplish little.

He could have made us all **Bilious**.

We would have been set to lead, but impatient that no one would follow!

He could have made us all **Melancholics**.

We would have been organized and chartered, but not very cheerful.

He could have made us all **Phlegmatics**.

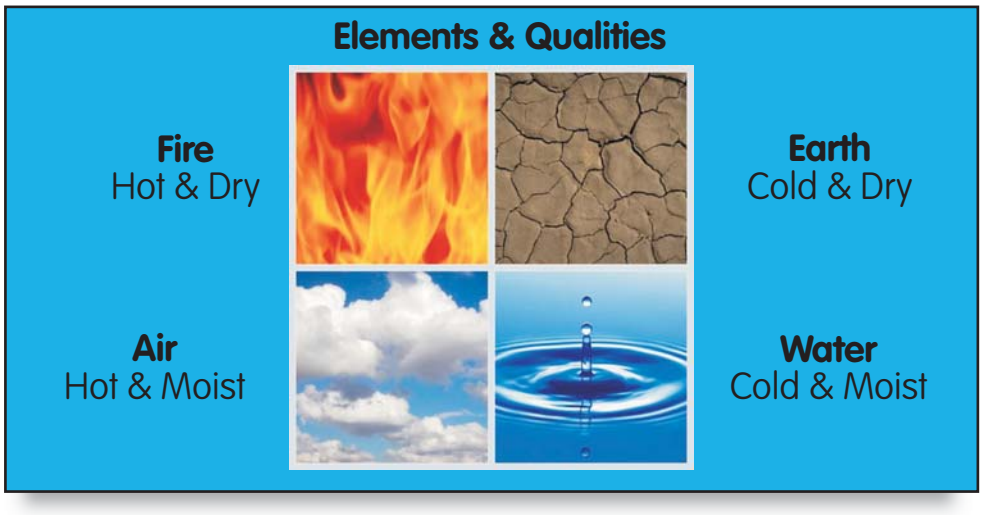
We would have had a perfect world, but not much enthusiasm for life.

We need each temperament for the total functioning of the body.

Each part should do its work to unify the actions and produce harmonious results.

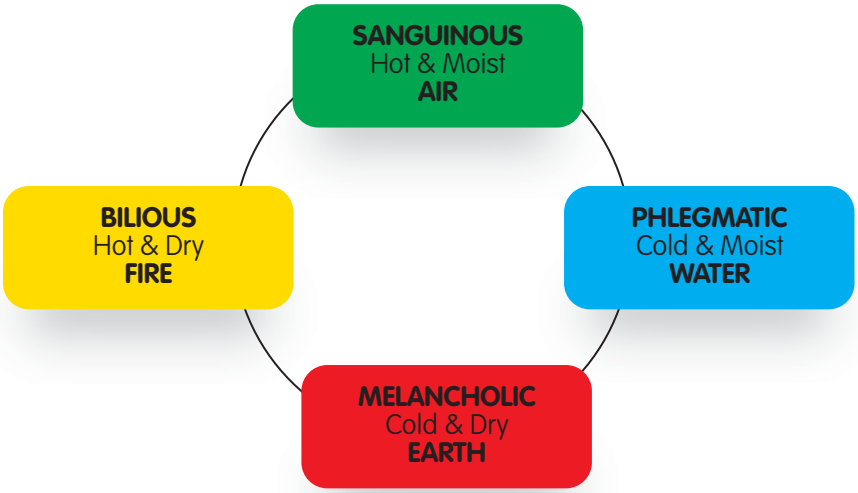
This poem makes us realize that each of the temperamental types has distinguishing personality traits for example the Sanguinous is a typical extroverted, fun loving person (get acknowledged type) the Bilious person is an achiever and go-getter (get it done type), Melancholics are more organized and serious (get it right type) whereas the Phlegmatic is care-free, goes with the flow (get along type).

The poem also tells us that each of us will also have some personality traits of the other temperament to a lesser extent. In reality, there is a dominance of one type of temperament, and a sub-dominance of a second type.
There is also a smaller percentage of a third type, and even less of the last.



Tibb associates each of the four Temperamental types listed above with qualities. Simply put, this means that each temperamental type has a combination of the four qualities of heat, moistness, coldness and dryness.The concept of qualities originates from the Greek philosophy that everything in the universe is created from the elements of earth, water, air and fire with correspondening qualities of cold & dry, cold & moist, hot & moist and hot & dry. These qualities are also reflected in the different temperamental types. For example the Bilious temperament is associated with qualities of hot & dry as their temperament is inclined towards a fiery nature and heat (a hot natured person). Similarly, the Phlegmatic temperament is associated with the qualities of cold & moist as their temperament is predisposed to being cool and calm (described as being as cool as a cucumber).

The chart below illustrates the qualities associated with the four temperamental types.



In the chart above it is interesting to note the position of the four temperamental types, which reflects that the sanguinous temperament, with qualities of hot & moist, is opposite to the melancholic temperament with qualities of cold & dry. Likewise, the phlegmatic temperament (cold & moist), is opposite the bilious temperament, hot & dry.

In nature, extremes (hot & cold; dry & moist) do not exist together in harmony. It is not possible, therefore, for a person who has a dominant sanguinous (hot & moist) temperament to have a sub-dominant melancholic (cold & dry) temperament. What is possible, however, is that a sanguinous person may have a sub-dominant of phlegmatic (cold & moist) or bilious (hot & dry) temperament. Similarly a person with a dominant phlegmatic temperament will have a sub-dominant temperament which is either sanguinous or melancholic. A person's dominant and sub-dominant temperament will always have one quality in common.

How to identify your own temperament

As mentioned previously, personal temperament is determined by physical appearance, plus a number of personal preferences. It also takes note of a number of mental and emotional features. We will have a dominance of one temperament which clearly stands out.

If you wish to determine your personal temperament, have a look at the descriptions in the Chart shown of the different temperamental types, and decide which most accurately describes you.

Guidelines for completing the Chart:

- When working from left to right, read the description after each category carefully. Tick the one that best describes you. Do not be alarmed if more than one description fits. Upon reflection, you will probably find that one is more accurate for you than the others.
- Once you have worked through the Chart, count and write down how many ticks you have in each column.
- The column containing the most ticks is your dominant temperament. The column with the second most ticks will be your sub-dominant temperament.
- Remember that your dominant and sub-dominant temperament should be next to each other, as mentioned previously.

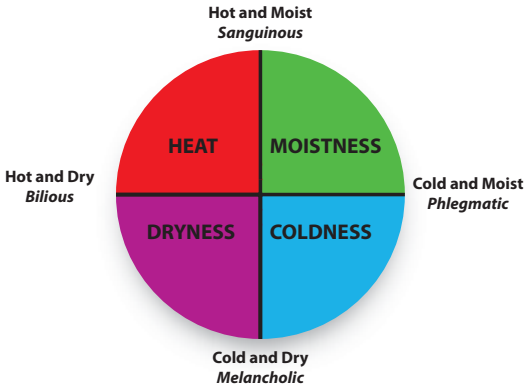
Some other things to consider when determining your temperament:

- Each of us is a combination of all four temperaments, but only one is dominant.
- It is quite common to feel that you may fit into another temperament quite easily. This is probably your sub-dominant temperament.
- The true reflection of your physical appearance should be based on your physique in your early twenties.
- Your personality traits should be assessed when you are relaxed and in stress-free surroundings.
- Do not confuse your habits with tendencies or preferences. You may have acquired certain habits because of your personal circumstances and perhaps lifestyle. These should not be misinterpreted as preferences. For example, because ice is almost always served with cold drinks, you may believe that you like ice, but on reflection cold drinks may not be your own preference.
- When evaluating your personality traits, imagine how other people, like family and friends see you. For example, even though you usually have a calm nature, you might become very angry when seriously provoked. Occasional short-termed episodes or outbursts do not automatically mean you have a bilious temperament.
- Be aware that some medications can alter your physical appreance. Medicine such as the steroids may cause swelling whilst others may have an effect on appetite.

CATEGORY	SANGUINOUS HOT & MOIST	PHLEGMATIC COLD & MOIST	BILIOUS HOT & DRY	MELANCHOLIC COLD & DRY
FRAME and GAIT	Medium to large frame, more muscle Macho stride Moderate to large eyes	Medium to large frame, more fat Slow pace Moderate to large eyes	Medium frame, Lean Firm stride Small to moderate eyes	Thin, bony frame (short / tall) Quick / Anxious pace Small eyes
COMPLEXION and SKIN TEXTURE	Reddish or shiny Moderate in softness and moistness, warm	Whitish / pale Cool, moist, soft	Warm, dry	Dry, rough, cold
CLIMATIC PREFERENCES	Prefers cold, dry conditions Winter and Autumn	Prefers hot, dry conditions Summer and Spring	Prefers cold, moist conditions Winter and rainy weather	Prefers hot, moist conditions Summer and rainy weather
FOOD and DRINK	Healthy appetite with a moderate to excessive thirst Prefers cold drinks	Slow, steady appetite, low thirst, can skip meals	Healthy appetite, excessive thirst, cannot skip meals Prefers cold drinks	Irregular and variable appetite and thirst Prefers hot drinks
HEALTH PROBLEMS	Hypertension, Diabetes	Phlegm related disorders	Stress and anxiety, hay fever	Indigestion and gas related disorders
SLEEP PATTERNS	Moderate to Deep 6 to 8 hours	Heavy, at least 8 hours	Low but sound 5 to 6 hours	Interrupted, tendency towards insomnia
SPEECH	Clear, moderate to loud	Slow, soft	Sharp, talkative, loud	Fast, less vocal, soft
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative	Calm, accommodating, patient, good listener	Resourceful, outspoken, dominant, driver may be short tempered	Philosophical, logical, analytical, tend to be perfectionists
EMOTIONAL TRAITS	Playful, cheerful, excitable, disorganised, tends to exaggerate	shy, self-contained, indecisive	Aggressive, angry, irritable, impatient	Fearful, insecure, suspicious, anxious

Qualities associated with temperament

The chart below highlights that within your dominant and sub-dominat temperament is a common quality. This means that your overall temperament is strongest in this quality. For example, if you have a sanguinous/bilious temperament, then you will have more heat, and the least coldness. Similarly, if you have a bilious/melancholic temperament, then you will have more dryness, and the least moistness.



The significance of qualities and their impact on your overall health is elaborated further in the section of "Lifestyle Factors".
You can also get further insight in; "Temperament: Predisposition to illness conditions"(page 17) which is found in the section of Understanding illness in Tibb.

Tibb and Humours

The ideal qualitative state associated with our temperament is maintained by our body fluids or humours. Humours are manufactured by the digestion of food and drink that is processed and transformed in the liver. There are four (4) humours just as there are four (4) temperaments. These humours are in a unique ratio within each of us to match our ideal temperament.

Just as each of us has a unique temperament with associated qualities, we also have corresponding ratios of humours. For example a person with a sanguinous dominant temperament will have slightly more of the sanguinous humour. Similarly a person with a melancholic dominant temperament will have slightly more of the melancholic humour.

Each humour has certain qualities associated with it, which correlate directly with the qualities of the four temperaments:
• Sanguinous - Hot & Moist • Phlegmatic - Cold & Moist • Melancholic - Cold & Dry • Bilious - Hot & Dry

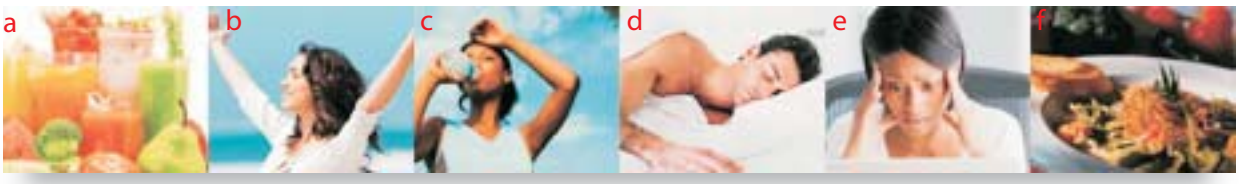
Our state of health will be maintained if the overall quality of the humours is in harmony with the overall quality of our temperament. Changes to this ideal balance occur as a result of the interaction between us and our environment - better known as the Lifestyle Factors.

Tibb and the Lifestyle Factors

Lifestyle plays an extremely important role in the state of a person's wellbeing. Tibb considers the lifestyle factors to be an important factor in the **cause of health or disease**.

The six (6) main Tibb Lifestyle Factors are:

a. Food and drink - the food we eat and the beverages we drink
b. Environmental air and breathing - the climate we are exposed to, and the way we breathe
c. Movement and rest - the exercise we may partake in and the amount of leisure time we afford ourselves
d. Sleep and wakefulness - the amount and quality of sleep we get, and the patterns of our waking hours
e. Emotions and feelings - the emotions and feelings we experience and whether we express them adequately
f. Elimination - the way in which our bodies expel toxins and how regularly we eliminate waste products



Lifestyle Factors influence our health by the qualities they exert within our bodies, for example, certain foods such as ginger have heating properties; depending on season and climate, weather may have hot, cold, moist or dry qualities; movement increases heat; sleep has a cooling effect and anger also increases heat. Changes in qualities as a reasult of our Lifestyle Factors influence the qualities of the humours which have a direct effect on our temperament.

In addition to the six main Lifestyle Factors mentioned above, there are other Lifestyle determinants that impact our health. These include:

a. Age - as one gets older, one is inclined to age associated illnesses such as arthritis etc.
b. Gender - as females are more moist than men, they are more inclined to "moist illnesses"
c. Occupation - the type of work may impact negatively on our health. For instance, an individual sitting behind a desk will most likely suffer from different illness conditions compared to a person working outdoors
d. Exposure to toxic substances - may result in certain lung and inflammatory conditions
e. Personal habits - such as smoking could result in lung and other illness conditions

Lifestyle Factors in relation to temperament of an individual

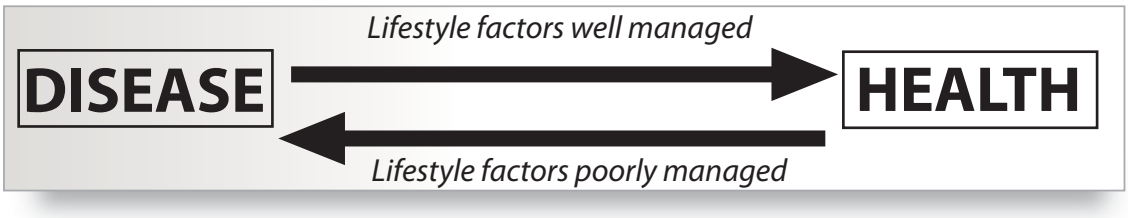
As discussed earlier each temperamental combination will have a dominant quality associated with it. Management of Lifestyle Factors is vital in that it ensures that this quality does not become excessive as this will have a negative influence on us. To elaborate, take the example of a person with a dominant sanguinous and sub-dominant phlegmatic temperament. If we refer back to the chart on qualities on page 14, we clearly see that this individual will have moistness as the main quality associated with their temperament.

For optimum health, a person with the above temperament of dominant sanguinous, subdominant phlegmatic is advised to avoid lifestyle factors that will increase **moistness** - avoid moist foods, moist weather conditions, excessive rest.

With the above in mind, we can easily deduce that each person would be largely unaffected by the quality least associated with their temperament. In the above example, it would be the quality of **dryness**. So eating foods that are dry or going out in a dry climate may not affect this person negatively.

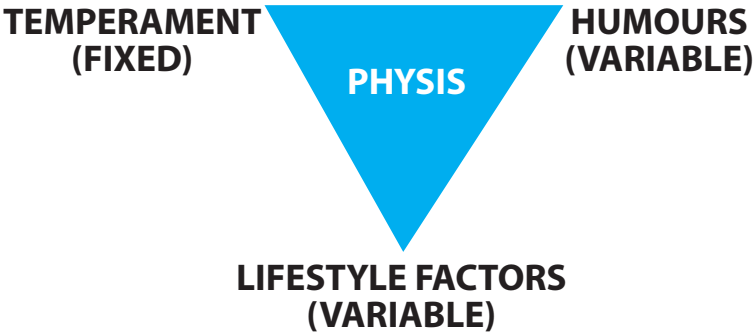
The above principles apply to the other temperamental combinations as well. For further information on Healthy Lifestyle refer to the book "4 Temperaments 6 Lifestyle Factors" on our website.

The way we manage our lifestyles is often indicative of the outcome of health or disease. If we are mindful and adhere to healthy lifestyle choices there is a great likelihood that good health will be maintained. Continued and persistent bad lifestyle habits have been proven to be a leading cause of illness conditions.



Relationship of Physis, Temperament, Humours and Lifestyle Factors

There is a constant interplay between our temperament, humours, lifestyle factors and Physis. Although our temperament is fixed, our balance of the humours and lifestyle factors are constantly changing. This is a result of changes to our diet and other aspects of lifestyle, such as sleep, physical activity, breathing efficiency and stress levels. This dynamic relationship influences our overall qualitative state, which our Physis is constantly striving to balance to maintain homeostasis.



UNDERSTANDING ILLNESSES IN TIBB

The Tibb principles of physis, temperament, humours and lifestyle factors allow for a comprehensive understanding for not only maintaining health but also interpreting how illnesses are caused.

Principle of Cause and Effect

Hippocrates established the scientific basis for studying health and disease when he came up with the concept of 'cause and effect'.

Based on the bedrock of temperament and the humoral theory, he identified a definite pathway from health to disease, as well as the reversal thereof: a diseased state returning to a state of health. Today, Tibb recognises that illnesses do not just happen, but are the result of one; or more usually, several causes.

Unfortunately, modern conventional medicine does not recognise this philosophical basis, so is unable to explain the cause of many illnesses. In Tibb, every illness that troubles us has one or more identifiable causes, which results from poor management of the lifestyle factors.

For every illness there is a cure

As virtually all the illnesses that may afflict us have identifiable causes, the Tibb approach is to first identify them, and then apply appropriate remedial treatment. Whether we get relief from the illness and even cure will depend on our age and general state of health, the extent of the damage to our body from the illness, the way we address the causes of the condition, how long we have been affected, and the vigour and ability of Physis.

Temperament: Predisposition to illness conditions

Bearing in mind that everything in the universe has a quality associated with it, Tibb has also distunguished that every illness condition has qualities too. The flu for instance, is cold & moist. This philosophy extends further to elaborate that our unique, individual temperament predisposes us to certain ailments. This predisposition is closely linked to our dominant quality. For example, if one's temperament is dominant sanguinous and sub-dominant phlegmatic, then the dominant quality is moistness. This makes you susceptible to disorders that have moist qualities associated with them such as type 2 diabetes, which is considered a moist and hot disease in Tibb. Similarly, someone with a dominant melancholic and subdominant bilious temperament will be susceptible to illness conditions such as osteoarthritis, which possesses qualities of dryness with cold.

However, the linkage between our temperament and any ailments we may succumb to is not absolute. We are all affected by changes brought about through lifestyle and personal habits, living conditions, stresses that bodies endure and by the inevitable ageing process. These factors may alter our qualitative state so making us more susceptible to other disorders.

Illnesses are reversible

Tibb considers that any ailment which may develop from birth until about mid-life may be completely reversed. It further elaborates that even a developing disease can be turned back if detected in good time. This is especially so, and has been proven true, time and again, with the so-called "lifestyle diseases" so prevalent in the 21st century.
As a normal healthy person, your "inner doctor", or Physis, is quite capable of restoring balance and harmony within the body, especially with correct lifestyle adjustments and, if required, appropriate medication free from side-effects. However, after the age of forty or thereabout it becomes more difficult, and we need to assist Physis more effectively in its drive to maintain our well-being. If illnesses do occur, specifically chronic conditions, then we have to be mindful that restoring good health depends on the extent of damage to our organs and internal body systems as well as on the role we ourselves play in being compliant to treatment.

Poorly managed Lifestyle Factors: The cause/s of disease

As mentioned earlier, poorly managed Lifestyle Factors (especially diet) may often be the cause/s of disease as they create an imbalance in the ideal qualitative state required by our temperament- especially if these Lifestyle Factors increases our dominant quality. To elaborate further - a person with a bilious temperament (hot & dry qualities), who eats an excessive amount of hot foods and alcohol, and is under stress may be prone to peptic ulcers. This is because the increased exposure to factors that are hot & dry, increase the risk of hot & dry illnesses such as peptic ulcers. Understanding the concepts of Tibb and the way they link to you as an indiviudal is a vital part of diagnosing and treating illness conditions

PATHOLOGY IN TIBB

Before we discuss Pathology according to the Tibb philosophy, it is vital to understand what is meant by pathology.

Pathology is the scientific study of disease processes, with the aim of understanding their nature and causes. It is concerned with the cause, manifestation and diagnosis of a particular disease.

Pathology according to Tibb refers to the state of imbalance (disturbed homeostasis) resulting from a shift from the ideal qualitiative/humoural balance required by the temperament of an individual. This imbalance may be brought about by either internal or external causes, or a combination of both and in many cases is caused from poor management of the Lifestyle Factors.

The medical understanding of pathology generally involves the following considerations:

- Aetiology - this is the study of what agent or activity causes a particular disease.
- Pathogenesis - this concerns the mechanisms by which a disease originates and develops. Pathogenesis is the basis for prognosis, which is an evaluation of the future course and outcome of a person's ailment.
- Morphological changes - this refers to the noticeable changes in tissue or organ structure that develop during the course of the disease.
- Clinical significance - describes the signs and symptoms of the disease. Signs are what the healthcare practitioner observes by use of the five senses. They emerge from the examination. Symptoms are usually the reason for the

visit to the healthcare practitioner, or volunteered by the patient on examination or enquiry.

- Clinical pathology is the application of the knowledge we have gained from the study of the pathology of the disorder to the actual treatment of the patient.

Tibb, as with other natural medicine systems, sees good health as the normal, natural state of the body. It results from a harmonious balance between (a) a person's nature, or constitution (b) the physical and emotional environment he or she lives in, and (c) the general lifestyle, or behaviour, adopted. This harmony - homeostasis - is governed and regulated by Physis. One of its major roles is directing our bodies many healing processes to keep us in good health, activating and supporting them when we succumb to a disease, and helping us convalesce. It ensures that all the living cells in our bodies, the tissues they form, and the internal organs function properly.

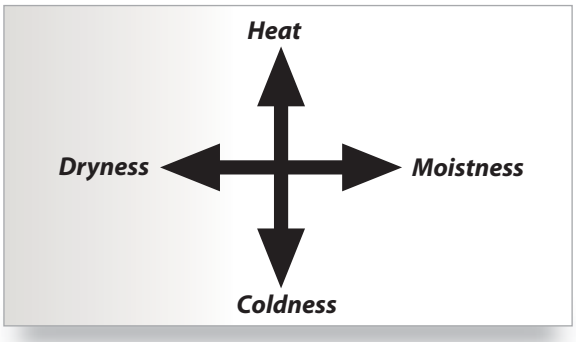
Qualitative influences in pathological processes

The concepts of temperament, humours and lifestyle factors are unique to Tibb and have a common denominator that enables a comprehensive understanding of the pathological processes. This **common denominator is the qualities** associated with each of them. Temperament, humours and lifestyle factors are associated with and influenced by qualities of heat, moistness, coldness and dryness. By interpreting qualities the Tibb philosophers were able to understand pathological processes and accordingly apply treatment.

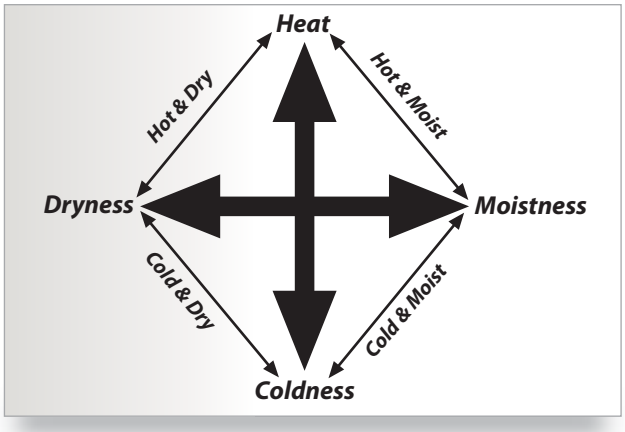
According to Tibb philosophy, the qualities **Heat and Coldness** are said to be the active qualities. The qualities **Moistness and Dryness** are said to be the passive qualities.

To understand the influence that these qualities have on illness conditions, and indeed lifestyle factors, it is necessary to understand the interaction of qualities in nature.

Their interaction is shown below:



The quality of **heat** has an opposite effect to the quality of **coldness**; and the quality of **moistness** as an opposite effect of that of **dryness**. Opposing qualities cannot exist simultaneously. Nothing can be hot and cold at the same time, nor moist and dry at the same time - thus resulting in a combination of qualities where the active qualities combine with the passive qualities resulting in the following combinations, **hot & dry, cold & dry, hot & moist, cold & moist** as indicated in the diagram on the next page.



Qualities and signs & symptoms

In Tibb pathological process are considered to be resultant factor of qualitative changes. These changes in qualites then present as signs and symptoms often associated with an illness condition. Tibb considers signs and symptoms as indicative of an excess of one of the four qualities and/or a combination of qualities together with the sub-dominant quality.

Qualities associated with illness conditions

Most, if not all conditions begin with an excess of one of the four qualities of heat, coldness, moistness and dryness and to a lesser extent a sub-dominant quality.

An example of this is the common cold which typically develops in the cold seasons of the year. If this cold imbalance is not corrected, colds and flu like symptoms develop and are often associated with an increase in mucous production like a runny or congested nose, productive cough's etc. Therefore, colds and flu are associated with qualities of **coldness with moistness**. Similarly constipation is linked to qualities of **dryness with coldness** as intestinal motility slows and the level of fluid is low resulting in the formation of dry, hard, dehydrated stools.

Listed below are some examples of qualities associated with illness conditions.

CONDITION	DOMINANT QUALITY/IES
Colds & Flu	Coldness with Moistness
Osteoarthritis	Dryness with Cold
Hyperacidity/Ulcers	Heat with Dryness
Type 2 Diabetes	Moistness with Heat
High Cholesterol	Coldness with Dryness
Asthma (phlegm related)	Coldness with Moistness

Pathological Processes in Tibb

Tibb perceives the pathological process of illness in four distinct ways; the first two are linked to changes in our internal environment from Lifestyle Factors that influence the ideal qualitative state required by our temperament. The third is from infection that takes place when there is an imbalance in the internal environment (homeostasis). The fourth process is as a result of the unwanted side effects of conventional/chemical medication.

Sudden change/excess in qualities from lifestyle factors

Sudden/excess qualitative changes can occur from poorly managed lifestyle factors i.e. from sudden changes in weather conditions, consuming excessively hot foods, disturbed sleep patterns or trauma.

These sudden changes will result in symptoms which could arise immediately. If we go from a warm environment out into the cold without being warmly dressed, we will most likely experience symptoms of the common cold - runny nose, watery eyes, and shivering. Similarly if we eat hot, spicy foods we will perspire profusely. If these influencing factors are not restricted, then we are at risk of possibly developing more serious illnesses. However, if we counteract these negative factors, then our inner Physis is able to overcome this sudden change in qualities, and so restore our health. Ailments in this category include self-limiting conditions such as the common cold, mild diarrhoea, indigestion and headaches.

Waste and toxin build up

This accumulation of waste takes place over a period and is mainly the result of faulty diet and poor elimination. In addition, our living environment is becoming increasingly contaminated by synthetic, new-to-nature chemicals from numerous industrial, agricultural and domestic sources. This results in a build up of toxins at a humoral level, affecting bodily functions, tissues and organs. This accumulation is detrimental to our Physis, which gradually fails to restore our ideal balance. On top of this, our normal ageing process takes its toll on just about every activity in the body, including Physis. The ailments that arise from our inability to deal with this waste and toxin build-up are invariably chronic or recurring in nature such as hypertension, diabetes 2, atherosclerosis and rheumatism.

Infections

Tibb has a different viewpoint on infection than conventional medicine. Without today's advanced technology, Tibb physicians were unable to detect and identify actual disease-causing agents such as viruses, bacteria, fungi, etc. However, they were well aware of the nature of infection or, as they termed it, putrefaction. They knew that there was something in the air or water that was responsible for causing specific ailments like tuberculosis, pneumonia and meningitis. Tibb considers that any ailment which we succumb to as a result of infection is only possible when our inner healing power, or Physis, is weakened and is overwhelmed, or needs time to deal with a pathogen we are not familiar with. Infective micro-organisms will only thrive, multiply and infect our body when a change in the humoral balance provides a fertile and welcoming medium for them. This explains why some people are susceptible to bacterial infection and others are resistant.

Unwanted effects of conventional medication

Most of us use conventional drugs to deal with common acute ailments like pain, headache, insomnia and bacterial infection. However, many of us will be affected by side effects in the short term (stomach upsets, dizziness and nausea, for instance) or longer term adverse reactions (like increased risk of diabetes, asthma and hypertension). These days, as patients we increasingly seek healthcare advice for ailments which have arisen purely from the long-term use of medication. The issue is often aggravated when we take other drugs to deal with the original side effects and adverse reactions.

For example, when we take an ACE inhibitor to lower high blood pressure, we sometimes develop a chronic irritating cough. This side effect is often treated with theophylline - which itself brings on other side effects. Another example is when we take a thiazide or loop diuretic for heart failure, oedema or raised blood pressure, we may develop gout. This is then treated with allopurinol, which in turn brings on further side effects.

Each time we take a new medication, our side effect profile increases, and this boosts the risk for us developing what is termed iatrogenic ailments.

TREATMENT IN TIBB

One important difference between Tibb and conventional medicine is that Tibb treatment is aimed at not only identifying and abolishing troublesome symptoms but, more importantly, eliminating the causes of the illness.

The role of Physis in treatment

Tibb recognises and accepts that any illness we may succumb to is the result of the inability of our Physis to cope with the changes in qualities that are caused by poor management of our Lifestyle Factors. Throughout life we are constantly exposed to influences, both internal and external, that disturb our internal harmony. Under normal circumstances our Physis is able to normalise it. When we succumb to an illness, however, Physis strives to restore harmony, but unfortunately it is unsuccessful. *Tibb treatment is therefore aimed at assisting and boosting Physis, and at avoiding any treatment which might weaken it.*

Treatment approach

Step 1. Even though we rely on our signs and symptoms to diagnose an ailment, treatment can only be effective if the fundamental causes of the illnesses are accurately identified and effectively dealt with.

Step 2. Any treatment must include the impact on the Lifestyle Factors, so ensuring that not only are the symptoms treated but that the underlying causes of our ailment are also addressed.

Step 3. Tibb treatment is always aimed at restoring balance (homeostasis) between the humours and qualities in relation to the temperament of an individual, working with Physis.

Treatment options

Tibb is fortunate in having a number of practical treatments, which are based on extensive experience and observation over many years. The main ones are:

- **Lifestyle modifications** - adjustment to the food and drink we consume; the air we breathe, and how well we do it; physical exercise and activities we undertake; our sleep hygiene; our emotional state; especially stress level's; and how we eliminate our waste and eliminate toxins.
- **Regimental (eliminative) therapies** - including healing modes such as therapeutic cupping, diuresis, acupressure, massage, purgation and enemas, nasal inhalation and heat therapy.
- **Counselling** - education in healthcare and empowerment as well as patient advocacy.
- **Pharmacotherapy** - the appropriate use of natural medication.

Tibb medication

In Tibb, over and above the pharmacological activity, the temperament (quality) of the ingredients are also carefully considered when creating the medication's make-up, or formulation. For instance, any medication specifically formulated to treat a common cold and flu will use ingredients that act on the unbalanced functions of the respiratory system, such as runny nose and sore throat. The ingredients will also have the quality of heat that balance the cold qualities that originally lead to colds and flu. The medication will not only treat the symptoms of an ailment, but also deal with the underlying cause of the illness.

INTEGRATIVE TREATMENT

Tibb treatment, either medication or regimental therapy, is commonly used together with conventional medical treatment. This is known as Integrative Medicine. Combining the two has been proven to be most beneficial to patients as it integrates the best of the different healing systems.

Tibb as a partner in integrative medicine

Tibb is an ideal partner for conventional medicine in Integrative Medicine. Conventional medicine and Tibb share common roots which go way back to the time of Hippocrates.

Tibb can also be integrated with other disciplines, especially with respect to the Lifestyle Factors. The theories of temperament and humours provide an appreciation for why improving our way of living can lead to better wellbeing. The Tibb Lifestyle Factors enhance the outcome of most treatment protocols, as they deal with the original causes of illnesses.

However, when combining Tibb and conventional drugs, we should be mindful that possible drug interactions and contra-indications could occur. Research has shown that conventional medication may interact negatively with certain herbs like St John's Wort, Gingko biloba and Milk thistle. It is important to note, that both conventional medication, as well as herbal/natural medication (including Tibb medication) have definite pharmacological actions, which if taken simultaneously can either enhance /inhibit the action of each other. Therefore one should be aware that using medication with opposing pharmacological activity will reduce the desired effect, whereas prescribing medication with a similar action will enhance the desired effect.

There can thus be a real risk of overdosing if both Tibb medication and conventional drugs are used together, which may be the case in chronic ailments such as diabetes and hypertension.

Caution should therefore be exercised in these situations and it is recommended that you speak to your doctor first before using any new or combined medications.

TREATMENT OF ILLNESSES

The concepts of Physis, Temperament, Humours, Qualities and Lifestyle Factors form the basis of Tibb treatment.

Although recognising the signs and symptoms of an illness are an essential part of diagnosis, treatment can only be effective if the fundamental causes of the illness are accurately identified and effectively dealt with, or neutralised. Poor management of the Tibb Lifestyle Factors is considered one of the primary causes of most illnesses, especially those that may be long-term or recurring. For this reason, all Tibb treatment protocols include simple and practical advice for restoring harmony to a person's lifestyle. Suggestions on what to eat and drink; how much physical exercise to take; how to form better sleep patterns; ways of improving breathing habits, and how to relieve stress, are an important, and unique, part of Tibb Therapy.

The Tibb treatment protocols for the common illnesses that we will be discussing in the next chapter outline the following:

- A brief description of the different illnesses.
- The most common signs and symptoms associated with these, and possible complications which often develop if the illness is not treated properly.
- The Tibb view on each of the illnesses, particularly in relation to qualities associated with it.
- The role a person's temperament plays in the onset and progression of a particular illness, and how it affects the pre-disposition to it.
- The rationale behind the management of specific illnesses from the Tibb perspective, including dietary and other lifestyle advice, practical herbal remedies, and recommended medication. (Complete diet charts can be accessed directly by clicking onto the respective foods included in the food & drinks section.)

Note: In serious and chronic conditions where medication has been prescribed-hypertension, diabetes, coronary conditions, thyroid disorders, tuberculosis and asthma, to name but a few, conventional (allopathic) medication should not be discontinued without first consulting your medical practitioner.

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Acne

What is Acne?
Acne is a skin condition that occurs when the hair follicles become plugged with oil and dead skin cells. Acne most commonly appears on the face, neck, chest, back and shoulders.

Signs & Symptoms
Blackheads, pimples, whiteheads and pus-filled cysts form on the face, shoulders, upper back and chest, which becomes sore and inflamed. The affected skin is greasy or oily.

Complications
Scarring is a common complication of acne.

What Causes Acne?
During puberty, a natural increase in hormone production occurs, which stimulates the over- production of sebum (an oily substance which protects the skin). This in turn leads to clogged pores. People with an oily skin, or who consume junk food like chocolates and deep fried foods, are prone to acne. Stress can aggravate acne, but does not usually cause it.

The Tibb View on Acne
According to Tibb, acne results from excessive **heat** in the body. During adolescence a lot of heat is produced in the body, as this is a period of increased growth. This growth also leads to the increased production of hormones which causes more oil to be produced by the skin and can cause acne. A lifestyle that increases heat, from poor diet and increase stress, will further contribute to the development of acne. While most teenagers may suffer from mild to moderate acne individuals with a dominant/sub-dominant sanguinous temperament will be more at risk.

Management of Acne
Management is aimed at **reducing the excess heat** associated with acne, by implementing Tibb Lifestyle Factors that **increases the quality of coldness**. This assists Physis in addressing both the symptoms, and the causes of acne.

Tibb Lifestyle Factors
Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat l**ess of Hot & Dry foods** - such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** - like sugar, white flour products, cheese, and mutton.
- Avoid heavily spiced foods, alcohol, fried foods.
- Limit the intake of sugary foods and drinks, as this serves to feed the causative bacteria as well as lowering the immune response. Stabilizing your blood sugar is important because spikes produce more androgens.
- Steamed fish should be preferred over red meat, as a high intake of saturated or hydrogenated fats contributed to acne formation; Adopt a low glycaemic diet which is rich in raw/steamed vegetables and fruits, and low in refined and processed grains.
- Nutritional deficiencies are a contributing factor to acne formation and high fibre helps to keep the colon clean. Add carrots, cucumber and lettuce to salads, as this will reduce the heat that causes acne; Add plain yogurt to salads to increase probiotic intake.
- Follow a fasting programme to allow Physis to restore healing by eliminating toxins.

Other Lifestyle Factors

- Take up a regular aerobic exercise programme, like walking, jogging or swimming.
- Carry out regular breathing exercises, preferably in the morning.
- Squeezing pimples aggravates acne. Avoid washing with hot water, as this can worsen your acne.
- Cut a strawberry or section of pineapple and use it to exfoliate the skin. They contain alpha-hydroxy acids which help remove the dead skin cells responsible for clogged pores.
- Acute acne flare-ups can be relieved by dabbing with a clean sponge soaked in cold, milk-free rooibos tea.

Medication

Herbal Remedy

- Take a handful of washed coriander leaves and place them in a blender. Place the paste on a sieve to extract the juice. Add a pinch of turmeric powder and mix well. Apply this to the face every night.

Recommended Medication

- **Haemoclear tablets or syrup** - This blood purifier assists in managing acne.
- **Livotibb tablets or syrup** - This ensures the liver works better to eliminate any aggravating toxins.
- **Septogard tablets or syrup** - Boosts the immune system so helps prevent and fight infection.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Acne.pdf

Ammenorrhoea

What is Ammenorrhoea?
Amenorrhoea is the absence of menstruation for more than 3 menstrual periods, or menstruation that has not yet begun in girls older than 16 years.

What causes ammenorrhoea?
There are numerous causes of amenorrhoea. Natural causes include pregnancy, breastfeeding and menopause. Women taking the contraceptive pill may also experience amenorrhoea. Certain medications, such as antipsychotics, antidepressants, chemotherapy and blood pressure lowering medication may cause amenorrhoea as a side effect. Lifestyle factors include high stress levels and excessive exercise. Hormonal imbalances from polycystic ovaries, premature menopause, tumours and thyroid disease can also lead to amenorrhoea. Structural abnormalities may prevent menstrual bleeding. These include uterine scarring, which may block the production of uterine lining, absent / underdeveloped reproductive organs, an obstruction of the vagina.

The Tibb View of Amenorrhoea
According to Tibb, these conditions are associated with **excessive qualities of coldness** generally throughout the body, specifically affecting the brain, pituitary gland, ovaries, uterus and thyroid gland. Amenorrhoea may either be linked to qualities of **coldness with moistness** which arises due to excessive intake of cold & moist foods, dairy and refined sugar products and a sedentary lifestyle. Amenorrhoea linked to **coldness with dryness** can result from excessive dieting, excessive weight loss and over-exercising. Phlegmatic/Melancholic temperamental combinations are most predisposed to developing ammenorrhoea due to their innate coldness.

Management of menstrual disorders
Management is aimed at **reducing the excess coldness** associated with amenorrhoea, by implementing Tibb Lifestyle Factors that will **increase the quality of heat**. This will assists Physis in addressing both the symptoms and the causes of amenorrhoea.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, garlic and celery, **followed by Hot & Moist foods** - such as ginger, turmeric, spinach and black pepper.
- Eat **less of Cold & Dry foods** - like naartjies, oranges, beans and yogurt, and the **least amount of Cold & Moist foods** - such as milk, cucumber, broccoli, and rice.
- Avoid dairy products, carbonated beverages, refined sugar, white flour and chocolates.
- Eat one or two handfuls of roasted chickpeas for breakfast and 20 grams of walnuts or hazelnuts daily.
- Do not eat or drink foods that are cold. Allow them to reach room temperature before consumption.

Other Lifestyle Advice
- Exercise regularly. Partake in mild physical activities such as walking. Exercise increases heat in the body.
- Keep warm in cold conditions. Avoid the use of air conditioners.

Medication
Herbal Remedies
- Make a tea using 1gram of cinnamon and 1 gram of cloves. Add 1 tsp of honey and drink daily.
- Mix together 25 grams each of the following - cinnamon, cloves, celery seeds and carrots seeds. Grind together to form a powder. Take 1tsp of this powder 3 times daily 30 minutes before meals.

Recommended Medication

Gynaecare tablets or syrup - Restores hormonal balance in women with fluctuating hormonal levels. It also enhances fertility and regulates the menstrual cycle.

Livotibb tablets - Acts as a tonic to the liver which assists in the metabolism of hormones.

Haemoclear tablets or syrup - This blood purifier assists in managing menstrual disorders by stimulating the liver.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Ammenorrhoea.pdf

Asthma

What is Asthma?

Asthma is a condition of the lungs that causes the bronchi (airways) to narrow. The airways are tubes that carry air into and out of the lungs. When the airways narrow, less air can flow into the lungs. This results when the airways are obstructed with phlegm, inflamed with heat or become hard and brittle with coldness with dryness. For the lungs to function well, a balance of **heat, moistness and dryness** needs to be maintained. If not, breathing difficulties arise. Asthma may affect all age groups, except newborn babies, and typically develops during early childhood. An asthma attack can be fatal if not treated appropriately. One long term complication of asthma is permanent narrowing of the airways.

Types of Asthma

Tibb has identified 3 main types of asthma:

- **Allergic asthma**: due to excess of **heat**.
- **Phlegmatic asthma**: due to an excess of **coldness with moistness** causing an increased phlegm production.
- **Melancholic asthma**: due to an excess of **coldness with dryness** causing hardened, fibrosed airways.

Allergic Asthma

Signs and Symptoms

Breathing difficulties; itchy and red watery eyes; allergic rhinitis with post-nasal drip.

What Causes Allergic Asthma?

Allergic asthma is caused by an irritation of the mucous membrane by airborne toxins.

The Tibb View on Allergic Asthma

According to Tibb, this condition is linked to **excessive heat with either moistness or dryness**. This excessive heat results in the hyper-sensitization of the immune system which causes inflammation of the mucous membrane when exposed to certain airborne stimuli. Individuals with a bilious/sanguinous temperament are more inclined to develop allergic asthma, due to the dominance of heat associated with this temperamental combination.

Management of Allergic Asthma

Management is aimed at **reducing the excess heat** associated with allergic asthma by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness**. This will assist Physis in addressing both the symptoms and the causes of allergic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, rice and pumpkin, **followed by Cold & Dry foods** - like yogurt, potatoes, apples and mielies.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, and cheese, and the **least amount of Hot & Dry foods** - like garlic, chicken, eggs and onions.
- Cut out hyper-allergenic foods from the diet, such as eggs, dairy, nuts and wheat products.
- Avoid any known triggers. Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods.
- Eat foods with low allergenic properties, such as apples, apricots, barley, beets, carrots, lettuce, millet, plums, rice, sweet potatoes and tapioca.

Other Lifestyle Factors

- Keep warm at all times as the cold can cause broncho-constriction.
- Partake in regular moderate exercise during the day.

Medication

Herbal Remedy

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seed, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day ans also during an attack. - Blackseed (*Nigella Sativa*) is excellent for respiratory conditions. Maketea by pouring one cup of boiling water over 1 tbsp of blackseed letting the mixture steep for about 10 minutes. Keep the tea covered until you are ready to drink so as not to lose the aroma.

Recommended Medication

Tibb Asthma Syrup - This herbal medicine is a bronchodilator and expectorant that will assist in reducing the symptoms of asthma,
particularly wheezing, breathlessness and mucous build-up, which result from the narrowing of the breathing passages. Tibb Asthma increases **heat** which assists in broncho-dilation and in combating the coldness associated with asthma.

Septogard syrup or tablets - This boosts the immune system thereby preventing and fighting infection. Septogard is associated with qualities of **heat** with dryness that assists in the elimination of excessive phlegm.

Blackseed Winter Oil and Blackseed Capsules - Blackseed is an immune booster and anti-oxidant and increases heat in the body. Blackseed is associated with **heat** which is needed to activate and promote proper immune function.

Note: do not discontinue the use of conventional medication, without consulting your practitioner.

Melancholic Asthma

Signs and Symptoms

Marked breathing difficulty; mucous or phlegm expectorant is absent; coughing is rare.

What Causes Melancholic Asthma?

Genetic factors or a melancholic dominant/sub-dominant temperament; certain medication; smoking and exposure to cold air.

The Tibb View on Melancholic Asthma

According to Tibb, melancholic asthma occurs from **excessive coldness with dryness** causing the bronchi to become thick and hard. Melancholic asthma may result from chronic phlegmatic asthma or as a result of the use of certain medications and smoking, both of which causes phlegm to harden. A person with a dominant/sub-dominant melancholic temperament is more inclined to develop melancholic asthma.

Other Lifestyle Factors

- Keep warm at all times as the cold can cause broncho-constriction.
- Partake in regular moderate exercise during the day.

Medication

Herbal Remedy

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seed, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day ans also during an attack. - Blackseed (*Nigella Sativa*) is excellent for respiratory conditions. Maketea by pouring one cup of boiling water over 1 tbsp of blackseed letting the mixture steep for about 10 minutes. Keep the tea covered until you are ready to drink so as not to lose the aroma.

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Melancholic Asthma

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Marked breathing difficulty; mucous or phlegm expectorant is absent; coughing is rare.

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Genetic factors or a melancholic dominant/sub-dominant temperament; certain medication; smoking and exposure to cold air.

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Management of Melancholic Asthma

Management is aimed at **reducing the excess coldness with dryness** associated with melancholic asthma by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This will assist Physis in addressing both the symptoms and the causes of melancholic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as ginger, turmeric, spinach and olive oil, **followed by Hot & Dry foods** -like chicken, oily fish, celery and garlic.
- Eat **less of Cold & Moist foods** - such as milk, cucumber, broccoli and sprouts, and the **least of Cold & Dry foods** - like yogurt, citrus fruit, and beans.
- Soak fruits in hot water for a few minutes before eating.
- Include garlic and onions in the diet.
- Eat plenty of raw fruits and steamed vegetables.
- Avoid simple sugars and white flour products.
- Avoid cold foods and drinks and eating, or consuming foods straight from the refrigerator. Allow it to reach room temperature before consumption.
- Avoid gas-producing foods such as the brassicas (broccoli, cauliflower and cabbage) and large amounts of bran. Gas can irritate an asthmatic condition by putting pressure on the diaphragm.

Other Lifestyle Factors

- Keep warm at all times as cold surroundings can trigger broncho-constriction.
- Quit smoking, as this increases dryness
- Partake in regular moderate exercise.
- Avoid exposure to cold & dry conditions.

Medication

Herbal Remedy

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seeds, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day, and also during an attack.

Recommended Medication

Tibb Asthma Syrup - This herbal medicine is combined with ammonium chloride, an expectorant, to diminish the symptoms of asthma, particularly wheezing, breathlessness and mucous build-up, which result from the narrowing of the breathing passages. Tibb Asthma increases **heat** which assists in bronchodilation and in combating the coldness
associated with asthma.

Septogard syrup or tablets - Boost the immune system, thereby preventing and fighting infection. Septogard is associated with qualities of **heat** with dryness.

Blackseed honey - Blackseed boosts the immune system and has anti-oxidant properties. Blackseed is associated with **heat** which is needed to activate and promote proper immune function.

Note: do not discontinue the use of conventional medication, without consulting your practitioner.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/asthma.pdf

Backache

What is backache?

Back pain is a common problem that affects most people at some point in their life. Backache describes pain experienced in the lower back or lumber region that feels like an ache, tension or stiffness. Pain in the lower back is referred to as lumbago. The pain can be acute, occurring suddenly and of severe intensity, or chronic (lasts for more than 3 months).

Signs and Symptoms

Muscle pain in the lower back, which can radiate into the backside and back of the legs; shooting or stabbing pain; muscle tension in the lower back, resulting in the feeling of stiffness; limited flexibility and range of motion of the back especially when leaning forward and bending back; pain is worse on movement; severe backache may cause the back to tilt to one side, causing a limp or a change in posture.

Causes and Risk Factors

There are multiple causes of backache including: muscle or ligament strain which results from incorrect lifting of heavy objects; from arthritis which causes the joint spaces to narrow; from osteoporosis, which results in brittle and porous bones; and also direct exposure to cold. Historically, people wore vests to keep the back warm and dry. In today's times the lower back area is very often exposed. When we perspire, the evaporation of the sweat brings about coldness which reduces the blood flow to the lower back, so leading to backache.

The Tibb View of Backache

According to Tibb, backache is associated with qualities of **coldness with dryness**. The reduced heat and decreased blood supply can lead to chronic inflammation and chronic backache. Although persons with a melancholic dominant/sub-dominant temperament are predisposed to backache, other temperamental types are also at risk from lack of exercise and being overweight.

Management of backache

Management is aimed at **reducing excess coldness** associated with backache, by implementing Tibb Lifestyle Factors that **increase the qualities of heat**. This will assist Physis in addressing both the symptoms and causes of backache.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, mutton, ginger, olive oil, turmeric, and honey, **followed by Hot & Dry foods** - like egg, garlic, chicken and mustard.
- Eat **less of Cold & Moist foods** - such as rice, broccoli, milk and cucumber and the **least amount of Cold & Dry foods** like citrus fruit, yogurt and beef should be eaten.
- Drink lukewarm water until symptoms subside. Consume plenty of fruit and vegetables.
- Avoid red meat. It is acidic, so contributes towards pain and inflammation.
- Avoid dehydrating drinks (coffee, tea, alcoholic drinks), and sugar-rich fizzy drinks.
- Follow a detox programme, consisting only of vegetables and fruit, herbal teas and water.

Other Lifestyle Factors

- Practice light exercise, like walking daily. However, if this aggravates the pain, stop walking until there is better resolution of the symptoms.
- Exercises to strengthen the core back muscles are advised. Pilates should be considered to strengthen abdominal and back muscles.

- Apply a heat pack over the affected area.
- Keep the area warm by wearing a vest or other appropriate clothing which covers the lower back area.
- At night, sleep with a pillow between your knees.
- Avoid lifting heavy objects. When the condition resolves practice proper bending and lifting techniques. Bend with the knees keeping the object as close to the body as possible before lifting.

Medication

Home remedies

- Add $^{1}/_{4}$ - $^{1}/_{2}$ tsp turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink twice daily.
- **Detox** - Add Epsom salts to bathwater to soothe inflamed muscles.

Recommended Medication

- **Rumaflam tablets and ointment** - Have pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat** which combats the coldness associated with joint, muscle and bone disease.
- **Blackseed Rub** - Contains blackseed and other heating oils that will provide relief for aching muscles.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/backache.pdf

Benign Prostatic Hypertrophy (BPH)

What is BPH?

BPH, also known as an enlarged prostate, is a common complaint amongst men over fifty. The middle section of the gland enlarges, partially blocking the flow of urine through the urethra.

Signs and Symptoms

Increased frequency of urination, usually first noted at night (nocturia); difficulty in urination; dribble or overflow incontinence; inflammation of the urethra and bladder due to stagnant urine; aching and burning feeling on urination and complications such as malaise and even mental disorders.

What Causes BPH?

In most men, the prostate continues to grow throughout life. The exact cause of this is unknown; however it may be due to changes in the balance of sex hormones.

The Tibb View of BPH

According to Tibb, BPH is due to **excessive moistness with cold**. This excessive moistness results from an improper diet, which is rich in carbohydrates, refined sugar and cold and moist foods. With age, the metabolism slows down resulting in insufficient heat to process moist foods. Although sanguinous/phlegmatic temperamental types are more at risk other temperaments can also be affected from poor lifestyle.

Management of BPH

Management is aimed at **reducing excess moistness with coldness**, associated with BPH, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This will assist Physis in addressing both the symptoms and the causes of
benign BPH.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** - such as bittergourd, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, cabbage, lemon and peanuts.
- Eat **less of Hot & Moist foods** - such as mutton, banana, fennel and sweet potato, and the **least amount of Cold & Moist foods** - like rice, butternut and cucumber.
- Avoid alcohol, as it decreases the body's ability to produce testosterone.
- Avoid dairy products, white flour products, carbonated beverages, chocolate, refined sugar and products containing artificial food colouring.
- Follow a diet that includes plenty of fruit, vegetables, nuts, and whole grains.
- Eat 20g of pumpkin seeds daily. Pumpkin seeds are helpful for almost all kinds of prostate troubles, because they are rich in zinc.
- Eliminate from your lifestyle such items as alcoholic beverages (especially beer and wine), caffeine, fluoridated water and spicy and junk food.
- Have one bitter gourd in the morning.

Other Lifestyle Factors

- Get regular exercise. However, cycling should be done with a special seat so as not to put added pressure on the prostate gland. Walking is a preferred exercise.
- Quit smoking.
- Avoid constipation - regular bowel movements will relief symptoms of BHP as constipation can put pressure on the prostate gland.

Medication

Herbal Remedy

- Add 1tsp parsley, 1tsp celery seeds, 1tsp fennel seeds, 1tsp aniseed, 3 crushed black pepper corns and 1tsp saw palmetto. Add to 1 cup of boiling water. Allow to stand for 3 minutes, strain and drink.

Recommended Medication

Tibb Renotone tablets - Has diuretic properties and assists the flow of urine.

Prosteez tablets - Contains Saw Palmetto and other ingredients that act on the prostate gland.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/bph.pdf

Boils

What are boils?
Boils, or furuncles, are painful pus-filled bumps that form under the skin when bacteria infect and inflame one or more of the hair follicles.

Signs & Symptoms
A small hard swelling (abscess) containing pus forms on the face, neck, scalp, armpit or buttock. The swelling becomes itchy, painful to the touch, and inflamed. Swellings become visible on the lymph nodes on the neck, or in the armpit or groin.

Complications
The main complication associated with boils is tissue scarring. However, if they are not treated properly the infection can spread to other areas of the skin, as well as into the blood stream. In this case there may be serious consequences.

What Causes Boils?
Boils are caused by blockage of the skin pores or deep in the hair follicles, usually due to poor hygienic habits. This provides a welcomed environment for bacteria, Staphylococcus aureus, to thrive, invade tissues and cause infections. Risk factors for the development of boils include chronic illness conditions and compromised immunity as in diabetes. This makes it more difficult for the body to fight infection, making it susceptible to developing boils.
Stress - increases heat in the body and this can increase the risk of developing boils.

The Tibb View on Boils
According to Tibb, boils are associated with qualities of **excessive heat** which makes the skin susceptible to infection and results in painful inflammation. Boils are more common in individuals with a sanguinous/bilious temperamental combination, where the quality of **heat** is dominant.

Management of Boils
Management is aimed at **reducing the excess heat** associated with boils, by implementing Tibb Lifestyle Factors that **increase the quality of coldness**. This assists Physis in addressing both the symptoms and the causes of boils.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat **less of Hot & Dry foods** - such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** - like sugar, white flour products, cheese, and mutton.
- Drink at least two litres of water daily.
- Select a high fibre diet of fruit and vegetables to encourage regular bowel movements.
- Eat plenty of raw/steamed vegetables and fruits.
- Avoid heavily spiced, fried foods, as well as sugary and refined foods.
- Avoid cashew nuts, pecan nuts, peanuts, eggs, cheese, pickles, processed meats and chocolates.
- Partake in a cleansing fast monthly to rid the body of accumulated toxins.
- Drink rooibos tea with lemon juice, instead of milky tea and coffee.

Other Lifestyle Factors

- Clean the skin around the boils with hydrogen peroxide (10 vols).
- Repeated attacks of boils can be prevented by cleansing the skin area regularly with antiseptic liquid.
- After the boil has drained, apply a mixture of blackseed honey to prevent further infection and promote healing.
- Shower instead of bathing. This reduces the chance of the boils spreading to other parts of the body.
- When dealing with boils, keep the hands scrupulously clean.
- Adhere to strict hygienic measures if you are involved in food handling and preparation.
- Reduce stress by performing slow and deep breathing exercises daily.

Medication

Herbal Remedies

- Apply a hot compress to the affected area. This will encourage a head to form on the boil, and help it to drain.
- Cover the boil with a thin cloth envelope containing a slice of onion or tomato, or a crushed garlic clove, or a used cold teabag.

Recommended Medication

Septogard tablets or syrup - Boosts the immune system to prevent and fight infection.
Blackseed Honey - promotes healing and prevents further infections.
Livotibb tablets or syrup - This supports the liver in dealing with the infection.
Haemoclear tablets or syrup - This stimulates the liver into removing toxins from the blood.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/boils.pdf

Bronchitis

What is bronchitis?

Bronchitis is inflammation of the lining of the bronchial tubes or airways, which carry air to and from the lungs. Bronchitis may be either acute or chronic.

Signs and Symptoms

Painful coughing and wheezing; throat and chest pains; feeling feverish and generally unwell; poor concentration; excessive production of thick, sticky and/or pus-containing sputum; difficulty in breathing or breathlessness which interferes with daily activities. Although a single episode of bronchitis usually isn't cause for concern, it can lead to pneumonia in some people.

What Causes Bronchitis?

Inflammation due to infection or irritation of the airways is the underlying cause. Risk factors include: cigarette smoking which dries and irritates the airways; exposure to air pollution, such as dust; and sudden changes in temperature such as moving from a hot environment to a cold one.

The Tibb View on Bronchitis

According to Tibb, bronchitis is associated with qualities of **dryness**, either with **heat** or **coldness**. This results in painful inflammation and constriction of the airways. Individuals with a bilious/melancholic temperamental combination are more susceptible to developing bronchitis, due to their dominance of dryness.

Management of Bronchitis

Management is aimed at **reducing the excess dryness** associated with bronchitis, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. Management for bronchitis includes getting adequate rest, breathing in moist air and keeping hydrated. This assists Physis in addressing both the symptoms and the causes of bronchitis.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as sweet potato, ginger, turmeric and brown bread **followed by Cold & Moist foods** - like carrots, cucumber, rice and pumpkin.
- Eat **less of Hot & Dry foods** - such as egg, garlic, chili and onion and the **least amount of Cold & Dry foods** - like beef, tomato, cabbage, and peanuts,
- Drink plenty of water either warm or at room temperature, or decaffeinated tea if preferred.

Other Lifestyle Factors

- Get plenty of bed rest, preferably with a humidifier in the room.
- For those who smoke, now is a good time to stop.
- Steam inhalation which are warm and moist, helps to cough up obstinate mucous.
- Do light exercises like stretching if fever is absent. Avoid exercising if you present with fever.
- Avoid inhaling passive smoking in social environments.

Medication

Herbal Remedies

- Use a vapour rub containing **camphor, eucalyptus, menthol, nutmeg oil, or turpentine oil**. Apply frequently during the day, and especially before sleep.

Recommended Medication

Chest-eeze syrup - This palatable product improves your breathing by thinning excess mucous, so helping to bring it up. It also reduces fever if present, and widens the breathing passages. It also helps dampen down coughing.

Kofcare syrup - This cough syrup reduces cough and mucous production, and soothes inflammation of the breathing passages.

Septogard tablets or syrup - Boosts the immune system to prevent and fight infection.

Blackseed Rub - Contains several heating oils that ease breathing difficulties and relieve a tight chest.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Bronchitis.pdf

Chronic Fatigue

What is Chronic Fatigue?

This is a common, almost constant state of weariness that develops over time. It diminishes energy levels and mental capacity. Chronic fatigue has a major impact on a person's emotional and psychological well-being.

Signs and Symptoms

Unusual physical or mental tiredness following intense activity; deep tiredness lasting through the day; difficulty in concentrating. This form of fatigue can last anything from a few days to several weeks.

What Causes Chronic Fatigue?

Fatigue is attributed to a number of causes, including lifestyle factors, medical and psychological conditions.

Risk factors include over-exerting the skeletal muscles and the consumption of inadequate or poor quality food. It is also a common side effect of a weight-reduction diet, from too-frequent skipping of meals, or from eating regularly "on the hoof"; Certain medical conditions such as thyroid problems, anaemia, cancer, heart disease, depression, obesity and asthma often include fatigue as a symptom.

The Tibb View on Chronic Fatigue

According to Tibb, fatigue is associated with qualities of cold and moistness, which slows bodily processes by dampening the heat of metabolism. This leaves the person affected feeling tired and sluggish. Fatigue is aggravated by a lifestyle that increases qualities of cold and moistness in the body.
As there are numerous causes of chronic fatigue, both mental and emotional, all temperamental types are at risk of chronic fatigue.

Management of Chronic Fatigue

Management is aimed at reducing the excess cold/moistness associated with fatigue, by implementing Tibb Lifestyle Factors that increase the qualities of heat and dryness. Management of fatigue often includes rectifying the underlying condition or faulty Lifestyle Factor. A balanced diet and regular exercise is also recommended. This assists Physis, in addressing both the symptoms and the causes of chronic fatigue.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** - such as oily fish, chicken, celery, and garlic, **followed by Hot & Moist foods** - like olive oil, ginger, turmeric and spinach.
- Eat **less of Cold & Dry foods** - such as citrus fruit, yogurt and beans, and the **least amount of Cold & Moist foods** - like milk, cucumber, broccoli, and sprouts.
- Start the day with a good high-fibre breakfast. Eat plenty of fresh fruits and vegetables and whole grain foods.
- Avoid fried foods; junk foods; processed foods; stimulants such as coffee; tea and soft drinks; sugar; products containing yeast and/or white flour such as bread or pasta; chocolate.

Other Lifestyle Factors

- **Breathing** - Practice deep breathing exercises, as they help to energise and relax.
- **Exercise** - Regular, mild or moderate physical exercise, followed by plenty of restoring rest, is known to help. Exercises such as yoga and pilates should be practiced as they encourage deep breathing. This promotes increased oxygen supply to the brain and muscles.
- **Sleep** - Try to develop beneficial, regular and long-term sleeping habits, by practicing good sleep hygiene.

- **Meditation** - Allow time for meditation and breathing exercises, early in the morning and the evening.
- As stress often goes with fatigue, take up stress-reducing techniques (deep breathing, yoga, meditation).
- Get into positive leisure activity - not watching TV or the computer, but reading, DIY, knitting or a similar hobby.
- Do not overdo things. Be realistic about what can be achieved, and when.
- In the morning, plan your day, and prioritise the activities. Start with the worst, heaviest chores.
- Try to shake the smoking habit if applicable, as it reduces the amount of available oxygen for energy production.
- If possible, reduce your workload. Learn to say: 'No thank you'.
- If overweight, taking measures to reduce body mass. This will help reduce periods of fatigue.

Medication

Herbal Remedies

- **Licorice or gingko biloba** powder (500mg) sprinkled on food.
- Take 2 teaspoons each of **Poppy** seeds and **honey** plus 10 **almonds** and liquidised in 200ml of milk. Drink first thing in the morning.

Recommended Medication

Stress-Away tablets or syrup - This multi-herbal product has balanced tonic and stimulant properties for fatigue associated with stress and anxiety.

Completone tablets - Contains many herbal ingredients aimed at treating fatigue and physical exhaustion. Completone is associated with **heat with dryness**, which are needed to improve general vitality and overcome fatigue with associated qualities of coldness with moistness.

Livotibb tablets - acts as a tonic to the liver and stimulates metabolism. Livotibb is associated with qualities of **moistness** with **heat**, which gently stimulates the function of the liver and promotes metabolism.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/chronic%20fatigue.pdf

Colds and Flu

What is a cold?
Common Cold (Coryza) is an acute condition that affects only the upper respiratory tract (mainly the nose). It is the most common respiratory disorder in many parts of the world.

Signs and Symptoms of a Cold
Runny nose (with clear mucous); blocked nose; sneezing; sore throat; watery eyes; coughing; headache (sometimes); and slight fever (sometimes).

What is the Flu?
Flu (Influenza) is also an acute and contagious condition that affects the respiratory system. It is often confused with the common cold, but flu is much more severe. Flu usually lasts for four to five days, but the complications can be longer lasting and more serious, especially with lung infections such as bronchitis and pneumonia.

Signs and Symptoms of Flu
Fever and extreme coldness (chills/shivering/shaking); body aches (especially joints and throat); nasal congestion (with yellow - green mucous); runny nose; coughing; headaches; fatigue; irritated, watery eyes; and diarrhoea (usually in children).

What Causes Colds and Flu?
The common cold and flu are due to infection from certain viruses.
Risk factors include exposure to cold and rainy weather, and an immature immune system, especially in children.

The Tibb View on Colds and Flu
According to Tibb, colds and flu are associated with **coldness with moistness** as they typically develop in cold months of the year. Symptomatically colds and flu presents with excessive mucous production such as a runny or congested nose, and productive coughing. Due to the weakened immune system, Physis is unable to prevent the virus infection, but actively fights it
in order to restore the body back to health within 4 days (for a cold) or 21 days (for the flu). Although all temperamental types can be affected with colds and flu, people with a phlegmatic dominant/sub-dominant temperament are more at risk due to their innate
qualities of coldness and moistness.

Management of Colds and Flu
Management is aimed at **reducing the excess coldness with moistness** associated with colds and flu, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This assists Physis in addressing both the symptoms and the causes of colds and flu.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, garlic and onion, **followed by Hot & Moist foods** - like flavoured with spices like ginger, turmeric and black pepper.
- Eat **less of Cold & Dry foods** - such as lemon, oranges and yogurt and the **least amount of Cold & Moist foods** - like milk, cucumber and rice.
- Avoid dairy products, margarine, fried foods and all sugars;
- Avoid solid foods for three days.
- Sip hot chicken, beef or mutton soup spiced with garlic, ginger, black pepper and salt for three days.
- Drink at least 2 litres of warm water per day.

Other Lifestyle Factors

- Remain as active as possible unless you have a fever in which case bed rest is strongly advised.
- Mix a solution of 1 cup warm distilled water, $^{1}/_{2}$tsp of sea salt and a pinch of bicarbonate of soda. Use a squeeze spray bottle to instil the solution in the nostrils, one side at a time. Repeat this procedure 3-4 times a day as necessary for relief from stuffiness.
- Avoid exposure to cold and wet weather.
- Use steam inhalations to promote drainage and ease pressure. Use a pot of hot water and add a few drops of eucalyptus or rosemary oil. Put your face over the pot and cover with a towel. Breathe in deeply. Do this several times a day for 5-10 minutes.
- Massaging the chest and throat with a heating ointment (such as Blackseed Rub) will ease congestion and help eliminate phlegm.

Medication

Herbal Remedy

- 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix in 2 tsp of honey and drink. Repeat the same 3 times a day.
- Ginger and honey tea: Grate 2 cm piece of ginger to a pot of 2 cups of water. Bring to the boil, then add 1tbsp of honey. Drink it whilst hot.

Recommended Medication

- **Tibb Flu-Relief capsules or syrup** - This provides relief from body aches & pain, reduces phlegm, and lowers fever. This medication is associated with qualities of **heat with dryness** and is effective in restoring harmony in conditions linked with coldness and moistness such as colds, flu and congestion.
- **Septogard tablets or syrup** - This boosts the immune system to prevent and fight infection. Septogard is associated with qualities of **heat** with dryness that will assist in the elimination of excessive phlegm associated with respiratory infections. An increase in heat is also needed to activate the immune response.
- **Kofcare or Chest-eeze syrup** - This eases breathing, reduces cough, regulates phlegm production, and soothes inflammation. These cough syrups are associated with qualities of **heat**.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/colds-and-flu.pdf

Constipation

What is constipation?

Constipation is infrequent bowel movements or difficult passage of stools that persists for several weeks or longer.

Signs and Symptoms

Bowel movements are less frequent than usual (fewer than three times a week); passing the stool is difficult, painful, takes a long time, and feels incomplete; the faeces are like pellets - small, dry and hard, and often very dark brown in colour; the abdomen may feel swollen and uncomfortable; if constipation has been present for some time, there may be bleeding during defaecation. Constipation can result in the development of piles (haemorrhoids) or tears in the anus (anal fissures).

What Causes Constipation?

Constipation most commonly occurs when waste or stool moves too slowly through the digestive tract. This is due to a lack of heat and moistness, causing the waste to become hard and dry. Risk factors includes poor eating habits, especially where there is not enough fibre (roughage) which is present in vegetables and fruit; and not drinking enough water. A lack of exercise may make constipation worse. Bad bowel habits, such as ignoring the call of nature can lead to constipation. The repeated use of certain medications like some painkillers, antacids, anti- allergy drugs can also lead to constipation.

The Tibb View on Constipation

According to Tibb, constipation is associated with qualities of **coldness with dryness** due to an improper lifestyle. Included in this is an excessive intake of cold and dry foods which results in stool moving slowly through the digestive tract, causing dry and hard stools. Although people with a melancholic dominant/sub-dominant temperament are most likely to develop constipation due to their innate qualities of coldness and dryness, other temperamental types can also suffer from constipation from a faulty diet and other lifestyle factors.

Management of Constipation

Management is **aimed at reducing excess coldness with dryness** associated with constipation, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This will assist Physis in addressing both the symptoms and the causes of constipation.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods**- such as dates, mangoes, honey and brown bread, **followed by Hot & Dry foods** - like celery, red pepper, onion and oily fish.
- Eat **less of Cold & Moist foods** - such as litchis, watermelon, cucumber and broccoli, and the **least amount of Cold & Dry foods**- like beans, beef, citrus fruit and yogurt.
- Avoid sour foods and drinks, fried foods, spicy foods, soft drinks, meat, processed foods, white flour products, salt, coffee, alcohol and sugar. These foods are difficult to digest and contain little or no fibre.
- Maintain a high-fibre diet of fresh fruits, raw green leafy vegetables, brown rice, oatmeal, sprouts, carrots, and whole-grains. Eat fruits that contain soluble fibre such as apricots, bananas, blackberries, blueberries, cranberries, figs, grapes, peaches and dried prunes.
- Drink at least 8-10 glasses of warm water daily.
- Drink a cup of warm water with 1 tbsp honey and 1 tbsp olive oil 30 minutes before meals.

Other Lifestyle Factors

- Try to exercise more. Regular exercise increases rhythmic bowel movement (peristalsis). A brisk 20 to 30 minute walk daily is often effective in relieving the problem, especially for pregnant women.
- Practice daily breathing exercises to help sort out any emotional problems like stress.
- Go to the toilet at the same time every day even if the urge doesnít exist. Try to relax as stress tightens the muscles and can cause constipation. Many people find reading a helpful way to relax.
- Never repress the urge to defecate.
- Take a natural laxative as and when necessary.

Medication

Herbal Remedies

- Grind 2 parts of psyllium seeds, and 1 part each of flaxseed and oat bran and mix with some water to make a paste. Take 1 teaspoon in water before bedtime.
- Take 2 tablespoons of aloe vera juice every morning. Alternatively make it by boiling 3 or 4 aloe vera leaves in 1 litre of water for 30 minutes. This softens the faeces, and heals and cleans the digestive tract.
- Drink a glass of warm water with 1tsp of honey and 1tsp of olive oil 30 minutes before meals.

Over The Counter Recommended Medication

Laxotabs tablets - This softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely. Laxotabs are associated with qualities of **moistness with heat** as it helps combat the coldness with dryness associated with constipation.

Bonnycare syrup - This is for infants and children. It helps restore the normal workings of the bowel. Bonnycare is associated with qualities of **heat with moistness** which gently assists and supports digestive function and aids in conditions such as constipation and flatulence.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/constipation.pdf

Coughing

What is the reason for coughing?

Coughing protects the airways from irritants which can cause inflammation. However, too much coughing can damage the breathing passages, and make sleep and daily activities difficult.

Types of Coughing

There are two main types of coughing:

- **Wet coughs**, which usually occur with colds or respiratory infections.
- **Dry coughs**, which are usually due to chemical irritants, pollutants, fumes or dust.

What Causes Coughing?

Coughing is the body's way of removing foreign material or excess mucous from the lungs and upper airway passages. This occurs due to sudden exposure to a cold environment resulting in irritation and inflammation of the airways, or of reacting to an irritated airway. Excessive intake of cold foods and drinks (like refrigerated milk and beverages) can trigger coughing.

Risk factors for coughing include: irritants in the breathing passages; air pollutants like smoke from cigarette and wood-burning stoves; lung infection due to microbes. Diseases like tuberculosis and cold typically produce coughing.

Several breathing disorders result in coughing, such as asthma, bronchitis, and post-nasal drip. Other disorders like anxiety, heartburn, ear problems, and early heart failure feature coughing as a symptom. Certain conventional drugs, like ACE inhibitors for hypertension often have coughing as a side effect.

The Tibb View on Coughing

According to Tibb, wet coughing is associated with qualities of **coldness with moistness** as phlegm is present. On the other hand, dry coughing is associated with qualities of coldness with dryness, where phlegm is notably absent. People with a **phlegmatic** dominant/sub- dominant temperament are more likely to develop a wet cough, whereas those with a **melancholic** dominant/sub-dominant temperament are more likely to develop a dry cough.

Management of Coughs

Management is aimed at **reducing the excess coldness** either associated **with moistness** in the management of a **wet cough** or **dryness** in the management of a **dry cough**, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This assists Physis in addressing both the symptoms and causes of coughing.

Tibb Lifestyle Factors

Coughing Associated with Qualities of Coldness with Moistness (Wet Cough):

Food and Drink

- Eat **mostly Hot & Dry foods** - such as eggs, chicken, garlic and mustard, **followed by Hot & Moist foods** like ginger, black pepper, turmeric and honey.
- Eat **less Cold & Dry foods** - such as yogurt, citrus fruit and mealie meal, and the **least amount of Cold & Moist foods** - like rice, milk, cucumber, and watermelon.
- Drink lots of water. Try for at least 8 glasses of warm water daily, to replace fluid lost from coughing.

Coughing Associated with Qualities of Coldness with Dryness (Dry Cough):

Food and Drink

- Eat **mostly Hot & Moist foods** - such as ginger, black pepper, lamb, and spinach, **followed by Hot & Dry foods** - like egg, chicken, garlic, and turmeric.

- Eat **less of Cold & Moist foods** - such as rice, milk, butter, and watermelon, and the **least amount of Cold & Dry foods** - like beef, yogurt, cabbage, and beans.
- Hot beverages, like tea with honey, and broths work well to soothe the throat affected by a dry cough.

Other lifestyle factors

- Pour hot water into a basin or bowl. You may add blackseed winter oil or any other ointment that contains menthol or eucalyptus. Throw a towel over your head and inhale the vapour.
  (Take caution when doing this).
- Take slow and deep breaths in and out through the nose for five minutes, several times daily.

Medication

Herbal Remedies

- Steep several slices of fresh **ginger** root in boiling water, add honey to taste.
- Echinacea (10 to 12 drops tincture, four times daily) can lessen the severity of a troublesome cough.
- Consuming **raw garlic** may also help improve a cough.

Recommended Medication

Kofcare syrup - This syrup reduces cough and soothes irritation and inflammation associated with dry coughs as it contains honey. Kofcare is associated with qualities of **heat with moistness** and aims to balance qualities of coldness with dryness which is linked to dry coughing.

Chest-eeze syrup - This dampens down coughing, and improves breathing by thinning excess mucous. Chest-eeze increases **heat** which decreases the viscosity of phlegm and dilates the airways.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/coughing.pdf

Depression

What is depression?

Depression is a mood disorder, which causes a constant feeling of sadness and a loss of interest in life. Depression affects the way one feels, think and behaves and can make carrying out daily activities difficult.

Signs and Symptoms

Feeling of constant sadness or unhappiness; loss of interest in daily activities; an inability to feel pleasure; sleeping too much (hypersomnia) or lack of sleep (insomnia); loss of appetite or excessive eating; slow thinking, speaking or body movements; loss of concentration and memory; frequent onset of physical symptoms, such as backache and headaches; and thoughts of death and suicide.

Causes and Risk Factors

There are a number of possible factors that contributes towards the development of depression. Depression is more prevalent in women, linked probably to an imbalance of brain chemicals or hormones. Depression is considered an inherited or temperamental condition, as it is more common in people whose biological relatives also have it. Traumatic events such as death of a loved one,
divorce or financial problems can trigger depression. Poor weather, especially in winter, can lead to a form of depression called Seasonal Affective Disorder.

The Tibb View of Depression

According to Tibb, depression is associated with qualities of **coldness**, with either **moistness** or **dryness**. Depression with qualities of **coldness with moistness** (phlegmatic depression) is more prevalent in people with a phlegmatic dominant/sub-dominant temperament and inludes symptoms of general unexplained sadness, withdrawal from society, excessive sleep and eating. Phlegmatic depression leads to sluggishness and mental dullness. Depression with qualities of **coldness with dryness** (melancholic depression) is more prevelant in person's with **melancholic** dominant/sub-dominant temperament and includes symptoms of loss of pleasure in almost all activities, insomnia and a loss of appetite. Melancholy depression because of excessive coldness with dryness increases the risk of strokes and heart attacks.

Management of Depression

Management is aimed at **reducing the excess coldness** either **associated with moistness** in the management of **phlegmatic** depression or **dryness** in the management of the **melancholic** form, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat & dryness** or **heat & moistness** respectively. This will assist Physis in addressing both the symptoms and causes of depression.

Tibb Lifestyle Factors

Phlegmatic Depression Associated with Qualities of Coldness with Moistness:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as eggs, chicken, oily fish, garlic and mustard, **followed by Hot & Moist foods** - like ginger, black pepper, turmeric, lamb and dates.
- Eat **less of Cold & Dry foods** - such as yogurt, citrus fruit, and beans, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and watermelon.
- Eat complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid sugar and foods and drinks that contain high amounts of sugars like cool drinks, cakes and chocolates etc. These foods cause quick mood highs but results in feeling sluggish and depressed thereafter.

Other Lifestyle Factors

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind-body exercise such as meditation to counter stressful situations.

Medication

Herbal Remedies

- Add a pinch of saffron to meals daily.

Recommended Medication

Stress Away tablets or syrup - This assists in the management of mood disorders like depression and anxiety. Stress-away is associated with qualities of **moistness with heat** which is needed to promote the proper functioning of the brain.

Completone tablets - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness.

Melancholy Associated with Qualities of Coldness with Dryness:

Food and Drink

- Eat **mostly Hot & Moist foods** - such as ginger, black pepper, turmeric, lamb and dates, **followed by Hot & Dry foods** - like eggs, chicken, oily fish, garlic and mustard.
- Eat **less of Cold & Moist foods** - such as milk, cucumber, rice and watermelon, and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, and beans.
- Eat complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid refined sugar, and foods and drinks that contain high amounts of sugar like cold drinks, cakes, and chocolates. These foods cause quick highs but leave you feeling down, sluggish and depressed thereafter.

Other Lifestyle Factors

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind body exercise such as meditation to counter stressful situations.

Medication

Herbal Remedies

- Take 1 tsp of cashew nut powder (crushed cashew nuts) in 1 glass of milk daily.

Recommended Medication

Stress Away tablets or syrup - This assists in the management of mood disorders like depression and anxiety. Stress-away is associated with qualities of **moistness with heat**, which is needed to promote the proper functioning of the brain.

Completone tablets - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness.

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To download this ailment go to:
http://www.tibb.co.za/ailments/depression.pdf

Diabetes

What is Diabetes?

Diabetes is a chronic condition that occurs when the body cannot produce enough insulin, or use it effectively. Insulin is a hormone produced by the pancreas that allows glucose from food to enter the body's cells, where it is converted into energy which is needed by muscles and tissues to function. As a result, a person with diabetes does not absorb glucose properly, and glucose stays circulating in the blood and reaches high concentrations (hyperglycaemia), and this damages tissues and organs over time, even leading to life-threatening health complications.

Types of Diabetes

There are two main types of diabetes:
Type 1 diabetes - Insulin dependent diabetes
Type 2 diabetes - Non-insulin dependent diabetes

Type I Diabetes

Type 1 diabetes occurs when the insulin cells in the pancreas are destroyed. As a result the body can no longer produce the insulin it needs. It is still unclear why this happens. The onset of type 1 diabetes usually develops in children and young adults. People with this form of diabetes are dependent on the use of daily insulin injections to control their blood glucose levels. Without insulin, serious complications and death will result.

Type 2 Diabetes

Type 2 diabetes is the most common type of diabetes. It usually occurs in adults, but is increasingly seen in children and adolescents. In type 2 diabetes, the body is able to produce insulin, but it is either not sufficient or the body is not responding to its effects. This leads to a build-up of glucose in the blood.

Signs and Symptoms of Diabetes

Abnormal thirst and dry mouth; frequent urination; extreme tiredness/lack of energy; constant hunger; sudden weight loss; slow-healing wounds; recurrent infections; blurred vision.

Complications of Diabetes

Deteriorating vision; foot ulcers; sexual impotence; skin infections; increased risk of heart attacks and strokes.

Prolonged Complications

Kidney damage (nephropathy); nerve damage (neuropathy); blindness (retinopathy); amputations.

What Causes Type 2 Diabetes?

Risk factors for developing type 2 diabetes include being overweight or obese; a lack of regular physical activity; unwise food choices (eating too much carbohydrate rich foods, for example); and a genetic predisposition. These risk factors increase **moistness** in the body.

The Tibb View on Type 2 Diabetes

Diabetes is linked to qualities of **moistness**. Heat is needed for the pancreas to function well. Excessive moistness dampens heat and results in insufficient production of insulin. Excessive moistness may also affect the tissue cells' sensitivity to insulin, resulting in increased levels of glucose circulating in the blood stream.

Individuals with a **sanguinous** dominant/sub-dominant temperament are most likely to develop diabetes. This is due to the innate qualities of **moistness** associated with this temperamental type and their predisposition to overeating. A person with a
sanguinous/phlegmatic temperament is at even greater risk of developing diabetes, due to the dominance of moistness in this combination type.

Management of Type 2 Diabetes

Management is aimed at **reducing the excess moistness** associated with diabetes, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. Lifestyle advice includes decreasing the intake of carbohydrate-rich foods and increasing levels of physical activity. This will decrease the level of moistness produced in the body and increase heat, which is needed for the proper functioning of the pancreas. This assists Physis in addressing both the symptoms and the causes of type 2 diabetes.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** - such as bittergourd, avocado, chickpeas, fenugreek and cinnamon, **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms.
- Eat **less of Cold & Moist foods** - such as carrots, pumpkin, rice and butternut, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Avoid hydrogenated fats, high-glycaemic, refined, processed or refrigerated foods.
- Avoid alcohol and tobacco.
- Avoid salty and sweet foods and drinks.
- Avoid fried, sugary and oily foods.
- Avoid refined sugar and fizzy drinks.
- Avoid icy and cold foods.
- Avoid high-glycaemic foods such as white rice, white flour products, starchy vegetables and many processed foods.
- Avoid eating carbohydrates like rice, bread or pasta, especially late in the night. Vegetables are acceptable.
- Eat 5 small meals per day instead of a few larger meals, especially supper. This should consist of three main meals and two snacks in between.
- Boiled/steamed/grilled steak, chicken or fish should be preferred.
- Increasing the intake of dietary fibre helps to reduce surges in blood sugar levels.
- For snacks eat fruit, vegetables or yogurt. Biltong and popcorn are also acceptable, but portion sizes should be small.
- Low carbohydrate foods such as cabbage, green beans, cauliflower, leafy greens, beans, mushrooms, and oranges should be included in the diet.
- Foods such as berries, eggs, fish, garlic, kelp, and most vegetables help stabilize the blood glucose levels.
- Vegetarian food should replace meats once weekly with vegetable sources of proteins such as legumes. Nuts and seeds (sesame flax and sunflower) in the diet should be increased.
- Minimize liquid intake during a meal. Drink water (preferably warm) 30 minutes before and 30 minutes after eating.
- Drink fresh vegetable juice instead of fruit juices.

Other lifestyle advice

- Exercise has an insulin-like effect on the body. Start with 10 minutes per day of cardiovascular exercises such as walking, running, cycling, or swimming. Gradually build up to 45-60 minutes at least three times a week.
- Foot hygiene: to avoid foot ulcers keep feet dry, and massage regularly with heating oils.
- Avoid emotional stress through breathing exercises, counseling and other appropriate measures

Medication

Herbal Remedies

- Regular use of cinnamon (1 tsp daily added to food), cloves, and turmeric helps the body use insulin more effectively.
- Add a handful of stinging nettle to a litre of boiling water. Cover overnight. Strain and drink throughout the day.
- 100 grams each: ajmo/carrom seeds, fenugreek seeds, dried bitter gourd and 250ml bitter gourd juice. Mix the juice with the powder and pour it into a tray. Place the tray in a warm, dry and well -ventilated place until completely dry. Use 500-1000mg 3 times a day of the powder. For children, reduce the dose by half.

Over the Counter Recommended Medication

Glucostop tablets - This will assist in treating diabetes, either alone, or in combination with other treatments. Glucostop is associated with qualities of **dryness with heat** which overcomes the excessive moistness associated with type 2 diabetes.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/diabetes.pdf

Diarrhoea

What is diarrhoea?
Diarrhoea is described as having three or more loose or liquid bowel movements per day. It may also be accompanied with gastro-enteritis. Diarrhoea is not a disease itself, but a symptom of several underlying diseases.

There are 3 types of diarrhoea
- **Acute watery diarrhoea** - lasts several hours or days
- **Acute bloody diarrhoea** - also called dysentery
- **Persistent diarrhoea** - lasts 14 days or longer

Signs and Symptoms
Frequent, loose and watery stools, often accompanied by vomiting, stomach cramps, thirst, abdominal pain, and moderate fever.

Complications
Dehydration; malnutrition; and death.

What Causes Diarrhoea?
Diarrhoea is often a result of inflammation of the intestines, which does not allow for the absorption of nutrients and liquid. Some of the causes include:
Infection: resulting from contaminated water, poor sanitation and improper hygiene.
Food intolerance: from milk and dairy products, over eating, and consuming too many different foods.
Medication: side effects from conventional medication.
From chronic illnesses: these include Irritable Bowel Syndrome, Inflammatory Bowel Disease including Crohn's disease and Ulcerative Colitis, chronic pancreatitis, celiac disease, colon cancers and certain tumours of the small intestines.
Incomplete digestion of food: eating meal upon meal can result in undigested food remaining in the gastrointestinal tract.

The Tibb View of Diarrhoea
According to Tibb, diarrhoea is a physis response to eliminate the contents of the colon from food that is undigested, spoilt or contaminated. Diarrhoea is in most cases associated with qualities of **excessive moistness** either **with coldness or heat** as the body eliminates toxic fluid. Excessive **moistness with coldness** results from too much cold & moist and hot & moist foods such as dairy products. This type of diarrhoea is common in children because of the innate quality of moistness.

Diarrhoea with **qualities of moistness with heat** result from infections as well as from certain chronic diseases that increases heat, resulting in increased gastric motility. As there are numerous causes that can lead to diarrhoea, all temperamental types can be affected.

Management of Diarrhoea
Management is aimed at **reducing the excess qualities** associated with diarrhoea, by implementing Tibb Lifestyle Factors that will increase the qualities of dryness and heat in patients with symptoms of **excess moistness with cold**, and **dryness and cold** in patients with excess moistness with heat. This will assist Physis in addressing both the symptoms, and the causes of diarrhoea.

Tibb Lifestyle Factors

Diarrhoea Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as avocado, chickpeas, cinnamon and cloves, **followed by Cold & Dry foods** - like yogurt, potatoes, and mealie meal.
- Eat **less of Hot & Moist foods** - such as bread, pasta, almonds, and spinach and the **least amount of Cold & Moist foods** - like milk, margarine, rice, and squash.
- Avoid high fibre foods, which may stress the digestive system. Also fried, junk and processed foods.

Diarrhoea Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** - such as yogurt, potatoes, and mealie meal **followed by Hot & Dry foods** - like avocado, chickpeas, cinnamon and cloves.
- Eat **less of Cold & Moist foods** - such as cumin, cardamom, rice, and squash and the **least amount of Hot & Moist foods** -like bread, pasta, almonds, and spinach.
- Drink 3 cups of rice water daily. To make rice water, boil $^1/_2$ cup of brown rice in 3 cups of water for forty-five minutes. Strain out the rice and drink the water.

Other Lifestyle Advice

- Avoid solid food for a few hours until you feel better.
- Avoid dehydration. Drink water or a rehydration drink regularly, or liquids such as clear broth, weak tea, and clear fruit juices. Avoid very hot or cold liquids.
- Do not exercise strenuously until free of symptoms.

Medication

Herbal Remedies

- Mix cinnamon powder, cumin powder, ginger powder (1 part) and honey (3 parts) in hot water. Use 1tsp three times a day in adults and $^1/_2$ tsp in children.
- If the diarrhoea does not have an offensive odour, or is the result of intake of antibiotics, then 1tbsp psyllium husk added to 5 tbsp Greek style yogurt and 2 tsp brown sugar. Mix thoroughly and eat. The yogurt will increase the probiotics in the digestive tract.

Recommended Medication

Gastrone tablets - Helps the digestive process, and possesses anti-spasmodic and anti- flatulent activity.
Bonnycare syrup - In children, this assists and supports the digestive function, and aids in conditions such as constipation, diarrhoea and flatulence.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/diarrhoea.pdf

Dry Skin

What is Dry Skin?
Although dry skin is not generally a serious condition, it may be uncomfortable, leaving the skin looking unsightly and feeling tender. When the condition is serious or severe, it is called ichthyosis.

Signs and Symptoms
Dull looking, scaly and flaky skin, with fine lines and wrinkles; the skin feels unusually tight and uncomfortable, especially after washing; itchiness; a grey, ashen skin is evident in people with a dark complexion. Exposed areas of skin, like hands and face, are mostly affected. Chapped and cracked skin are signs of severely dehydrated skin.

What Causes Dry Skin?
There are many factors that may contribute towards dry skin:
Environment: long-term exposure to extremes of high and low temperatures.
Air-conditioners and heaters: these reduce the moisture present in the air, and contribute towards skin dryness.
Hot baths and showers: taking baths and showers in very hot water for long periods of time causes skin dehydration.
Harsh soaps and detergents: these strip natural oils from the skin.
Medications: dry skin may result from side effects of certain medications.

The Tibb View of Dry Skin
According to Tibb, dry skin is associated with **dryness with coldness**, as the skin lacks moisture. Most peoples' skin becomes thinner and drier with age because of a natural increase in cold and dry qualities. Dry skin is more prevalent in people with a melancholic
dominant/sub-dominant temperament, with people with a melancholic/bilious temperament being at greatest risk due to their inherent qualities of dryness.

Management of dry skin
Management is aimed at **reducing the excess dryness with coldness** associated with dry skin, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptom and the causes of dry skin.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Moist foods** - such as sweet potato, banana, almonds and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin seeds and rice.
- Eat **less of Hot & Dry foods** - such as bittergourd, grapes, chickpeas and cinnamon, and the **least amount of Cold & Dry foods** - like beef, tomatoes, lemon, peanuts and beans.
- Eat a balanced diet that includes vegetables, fruits, grains, seeds, and nuts - raw wherever possible.
- Consume plenty of yellow and orange vegetables. (These are high in beta-carotene, a precursor of the skin-improving vitamin A).
- Drink at least two litres of water every day to keep the skin well hydrated.
- Do not drink soft drinks or eat sugar, chocolate, potato chips, or other junk foods.
- Avoid regular or excessive alcohol and caffeine intake.

Other Lifestyle Factors

- Always moisturise the skin after cleansing. Apply pure olive or almond oil liberally to the skin.
- Avoid cigarette smoking, and exposure to second-hand smoke.
- Avoid harsh soaps, cold creams, or cleansing lotions.

Medication

Herbal Remedies

- Mash two ripe bananas. Add two tbsp of honey. Mix well. Apply on dry skin. Leave it for 20 min. Wash off with warm water.
- Take one tablespoon of aloe juice in a glass of water daily.

Recommended Medication

Livotibb tablets - This acts as a tonic. It stimulates the liver to work better, which is needed to promote skin health. Livotibb is associated with qualities of moistness.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/dry%20skin.pdf

Eczema or Atopic Dermatitis

What is Eczema?

Eczema is an itchy inflammation of the skin. It is a chronic disorder which may be associated with asthma or hayfever.

Signs and Symptoms

Red to brownish-gray colored patches form on the skin, most commonly in the skin folds; thick, cracked or scaly skin; severe itching, especially at night; small, raised fluid filled bumps appear when the skin is scratched.

Complications

Scratching frequently results in the skin becoming hard, leathery, raw, darker than normal, and permanently scarred; infections can appear on the skin. Scratching can also result in open sores developing, which are sensitive to the touch, and susceptible to infection. Eczema may affect the eyes, resulting in itching in and around the eyelids. This may lead to permanent eye damage.

What Causes Eczema?

The exact cause of eczema is unknown, but its predisposition is thought to have a hereditary or temperament component. Stress and other emotional disorders may worsen eczema. Eczema is more common in children.

The Tibb View of Eczema

Eczema is linked to qualities of **heat with either dryness or moistness** as it is an inflammatory skin condition which present with itchy skin either associated with dry, scaly skin, or the presentation of discharge through damaged skin. Eczema may affect children of any temperament. The presentation of the eczema often differs according to the temperament. Melancholic children present with dry flaky skin, phlegmatic/sanguinous temperamental combination are more likely to develop 'wet' eczema, and bilious children present with red, raw and highly inflamed skin.

Management of eczema

Management is aimed at **reducing the excess qualities** associated with eczema, by implementing Tibb Lifestyle Factors that will either **increase the qualities of cold & moistness** in patients with symptoms of **excess heat and dryness**, and **cold & dryness** in patients with **excess heat with moistness**. This assists Physis in addressing both the symptoms and the causes of eczema.

Tibb Lifestyle Factors

Eczema Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as cucumber, watermelon, carrots and broccoli, **followed by Cold & Dry foods** - like yogurt, citrus fruit and coconut oil.
- Eat **less Hot & Moist foods** - such as ginger, white flour products, cheese and sugar, and the **least amount of Hot & Dry foods** - like eggs, fish, walnuts and garlic.

Eczema Associated with Qualities of Heat with Moistness:

Food and Drink

- Eat **mostly Cold & Dry foods** - like yogurt, citrus fruit and coconut oil, **followed by Cold & Moist foods** - such as cucumber, watermelon, carrots and broccoli.
- Eat **less Hot & Dry foods** - like eggs, fish, walnuts and garlic and the **least amount of Hot & Moist foods** - such as ginger, white flour products, cheese and sugar.

Additional dietary Advice for Eczema associated with both heat with dryness and heat with moistness

- Avoid cashew nuts, pecan nuts, peanuts, cheese and other dairy products, pickles, processed meats, chocolate, wheat, strawberries, fats and fried foods.
- Try a gluten free diet for six weeks. Slowly reintroduce gluten foods one at a time back into your diet, and note any changes.
- Drink Rooibos tea (without milk and sugar). This has cooling properties and is rich in antioxidants.
- Avoid simple sugars and white flour products. Opt instead for brown variants and use honey, xylitol or Stevia to replace sugar.
- Camomile can be taken internally, as it strengthens and calms nerves. It can be used as well as on the skin to reduce skin inflammation.

Other Lifestyle Factors

- Use non-perfumed moisturising lotions for bathing, such as aqueous creams or Episone-E. Add a half-cup of boiling water to five Rooibos teabags, add to Episone-E lotion, and apply to the affected skin as a moisturiser. This helps reduce itchiness and inflammation. A tablespoon of honey can be added.
- Keeping the home humidified helps relieve symptoms of eczema linked to heat with dryness.
- Taking fewer showers and baths reduces the loss of the natural skin protective oils.
- Take measures to keep the colon clean. Use regular enemas to help rid the body of toxins.

Medication

Herbal Remedy

- Drink two to three tablespoons twice daily of pure Aloe Vera juice. This can also be applied directly over the skin.

Recommended Medication

Livotibb tablets - This regulates the function of the liver, so helps it clear the body of metabolic toxins.
Haemoclear syrup - This acts as a blood purifier.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/eczema.pdf

Erectile Dysfunction (ED)

What is Erectile Dysfunction?

Erectile dysfunction (impotence) occurs when a male can no longer get or keep an erection firm enough for sexual intercourse.

Signs and Symptoms

Inability to get or keep an erection firm enough for sexual intercourse.

What Causes Erectile Dysfunction?

Erectile dysfunction is the result of a problem often relating to one or several of the following factors- brain, hormones, emotions, nerves, muscles or blood vessels. There are many physical causes for ED including heart disease, hypertension and diabetes.

Risk factors for ED include increasing age, being overweight or obese, heavy tobacco use, certain conventional medications, and recreational drug abuse.

Tibb View of Erectile Dysfunction

According to Tibb, ED is associated either with qualities of **moistness with cold** or **heat with dryness**. Moist & Cold imbalance typically exists in older men or in obese or diabetic patients. In these their metabolism slows down and moistness accumulates. Hot & Dry imbalance is often present in men who suffer from performance anxiety, stress and who abuse alcohol. Moist & Cold ED is linked to individuals with phlegmatic dominant/sub-dominant temperament, as they have innate qualities of coldness and moistness. Individuals with a bilious dominant/sub-dominant temperament are more inclined to develop ED linked to qualities of heat with dryness.

Management of ED

Management is aimed at **reducing the excess qualities** associated with ED, by implementing Tibb Lifestyle Factors that will either **increase the qualities of heat and dryness** in cases of ED which are linked to **excess moistness with coldness**, or increase the **coldness and moistness** in cases of ED which are linked to **excess heat with dryness**.

Tibb Lifestyle Factors

Erectile Dysfunction Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as bittergourd, avocado, eggs and cinnamon, **followed by Cold & Dry foods** - like beef, tomatoes, lemon and beans.
- Eat **less of Hot & Moist foods** - such as bread, pastas and bananas, and the **least amount of Cold & Moist foods** - like milk, butter, and rice.
- Avoid foods which promote fatty deposits in the reproductive organs. Cut down on fats, especially saturated ones.

Other Lifestyle Factors

- Exercise - A weight training programme will reduce the chance of ED, restore self-esteem, and probably diminish performance anxiety. Regular physical exercise, such as 30min moderate physical exercise at least three times per week, will also help.

Medication

Herbal Remedies

- Mix a small egg yolk, 2 teaspoons of honey, and 1 teaspoon each of fresh ginger juice and onion juice. Take twice a day.

Recommended Medication

Erectogen forte tablets - This male sexual stimulant helps to restore libido and counteract psychogenic impotence. It also stimulates blood flow to the sexual organs.

Erectile Dysfunction Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as broccoli, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like oranges, yogurt and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, cheese and sugar, and the **least amount of Hot & Dry foods** - like alcohol, egg and walnuts .

Other Lifestyle Factors

- **Breathing** - ED may respond to practicing deep breathing exercises, as this is known to counteract stress.
- Cutting down or stopping smoking, as nicotine lowers sexual desire
- **Emotional support** - The person affected should learn to relax, as ED often arises from performance anxiety.

Medication

Herbal Remedies

- 2 teaspoons of poppy seeds, 2 cardamom pods, and 10 almonds. Soak overnight in 100ml of water, liquidise in 150ml of boiled milk and add 2 teaspoons of sugar. Strain and drink twice daily on an empty stomach.
- Consume watermelon regularly, as it contains agents which boost blood flow to several body organs.

Recommended Medication

Erectogen forte tablets - This male sexual stimulant helps to restore libido and counteract psychogenic impotence. It also stimulates blood flow to the sexual organs.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/erectile-dysfunction.pdf

Flatulence

What is Flatulence?
Flatulence is the result of excess intestinal gas being passed through the anus from the lower intestine.

Signs and Symptoms
Excessive or unwelcome passage of gas from the anus; embarrassing wind breaking during coughing, sneezing or laughing, or during exertion; disagreeable and uncomfortable bloating of the abdomen due to gas accumulation; a feeling of urgency similar to the one signaling the need to defaecate; and the most serious (embarrassing) complication is breaking out in public.

What Causes Flatulence?
Flatulence is a by-product from the normal intestinal flora's (bacteria) action of hard to digest foods that passes into the colon such as beans. Food sensitivities or intolerance, as with ingesting foods containing gluten or lactose can also cause excessive buildup of intestinal gas, which is sometimes painful. Ailments such as IBS often feature excessive flatulence as a symptom.

The Tibb View of Flatulence
According to Tibb, the qualities associated with flatulence are **dependent on the underlying cause**. Eating gas-forming, cold & dry foods like beans produces flatulence linked to qualities of **dryness with cold**. Although people with a melancholic dominant/sub-dominant temperament are most inclined to suffer with flatulence, other temperamental types can also suffer from it, due to a faulty diet or a poor lifestyle.

Management of Flatulence
Management is aimed at **reducing the excess dryness with cold** associated with flatulence, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat & moistness**. Managing the underlying condition and avoiding certain foods should also be adopted. This assists Physis in addressing both the symptoms and the causes of flatulence.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Try to eat more fresh vegetables, fruit and whole meal bread, as these will increase roughage in the diet.
- Drink at least 6-8 glasses of warm water per day.
- Drink at least 2 liters of warm water daily.
- Use rice instead of potatoes, corn or noodles wherever possible.
- Avoid gas-promoting foods, especially apricots, beans, cabbage, brussels sprouts, broccoli, cauliflower, lentils, onions and radishes.
- Avoid food combinations that upset your stomach, such as consuming fruit with a heavy meal, or milk with fermented products.

Medication
Herbal Remedies
- Add 1 teaspoon of fennel seeds to 1 cup of boiling water. Drink after cooling and straining.
- Adding the spices cumin, coriander, caraway and turmeric when preparing meals counteracts intestinal gas production.

Recommended Medication

Gastrone tablets - This contains ingredients that absorb excess intestinal gas, and a number of herbs, such as ginger, which inhibit its formation. Gastrone tablets are associated with qualities of **heat with dryness** which facilitates the movement of gas along the digestive tract.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/flatulence.pdf

Gallstones

What are Gallstones?

Gallstones are hardened deposits of bile and other material that forms in the gallbladder. Gallstones can range in size from a grain of sand to that of a golf ball.

Signs and Symptoms

Gallstones may present with no signs and symptoms, depending on the size; a colicky pain in the upper right side of the abdomen that may radiate to the right shoulder; intensifying pain in the abdomen just below the breast bone; and pain between the shoulder blades.

Complications

Inflammation of the Gallbladder: Inflammation may result when a gallstone becomes lodged in the neck of the gallbladder.

Blockage of the Bile Duct: Gallstones may lodge in the common bile duct, resulting in jaundice or an infection of the bile duct.

Blockage of the Pancreatic Duct: A gallstone may lodge in the pancreatic duct, increasing the risk of developing inflammation of the pancreas.

What Causes Gallstones?

Bile is responsible for dissolving cholesterol. If the liver secretes too much cholesterol for the bile to dissolve, the cholesterol hardens and form stones. Gallstones may also form if too much of the chemical bilirubin is produced. Bilirubin is responsible for breaking down red blood cells. Too much of it is produced in certain illness conditions, especially liver cirrhosis.

If the gallbladder fails to empty completely or often enough, bile may become very concentrated, and this contributes to the formation of gallstones.

Risk factors include being female; being obese or overweight; being over the age of 60; eating a rich, high fat, low fibre diet; rapid weight loss; and diabetes.

Certain medications such as cholesterol-lowering medication and hormone therapy also increase the risk of developing gallstones.

The Tibb View on Gallstones

Gallstones are linked to qualities of **coldness with dryness** as digestive fluid solidifies to form stones. Individuals, especially women, as their predominantly phlegmatic temperament are more likely to develop gallstones, due to their innate quality of coldness. Irregular eating patterns and skipping meals, which are associated features of the phlegmatic temperament,

result in an imbalance of chemicals in the gallbladder. This frequently goes on to form gallstones.

Management of Gallstones

Management is aimed at **reducing the excess coldness with dryness** associated with gallstones, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Lifestyle changes such as exercising and eating a healthy diet are strongly advised.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as olive oil, turmeric, dates and mutton, **followed by Hot & Dry foods** - like oily fish, garlic, chicken and mustard seeds.
- Eat **less of Cold & Moist foods** - such as litchis, watermelon, cucumber, milk and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomato, yogurt and citrus fruits.
- Avoid sour foods and drinks.

- Avoid animal products, especially pork.
- Avoid fried fatty, sugary or refined foods.
- Avoid all hydrogenated and hardened fats, and oils such as margarine, lard and butter.
- Drink juices such as pear, beet, and apple for 3 days.
- Boiled/steamed chicken and fish should be preferred over red meat.
- Avoid cold and icy foods and drinks.
- Drink at least two to three litres of warm water a day.

Other Lifestyle Factors

- Colonic cleansing or irrigation is recommended to assist in eliminating waste from the body.
- Daily moderate exercise such as moderate walking is advised.

Medication

Herbal Remedies

- Take 3 tablespoons of olive oil with the juice of a lemon (3 tablespoons) before bed and upon wakening. Stones are often passed in the stools with this technique. Substitute lemon with grapefruit if desired.

Detox Programme

1. Drink at least four glasses of fresh apple juice daily. Packaged apple juice is not ideal but acceptable.
2. During treatment, eat normally, but avoid red meats, dairy and fried foods completely.
3. On *Day 1*, take 1 tablespoon olive oil plus 1 tablespoon of lemon juice at bedtime.
4. On *Day 2*, carry on with the apple juice. Take 2 tablespoons olive oil plus the same amount of lemon juice at bedtime.
5. On *Day 3*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
6. On *Day 4*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
7. On *Day 5*, carry on with the apple juice. Take 4 tablespoons olive oil plus the same amount of lemon juice at bedtime.
8. On *Day 6*, carry on with the apple juice. Take 5 tablespoons olive oil plus the same amount of lemon juice at bedtime.
9. On *Day 7*, carry on with the apple juice till midday, then take a light lunch.
   At 6 pm, take a teaspoon of Epsom Salts (magnesium sulphate) with a glass of warm water.
   At 8 pm, repeat the same. Epsom Salts open the gallbladder ducts.
   At 10 pm, take a half-cup olive oil with same amount of lemon juice. Mix it well and drink it.
   After this, sleep or at least lie down on the right side and rest. Do not engage in physical activity.
   To avoid nausea and vomiting suck grapefruit with salt or chew mint leaves.
   The next morning, you will pass a loose stool.
   Check the stool for toxins, worms, and green coloured gallstones.

Recommended Medication

Livotibb tablets - This regulates the production of bile by the liver. Livotibb is associated with qualities of moistness with heat which assists with metabolism and the digestion of fats.

Renotone tablets - This is used to dissipate and prevent stone formation. Renotone has qualities of heat with moistness, as it allows for the dissipation and elimination of stones.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/gallstones.pdf

Gastritis

What is Gastritis?
Gastritis is a group of symptoms that arise from inflammation of the stomach lining.

Signs and Symptoms
A gnawing or burning ache or pain in the upper abdomen; it may become better or worse with eating; nausea; vomiting; a feeling of fullness in the upper abdomen after eating.

Complications
Stomach ulcers; internal bleeding; an increased risk of developing stomach cancer.

What Causes Gastritis?
The stomach is lined with a mucous barrier which protects it from the acid secreted to digest food. It develops when the stomach lining becomes weak or damaged. Weakness in this mucous barrier results in acid attacking the lining of the stomach. A number of ailments make the protective layer susceptible to damage, and so increase the risk of developing gastritis.

The Tibb View of Gastritis
According to Tibb, gastritis is linked to qualities of **heat with dryness**. These lead to the burning abdominal pain experienced. A lifestyle that promotes this heat and dryness, such as the excessive intake of heavily spiced foods, poorly managed stress and alcohol abuse, increases the risk of developing gastritis. People with a bilious dominant/sub-dominant temperament are most likely to develop gastritis, due to their inherent qualities of heat/dryness.

Management of Gastritis
Management is aimed at **reducing the excess heat with dryness** associated with gastritis, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness & moistness**. This assists Physis in addressing both the symptoms and causes of gastritis.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly to relieve pain. This dilutes excess stomach acid, flushing it into the duodenum, where it is neutralised.
- Eat frequent small meals, including well cooked white rice, yogurt and cottage cheese.
- Eat vegetables such as carrots and broccoli occasionally.
- Allow hot beverages, such as rooibos tea, to cool before drinking. This avoids triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats and carbonated drinks.

Other Lifestyle Advice
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by consuming a high-fibre diet. The use of a gentle and natural laxative monthly is recommended.

Medication

Herbal Remedies

- Drink 25ml of Aloe Vera juice two to three times per day.
- 1tsp of licorice root powder mixed in 100ml of warm water and taken three to four times per day on an empty stomach promotes the healing of the mucous barrier.
- Take 1teaspoon of psyllium husk with warm water before retiring at night.

Recommended Medication

Gastrone tablets - This antispasmodic assists in the management of nausea, vomiting and abdominal pain.
Laxotabs tablets - This softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely to occur. Laxotabs are associated with qualities of moistness, which helps to dampen the heat with dryness associated with gastritis.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/gastritis.pdf

Gastroesophageal Reflux Disease (GORD) or Reflux

What is GORD?

Gord is a chronic disease where stomach acid occasionally flows back into the oesophagus. The acid irritates the lining of the oesophagus and causes the signs and symptoms of GORD.

Signs and Symptoms

A burning sensation behind the breastbone; a sour taste in the mouth; regurgitation of food or acid/bile; chest pain; difficulty swallowing; dry cough; and a sensation of a lump in the throat.

Narrowing of the oesophagus - This is due to damage by the acid reflux. Scar tissue might form, causing the oesophageal space to narrow.
Oesophageal Ulcers - The stomach acid erodes the mucous barrier in the oesophagus. This causes an open sore to form.
Barrette's Oesophagus - Damage caused by the acid reflux may result in abnormal/precancerous cells developing.

What Cause GORD?

GORD results from frequent episodes of heartburn or acid reflux, due to stomach acid moving into the oesophagus. During digestion, the muscles above the stomach relax to allow food in and then closes again. With GORD, the frequent muscle relaxation allows stomach acid back up into the oesophagus, causing heartburn.

The Tibb View on GORD

According to Tibb philosophy, GORD can either result from an **excess of heat with dryness** which produces an excess amount of stomach acid, or from an **excess of moistness**, which causes the muscle to relax abnormally. The form of **GORD linked to heat with dryness** is more prevalent in people with a **bilious dominant/sub-dominant temperament**, due to their innate qualities of heat and dryness. The form of **GORD linked to moistness** is more commonly found in people with a **phlegmatic/sanguinous temperament**, due to the inherent dominance of moistness.

Management of Heartburn

Management is aimed at **reducing the excess qualities associated with GORD**, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness with moistness** in patients with symptoms of **excess heat with dryness** and by **increasing the quality of dryness** in patients with symptoms of excess moistness. This assists Physis in addressing both the symptoms and causes of GORD.

Tibb Lifestyle Factors

GORD Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly to relieve pain. This dilutes excess stomach acid, flushing it into the duodenum where it is neutralised.
- Eat frequent small meals, including well-cooked white rice, yogurt and cottage cheese.
- Occasionally eat vegetables such as carrots and broccoli.
- Allow hot beverages, like rooibos tea, to cool before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.
- Avoid eating and drinking at the same time. Fluids should be taken 30 minutes before or after a meal.

Complications

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by following a high-fibre diet. The use of a gentle and natural laxative is recommended monthly.
- Drink a glass of chilled milk to reduce discomfort caused by stomach acid.

Medication

Herbal Remedies

- Grind 2 cardamom pods, add 250ml of water boil for 15minutes, strain, and drink three times daily.

Recommended Medication

Gastrone tablets - This antispasmodic assists in the management of nausea, vomiting and abdominal pain.
Laxotabs tablets - This softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely to occur. Laxotabs are associated with qualities of moistness, which helps to dampen the heat with dryness associated with Gord.

Tibb Lifestyle Factors

GORD Associated with the Qualities of Moistness:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold & Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot & Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold & Moist foods** - like squash, butter, cucumber and pears.
- Avoid triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion and caffeine. These often make heartburn worse.
- Eat smaller meals.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Lose weight if overweight.
- Quit smoking.

Medication

Herbal Remedies

- Chew five to six basil leaves after meals.
- Chew a clove of garlic to lessen discomfort.

Recommended Medication

Laxatabs tablets - This assists in the elimination of excess and undigested food.
Gastrone tablets - This promotes normal digestion and tonifies the digestive tract.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/gord.pdf

Gout

What is Gout?

Gout is a recurrent acute, painful inflammatory disease that affects a person's joints, especially in the big toe. It is a metabolic disorder resulting from the accumulation of uric acid in the blood and other body fluids. The uric acid forms crystals in the joints, which trigger an acute inflammatory response. It can also develop into a chronic or recurring condition.

Signs and Symptoms

Severe, throbbing, excruciating pain in a joint, particularly in the big toe (50% of cases), ankle or knee. The affected joint is inflamed - red, swollen, hot and very tender to the touch. Flu-like symptoms may appear, such as muscle aches and fever; hard nodules form on the joint surface; and physical movement is painful and difficult. Gout can also affect the ankles, knees, wrists, tendons and surrounding tissues.

Untreated gout may cause urate crystals nodules (tophi) to form under the skin. Tophi can develop in several areas such as the fingers, hands, feet, elbows or Achilles tendons along the back of the ankle. Tophi themselves are not usually painful, but they can become swollen and tender during gout attacks. Another complication that may occur is the development of kidney stones due to urate crystals forming in the urinary tract.

What Causes Gout?

Gout occurs when urate crystals accumulate in joints, causing the inflammation and intense pain typical of a gout attack. The uric acid is a normal waste product of the body's metabolism, but is not excreted properly in gout. Gout often results from long-term consumption of rich, high-protein food, especially cold and dry foods like beef. Other risk factors include: side effects of certain medications such as diuretics, and a genetic or temperamental predisposition.

The Tibb View of Gout

According to Tibb, gout is linked to **coldness with dryness**. It develops in the peripheral areas of the body which do not receive as much heat as the core organs and tissues. Physis is unable to regulate the high uric acid levels circulating in the blood, resulting in these crystals depositing and 'freezing' in the joint spaces. The body's reaction to this is the origin of the signs and symptoms of gout. Although individuals with a melancholic dominant/sub- dominant temperament are predisposed to gout, people with dominant/sub-dominant sanguinous temperaments are also at risk. This is the result of the oxidation of the sanguinous humour into abnormal melancholic humour.

Management of Gout

Management is aimed at **reducing the excess coldness with dryness** associated with gout, by implementing Lifestyle Factors that will **increase the qualities of heat with moistness**. This assists Physis in addressing both the symptoms and causes of gout.

Tibb Lifestyle Factors

Food and Drink

- Ideally eat only fruit and vegetables (juiced), and avoid nuts, eggs, meats and fried foods for several days during an acute attack.
- Eat **mostly Hot & Moist foods** - such as spinach, dates, mango, and turmeric, **followed by Hot & Dry foods** - like celery, green or red peppers, avocados and parsley.
- Eat **less of Cold & Moist foods** - such as milk, pineapples, and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomatoes, sour milk, and beans.
- Cut down on tea and coffee, and restrict alcohol consumption, especially beer.

- Do not eat purine-rich foods, which include brains, herring, anchovies, liver, kidneys, sardines and pilchards.
- Drink at least three litres of warm water daily to dissolve and flush out uric acid deposits.
- Drink caffeine-free herbal teas to increase fluid intake; peppermint, rose hip and yarrow, for example.
- Avoid frequent sugary soft drinks, as they contain much fructose, which can increase recurrence.
- Avoid eating protein-rich foods.
- A light fast for a couple of days is often beneficial.

Complications

Other Lifestyle Factors

Try steam bathing or sauna (for short sessions) daily. Heat helps to soften the uric acid crystals.

Medication

Herbal Remedies

- Infuse in 1 cup of boiling water with $^1/_2$ tsp cinnamon powder, $^1/_2$ tsp fenugreek powder, and a $^1/_4$ tsp celery seeds powder. Add honey to taste.

Recommended Medication

Rumaflam tablets and ointment - These products possess pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease.

Tibb-Antiflam tablets - This product possesses anti-inflammatory activity, and contains colchicine. Tibb-Antiflam is associated with qualities of **heat**, which increases blood circulation to the bones, joints and muscles.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/gout.pdf

Haemorrhoids/Piles

What are haemorrhoids/piles?
Hemorrhoids are swollen and inflamed veins located in the region of the anus and lower rectum.

Signs and Symptoms
Itching, pain and burning feeling around the anus; heavy feeling within the rectum; soft swelling or a lump protruding from the anus; and bleeding of bright red blood from the anus during defaecation.

Complications
Haemorrhoids which bleed can lead to chronic anaemia due to excessive blood loss. Strangulation of the blood supply to an internal haemorrhoid may be cut off, causing severe pain and tissue death (gangrene).

What Causes Piles?
The veins around the anus tend to stretch under pressure, and may bulge or swell. Swollen veins (haemorrhoids) develop from an increase in pressure in the lower rectum. There are a number of risk factors that may contribute to this by reducing blood circulation.
Physical factors, such as chronic constipation, pregnancy, lifting heavy weights, obesity, enlarged prostate (in men); poor diet, especially from low fibre or cold and dry foods, food allergies; faulty habits, especially lack of physical exercise, frequent use of chemical laxatives, sitting or standing still for long periods of time, so encouraging poor blood circulation.

The Tibb View of Piles
According to Tibb, haemorrhoids are associated with qualities of **dryness with cold** as it often results as a complication of constipation. Bleeding piles are associated with **dryness with heat**. People with a melancholic dominant/sub-dominant temperament are more predisposed to developing piles due to their dominance of dryness and cold.

Management of Piles
Management is aimed at **reducing the excess quality of dryness** associated with haemorrhoids, by implementing Tibb Lifestyle Factors that either **increase the qualities of heat and moistness** in haemorrhoids which are linked to excess dryness with cold, or increase the qualities of **coldness and moistness** in haemorrhoids which are linked to excess dryness with heat. This assists Physis in addressing both the symptoms and causes of piles. Lifestyle modification is often a simple and effective approach to treating haemorrhoids. It includes drinking more water, adding more fibre to the diet, and increasing the level of physical activity.

Tibb Lifestyle Factors
Haemorrhoids Associated with the Qualities of Coldness:
Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Slowly build up to eating more fresh fruit, vegetables and high-fibre foods, and drink plenty of warm water.

Haemorrhoids Associated with the Qualities of Heat:

Food and Drink

- Eat **mostly Cold & Moist foods** - such butternut, carrots, pumpkin and pears **followed by Hot & Moist foods** - like banana, sweet potato, and brown bread.
- Eat **less of Cold & Dry foods** - such as beef, tomato, beans and mealie meal and the **least amount of Hot & Dry foods** - like avocado, garlic, onion and chickpeas.
- Slowly build up to eating more fresh fruit, vegetables and high-fibre foods, and drink plenty of warm water. Other Lifestyle Factors for haemorrhoids linked to both dryness with coldness and dryness with heat.
- **Exercise:** Regular light/moderate exercise (brisk walking 20-30 min daily). Avoid standing/sitting for long periods.
- **Detox:** A 15min sitz bath in hot water will bring relief.
- **Hygiene:** Keep the anal area clean by regular use of a plain warm water enema. Apply warm water washing of the anal area after defaecation.
- **Others:** Lubricate the anus with Vaseline or olive oil to help with constipation.
- Avoid lifting heavy weights, or learn to apply proper lifting techniques.

Medication

Herbal Remedies

- Herbal - consume more dark coloured berries. These contain natural flavonoids, which strengthen the walls of veins around the anus.
- Avoid constipation by using a mild laxative regularly like aloe vera or prune juice. Avoid strong or harsh chemical laxatives.
- Eat two to three dried figs, previously soaked in water, daily.
- Take one or two tablespoons of flaxseed daily to help soften the stool. Flaxseed is rich in omega-3 fats which have useful anti-inflammatory activity.

Recommended Medication

Piloherb tablets and ointment - This product has anti-inflammatory and pain-killing activity, plus a mild laxative action. It also has anti-microbial properties, and helps control any bleeding from the anus. Piloherb is associated with the quality of **heat** which encourages blood flow in the rectal area.

Laxotabs tablets - This product contains a natural laxative. It softens the stool, making defaecation easier. Laxotabs are associated with the qualities of **moistness** with heat, so it helps to combat the dryness associated with haemorrhoids.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/haemorrhoids.pdf

Hayfever or Allergic Rhinitis

What is Hayfever?

Hayfever, also called allergic rhinitis, is the result of an allergic response to outdoor or indoor allergens, such as pollen, dust mites or pet dander.

Signs and Symptoms

Itchy eyes, nose and pallate; watery discharge from nose and eyes; sneezing; nasal congestion; sinus pressure and facial pain; discoloured bluish-black skin under the eyes; and a decreased sense of taste or smell.

Complications

Ear infections in children; infection or inflammation of the sinuses; increasing asthma attacks; disturbed sleep.

What Causes Hayfever?

Hayfever occurs when the immune system becomes hyper-sensitive. It subsequently incorrectly recognises harmless airborne substances as something harmful. This triggers the release of antibodies towards these harmless substances. Later, when there is further exposure to these substances, the immune system releases chemicals like histamine which leads to the
signs and symptoms typically associated with hay fever.

The Tibb View of Hayfever

Hayfever results from an excess of the quality of **heat, with either moistness or dryness**. This leads to irritation and inflammation of the epithelial membranes lining the nose and throat. Bilious/Sanguinous temperamental combinations are most susceptible to developing hayfever due to their innate qualities of heat.

Management of Hayfever

Management is aimed at **reducing the excess qualities associated with hayfever**, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness with dryness** in patients with symptoms of **excess of heat with moistness** and by **increasing the qualities of cold with moistness** in patients with symptoms of excess heat with dryness. This assists Physis in addressing both the symptoms and causes of hayfever.

Tibb Lifestyle Factors

Hayfever Associated with Qualities of Heat with Moistness:

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, fish, cauliflower and mushrooms, **followed by Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic and **Cold & Moist foods** - such as carrots, pumpkin, rice and milk, and the least amount of
  Hot & Moist foods - like bread, pasta, bananas and wheat cereals.
- Increase the consumption of fruits, vegetables, grains, raw nuts and seeds.
- Eat yogurt and soured or fermented products three times a week. This significantly reduces the incidence of hay fever attacks, especially in people with a dominant or sub-dominant bilious temperament.
- Foods which are rich in magnesium, such as kidney beans, soya beans, brown rice and peas are very beneficial and protective during the allergy season.
- Avoid cake, chocolate, coffee, dairy products (except yogurt), processed foods, pies, fizzy drinks, sugar, tobacco, white flour products, junk foods and synthetic juices.

Hayfever Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, pumpkin, rice and milk **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms.
- Eat **less of Hot & Moist foods** - such as bread, pasta, bananas and wheat cereals and the **least amount of Hot & Dry foods** - like chicken, oily fish, green pepper, eggs and garlic.

Medication

Herbal Remedies

- Take 1gram of licorice root powder three times a day for seven days. However, avoid this if you have high blood pressure.
- Soak 1tbsp of poppy seeds and about seven almonds in 200ml of water overnight. In the morning, liquidise and drink.

Recommended Medication

Sinugraine tablets - This product reduces excessive mucous secretions, and prevents nasal and sinus congestion.
Blackseed rub - This contains a number of heating oils which ease breathing difficulties and relieve a tight chest.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/hayfever.pdf

Headaches

The Tibb View of Headaches

According to Tibb, headaches are a sign of an underlying imbalance in the body. There are four main types of headaches linked to the four different temperaments - Bilious Headaches, Sanguinous headaches, Phlegmatic headaches and Melancholic headaches. Each of these headaches results from qualitative imbalances that present with specific signs and symptoms.

Bilious Headache/Migraine

This headache starts from the left half of the cranium and left eye spreading throughout the head. This headache normally starts at sunrise and gradually increases in intensity by midday. The headache is accompanied by nausea and sometimes vomiting. There is also intolerance to noise and light. In the later part of the afternoon, some relief from the intensity of pain may be
experienced.

What Causes Bilious Headaches?

There are many factors that can contribute towards the development of a bilious headache.
This includes: a hot environment or hot weather; inadequate sleep; excessive wakefulness; excessive intake of hot and spicy foods; and emotions such as stress, anger and irritability.

The Tibb View of Bilious Headaches

Bilious headaches are due to **excess qualities of heat with dryness**. People with a dominant/sub-dominant bilious temperament are most likely to suffer with chronic bilious headaches/migraines due to their innate qualities of heat and dryness.

Management of bilious headache

Management is aimed at **reducing the excess heat with dryness** associated with bilious headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and moistness**. Managing the underlying source of the headache, and avoiding certain food- triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of bilious headaches.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, watermelon and rice, **followed by Cold & Dry foods** - like yogurt, fish and citrus fruit and eat **less of Hot & Moist foods** - such as bread, pasta, sugar and cheese, and the **least amount of Hot and Dry foods** like - chicken, egg, garlic and onion.

Other Lifestyle Factors

- Practice good sleep hygiene to ensure adequate rest and sleep at night.
- A high- fibre diet should be adopted to promote regular bowel movements. The use of a gentle laxative may be used every two weeks.
- Avoid strenuous exercise. Partake in light exercises like yoga and Pilates. Swimming is also an acceptable form of exercise.

Medication

Herbal Remedies

- Soak one tsp of lavender, two pinches of black pepper, $^{1}/_{2}$ tsp coriander powder and about seven almonds in 150ml of hot water for 30 minutes. Liquidise and strain. Add 1tsp of honey and drink two to three times a day.

Recommended Medication

Stress-Away tablets or syrup - This product is associated with the quality of **moistness**, which dampens the heat associated with stress and anxiety.

Sanguinous Headaches

A sanguinous headache is the result from an increase in blood volume. The accumulation of this excess blood in the region of the head results in a sanguinous headache. Signs and symptoms include throbbing pain in the temple region; elevated blood pressure; dizziness; and heaviness behind the eyes.

What Causes Sanguinous Headaches?

Hot and humid weather, improper diet and the excessive intake of hot and moist foods such as white flour products, sugar and salt; stress; and certain medications, such as oral contraceptives.

The Tibb View of Sanguinous Headaches

Sanguinous headaches are due to an **excess of heat and moistness** resulting from an increase in blood volume that is common with sanguinous temperamental types. Sanguinous types are most likely to develop sanguinous headaches due to their inherent qualities of heat and moistness.

Management of sanguinous headaches

Management is aimed at **reducing the excess qualities** associated with sanguinous headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and dryness**. Treating the underlying source of the headache, and avoiding certain food- triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of sanguinous headaches.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, potato, yogurt and citrus fruit, **followed by Hot & Dry foods** - like eggs, garlic, chicken and onion, and **Cold & Moist foods** - such as cucumber, carrots, pears and rice, and the **least amount of Hot & Moist foods** - like mutton, salt, sugar, bread and pasta.
- Eat mostly broccoli, garlic, green leafy vegetables, melons and squash. Eat grains like brown rice.
- Drink two litres of lukewarm water daily.
- Avoid all animal fats, bacon, beef, liver, corned beef, dairy products, pork, sausages and smoked or processed meats.
- Skinless chicken and mutton should be consumed in moderation only.
- Avoid foods such as avocado, chocolate, beans, pickled herring and sour cream.
- Avoid fried foods, coffee, black tea, fizzy drinks, alcohol and tobacco.

Medication

Herbal Remedy

- Mix together 20g of lavender powder, 50g of cardamom powder, 20g of coriander powder and 10g of fine black pepper. Take 1g of this powder 3-4 times a day. During an attack, take 0.5g every 15 minutes for 4-6 doses.

Recommended Medication

Stress-Away tablets or syrup - This product is associated with the quality of **moistness** which dampens the heat associated with stress and anxiety.

Phlegmatic Headache/Migraine

This headache starts above the eyebrows, moving horizontally all the way around to the back of the head like a band, and then spreads throughout the head. It starts in the late afternoon or early evening and worsens during the night. The intensity lessens after sunrise and during the day.

What Causes Phlegmatic Headaches?

Causes may include a cold and rainy environment, winter seasons, excessive intake of cold and moist foods such as dairy products, and the use of air conditioning.

The Tibb View on Phlegmatic Headaches

Phlegmatic headaches are associated with the **qualities of moistness with coldness**. People with a phlegmatic dominant/sub-dominant temperament are most susceptible to the development of phlegmatic headaches due to their innate qualities of coldness and moistness.

Management of phlegmatic headache/migraine

Management is aimed at **reducing the excess moistness with coldness** associated with phlegmatic headaches, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treating the underlying source of the headache, and
avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of phlegmatic headache.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.
- Drink plenty of fresh warm water; Consume hot liquids like soups and herbal teas, which promote the elimination of phlegm.
- Eat plenty of fruit and vegetables.
- Eat food which is rich in garlic and horseradish. Also pepper-rich dishes, which contain capsaicin or cayenne. Eat plenty of protein, especially chicken, fish and meat.
- Avoid wheat, sugar-rich and salty foods, and ice-cold drinks.
- Restrict dairy or milky foods, except yogurt.

Other Lifestyle Factors

- Avoid exposure to cold environments and rainy weather.
- Avoid day-time napping.

Medication

Herbal Remedies

Boil 2tsp of lavender, $^1/_4$ tsp of fenugreek seeds, $^1/_4$ tsp of cinnamon, 2 crushed cloves in 2 cups of water. Boil down until one cup remains. Strain and add 1tsp of honey and drink while still warm. Repeat this two to three times a day, especially at the onset of an attack.

Recommended Medication

Sinugraine tablets - This product reduces congestion in the head and sinuses due to excessive phlegm. Sinugraine is linked to qualities of Heat with Dryness.

Melancholic Headaches

Melancholic headaches present with the following symptoms: pain at the back of the skull, with a pulling of the neck muscles; a dull feeling in the head; flatulence and stomach wind; indigestion; hiccups; constipation; or irregular liquid bowel movements.

What Causes Melancholic Headaches?

These headaches are caused by an excessive intake of cold and dry foods like sour products, cold and dry weather, excess tea, coffee and alcohol. Fermentation of food in the gut produces gas due to insufficient heat in the body.

The Tibb View of Melancholic Headaches

Melancholic headache is due to an **excess of the qualities dryness with cold**. People with a dominant/sub-dominant melancholic temperament are predisposed to developing this type of headache due to their innate coldness and dryness.

Management of melancholic headaches

Management is aimed at **reducing the excess dryness with cold** associated with melancholic headache, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and moistness.** Managing the underlying source of the headache, and avoiding certain food- triggers and gas producing foods in the diet should also be adopted. This assists Physis in
addressing both the symptoms and causes of melancholic headaches.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, brown bread, sweet potato and mutton, **followed by Cold & Moist foods** - like carrots, butternut, rice and milk.
- Eat **less of Hot & Dry foods** - such as egg, bittergourd, avocado and garlic, and the **least amount of Cold & Dry foods** - like yogurt, beans, beef and lemon.
- Avoid the excessive intake of coffee, tea, smoking and alcohol.

Other Lifestyle Factors

- A cleansing enema should be used on a monthly basis, especially in cases of headache where constipation and indigestion occur as well.

Medication

Herbal Remedy

- Add 1 teaspoon of fennel seeds with one cup of boiling water. Drink after cooling and straining.

Recommended Medication

Laxotabs tablets - This product softens faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are unlikely. Laxotabs are associated with qualities of moistness with heat as it helps combat the dryness with coldness associated with melancholic headaches.
Gastrone tablets - This product eliminates gas associated with melancholic headaches.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/headaches.pdf

Heartburn

What is Heartburn?
Heartburn is a burning sensation just behind the breastbone. It is often worse when lying down.

Signs and Symptoms
A burning sensation behind the breastbone or a burning feeling in the throat; it usually occurs after eating; it is usually worse at night; it may be accompanied by a sour or bitter taste in the mouth or the sensation of food being stuck at the back of the throat.

What Causes Heartburn?
Heartburn is caused by stomach acid moving back up into the oesophagus. When we eat, the muscle above the stomach relaxes to allow food in and then closes again. With heartburn, the muscle relaxes abnormally or is weakened, and this allows stomach acid back up into the oesophagus.

The Tibb View of Heartburn
According to Tibb philosophy, heartburn either results from an excess of **heat with dryness**, caused by increase production of stomach acid; or it results from an excess of **moistness** which causes the muscle to relax abnormally. Heartburn linked to heat with dryness is more prevalent in people with a dominant/sub-dominant bilious temperament, because of their innate qualities of heat & dryness. However, heartburn linked to moistness is more commonly found in people with a phlegmatic/sanguinous temperament, because of their inherent dominance of moistness.

Management of Heartburn
Management is aimed at **reducing the excess qualities associated** with heartburn by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness** in cases of heartburn linked to **excess heat with dryness**; or **increase dryness** in cases of heartburn linked to excess moistness. This assists Physis in addressing both the symptoms and causes of heartburn.

Tibb Lifestyle Factors
Heartburn Associated with Qualities of Dryness:
Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly for pain relief. This dilutes the stomach acid, flushing it into the duodenum, where it is neutralised.
- Eat frequent small meals, including well cooked white rice, yogurt and cottage cheese.
- Eat vegetables such as carrots and broccoli occasionally.
- Allow hot beverages, like rooibos tea, to cool before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.
- Avoid eating and drinking at the same time. Take in fluids 30 minutes before or after a meal.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Avoid non-steroidal anti-inflammatory drugs (especially aspirin).

- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by adopting a high-fibre diet. The use of a gentle and natural laxative is recommended monthly.
- Drink a glass of chilled milk to reduce discomfort caused by stomach acid.

Medication

Herbal Remedies

- Grind two cardamom pods. Add 250ml of water. Boil for 15 minutes. Strain and drink three times daily.

Recommended Medication

Laxotabs tablets - This natural laxative assists in the elimination of excess stomach acid in the stool. Laxotabs are associated with qualities of **moistness** which helps to dampen the heat with dryness associated with heartburn.

Tibb Lifestyle Factors

Heartburn Associated with Qualities of Moistness:

Food and Drink

- Eat **mostly Hot & Dry foods**, such as chicken, avocado, bittergourd and chickpeas, and **Cold & Dry foods** like beef, potato, and yogurt.
- Eat the **least amount of Hot & Moist foods**, such as bread, pasta, sugar and bananas, and **Cold & Moist foods** like squash, butter, cucumber and pears.
- Avoid triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion, and caffeine, as these may make heartburn worse.
- Eat smaller meals.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Lose weight if overweight.
- Quit smoking.

Medication

Herbal Remedies

- Chew 5-6 basil leaves after meals.
- Chew a clove of garlic to lessen stomach discomfort.

Recommended Medication

Laxotabs Tablets - This product assists in the elimination of excess and undigested food.

Gastrone - This product promotes normal digestion and tonifies the digestive tract. Gastrone is linked to qualities of heat with dryness.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/heartburn.pdf

High Cholesterol

What is High Cholesterol (Hypercholesterolaemia)?

Hypercholesterolaemia is the presence of abnormally high levels in the blood of cholesterol and triglycerides (a type of fat in the blood used for energy) that can lead to obstruction of blood flow in the arteries. This inhibits blood flow to the brain, kidneys, genitals, heart and other areas of the body. Cholesterol is considered high if it is greater than 5mmol/l.

Signs and Symptoms

High cholesterol has no symptoms. A blood test is the only way to detect whether you have it or not.

Complications

Angina pectoris, transient Ishcaemic attacks (mini-strokes), deteriorating kidney function, low exercise tolerance, atherosclerosis and heart attack.

What Causes High Cholesterol?

Poor lifestyle behaviours such as physical inactivity and unhealthy diet are responsible for increasing LDL ('bad') cholesterol and decreasing HDL ('good') cholesterol levels in the blood. However, other factors such as genetic/ temperament may prevent the removal of LDL cholesterol from the blood, so causing the liver to produce too much cholesterol.

Risk factors include:

- **Diet** - An excessively cold diet, hydrogenated fats like margarine, processed and refined foods.
- Poor **liver** function.
- Low production of **bile** (in the **gall bladder**) which is produced by the liver to aid digestion of fats.
- **Lack of Exercise** - Regular physical exercise increases HDL levels, so assisting the removal of LDL.

The Tibb View on High Cholesterol

According to Tibb, high cholesterol results due to **excessive coldness**. This lack of heat impairs blood circulation and allows saturated fats to gather in the blood vessels. This results in fatty plaques being deposited inside the vessel walls. The arterial bore or lumen narrows, and this reduces blood circulation even further. The reduced blood circulation increases the risk of heart attacks and strokes. Individuals with a melancholic dominant/sub-dominant temperament are innately more susceptible to developing high cholesterol due to their inherent **cold and dry** nature. However, due to a faulty diet and improper lifestyle, other temperaments can also develop high cholesterol. People with sanguinous temperaments, who indulge in over-eating and lead a sedentary lifestyle, may also develop high cholesterol. Phlegmatic individuals are also at risk, as they have innate qualities of **coldness** and sluggish metabolism linked to their temperament.

Management of High Cholesterol

Management is aimed at **reducing the excess coldness with dryness** associated with high cholesterol, by implementing Tibb Lifestyle Factors that will **increase the quality of heat**. This assists Physis in addressing both the symptoms, and the causes of high cholesterol..

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as olive oil, ginger, turmeric and spinach **followed by Hot & Dry foods** - like oily fish, chicken, celery and garlic.
- Eat **less of Cold & Moist foods** - such as cucumber, broccoli, milk, and sprouts and the **least amount of Cold & Dry foods** - like citrus fruit, yogurt and beef.

- Add fresh garlic to meals where appropriate. Garlic is commonly used in the management of conditions of the heart and circulatory system and is indicated for hypertension and high cholesterol. Other heating herbs and spices like chilli, turmeric and ginger should be added to meals. These help in lowering blood cholesterol and promoting better blood circulation.
- Avoid eating and drinking refrigerated foods and drinks. Allow the food to reach room temperature before consumption. Reduce the intake of red meat like beef. Chicken and oily fish like tuna and salmon are preferred.
- Include the following cholesterol lowering foods in your diet: almonds, bananas, garlic, oats, olive oil, salmon, and walnuts.
- Water-soluble dietary fibre is important for reducing serum cholesterol. It is present in barley, brown rice, fruits, and oats.
- Use vegetable oils that are liquids at room temperature such as olive and flaxseed oil. Boiled/steamed/grilled chicken and fish should be preferred.
- Eat only raw unsalted nuts, especially pecan, almonds and walnuts. Almonds are rich in the amino acid arginine, which has cholesterol-lowering properties.
- Reduce the amount of saturated fats and cholesterol-containing foods in your diet. Saturated fats include coconut and palm oil. Eliminate hydrogenated fats and hardened fats such as margarine and butter.
- Avoid pork or pork-containing products, fried and fatty foods.
- Do not consume alcohol, cakes, candy, carbonated drinks, coffee, gravies, pies, processed or refined foods, refined carbohydrates, tea, tobacco or white bread.
- Drink at least 2 litres of warm water a day.

Other Lifestyle Factors

- Regular physical exercise such as brisk walking should be carried out several times weekly.
- Quit smoking as this contributes to the hardening of the arteries.

Medication

Herbal Remedies

- Turmeric - Add $^1/_4$ to $^1/_2$ tsp to rice or couscous.
- Mix $^1/_4$ teaspoon red chillies, $^1/_2$ teaspoon ginger root, 3 black pepper and 4 garlic cloves as chutney. Take this with meals 3 times a day.
- Take 1tbsp psyllium husk/whole seeds mixed in 1 cup of water.
- Make an infusion using 2tsp fennel seed with 20 mint leaves in 1 cup of boiling water.

Recommended Medication

Lo-Chol tablets - Promotes the digestion and metabolism of fats, so normalising cholesterol levels. Lo-Chol is associated with **heat** which is needed to soften hardened saturated fats, so allowing more effective elimination.

Livotibb tablets or syrup - Helps ensure a healthy and properly functioning liver. It also stimulates metabolism to ensure that fats are properly digested. Livotibb is associated with qualities of **moistness with heat**, which gently stimulates the function of the liver and promotes metabolism.

Coronary Care tablets - Strengthens the function of the heart, lowers bloods lipid levels and regulates blood pressure. Coronary Care is contra-indicated with the use of blood thinning medication. Coronary care is associated with qualities of **moistness with heat** which combats the coldness with dryness linked to high cholesterol.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/high-cholesterol.pdf

HIV & AIDS

What is the Human Immunodeficiency Virus (HIV)?

The **HI Virus** weakens the immune system by targeting CD4 Lymphocytes (White Blood Cells) also called T-Helper Cells. This will result in antibodies to the virus being present in the blood of persons who are identified as being HIV + (positive). This virus may take many years to damage the immune system resulting in AIDS.

Types of HIV

There are 2 types transmitted in exactly the same way:

- HIV-1 - This is the worldwide predominant type
- HIV-2 - Found mainly in West Africa; less easily transmitted and the period between initial infection and illness is longer.

What is Acquired Immune Deficiency Syndrome (AIDS)

AIDS is a term used for a group of diseases that result from a weakened immune system. A person is identified as having AIDS when their CD4 count is less than 200/ml blood.

How is HIV spread?

Risk factors for the transmission of HIV includes having unprotected sex with multiple partners; Sharing needles and syringes with drug users may also expose individuals to the blood of other infected people; A pre-existing STI - may cause open wounds and sores on the genital region which may act as an entryway for HIV.

Signs and Symptoms

Sore throat (coldness with moistness); mouth ulcers (moistness); diarrhoea (moistness); thrush (moistness); weight loss (coldness with dryness); fever and night sweats (hot & dry); dry cough (dryness); shortness of breath (dryness); swollen glands (TB - heat; weight loss (heat towards dryness); infections due to weak immunity; recurrent herpes infections; recurrent bacterial infections; and genital ulcers.

The Tibb View on HIV & AIDS

Tibb recognizes that an immune system compromised with the HI Virus, will result in signs and symptoms related to the HI Virus and/or AIDS. Tibb does not attempt to eliminate the HI Virus, but rather to **boost the person's immune system** and thereby assist the body in staying healthy and delaying the symptoms of HIV and AIDS. According to Tibb the temperament of a person influences what symptoms the HIV positive person will most likely be affected with. For example, a person with a **dominant/sub-dominant bilious temperament** will most likely suffer with symptoms associated with **qualities of heat and dryness**, including a dry cough, swollen glands, night sweats, and tuberculosis. Similarly persons with a **dominant/sub-dominant phlegmatic temperament** will be inclined to symptoms of vomiting, diarrhoea, weight-loss and thrush as these symptoms are associated with **qualities of moistness (and or cold)**.

Because of the increase moistness associated with the phlegmatic temperamental combination, these individuals are more likely to develop AIDS related infections as their moist temperament increases the risk of infections. As Tibb takes into account the influence of a person's temperament in HIV & AIDS, treatment cannot be the same for all HIV & AIDS patients.

Management of HIV & AIDS

Management is aimed at **reducing the excess qualities** associated with HIV & AIDS, by implementing Tibb Lifestyle Factors that will either increase the qualities of heat and dryness in patients with symptoms of **excess moistness with coldness**, and **coldness and moistness** in patients with symptoms of **excess heat with dryness**. This will assist Physis in addressing both the symptoms, and the causes of HIV & AIDS. Tibb Lifestyle Factors will also benefit people who are on ARV medication.

Tibb Lifestyle Factors

HIV Associated with Qualities of Moistness with Coldness:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as egg, chicken, garlic and cinnamon, **followed by Cold & Dry foods** - like beef, tripe, cabbage, potatoes, beans and mealie meal.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, banana and cheese, and the **least amount of Cold & Moist foods** - like rice, squash, butter and milk.
- Sip hot chicken, beef or mutton soup with added garlic, ginger, black pepper and salt for three days.
- Avoid dairy products, margarine, fried foods and all sugars.
- Drink at least 2 litres of room temperature or warm water per day.
- Eat plenty of in season fruit and vegetables per day.
- Avoid refined carbohydrates such as sugar and white bread. Choose whole wheat options instead.

Other Lifestyle Factors

- Remain as active as possible. A brisk walk or any type of moderate exercise should be done on a daily basis.
- Wash your hands often. Viruses can survive for several hours on your hands, tissues or hard surfaces.

Medication

Herbal Remedy

- 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix 2 tsp of honey and drink daily.

Recommended Medication

- **Tibb Immunocare capsules** - Immune booster with antiviral and anti-inflammatory properties.

HIV Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, lettuce and carrots, followed by **Cold & Dry foods** - like yogurt, citrus fruit, beans and potato.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, cheese and salt, and the **least amount of Hot & Dry foods** - like eggs, garlic alcohol and onions.
- Avoid heavily spiced, fried or grilled foods.
- Avoid sugary and refined foods.
- Drink plenty of fluids. Herbal teas and soups are good choices.
- Avoid mucous forming foods such as dairy products, processed foods, sugar, sweet fruits, and white flour.

Other Lifestyle Factors

- Do not smoke and avoid second hand smoke. Cigarette smoke is very harmful.
- Add moisture to the air by using a humidifier, a vapourizer or even a pan placed in front of a radiator. Clean everything frequently to prevent bacterial overgrowth.
- Avoid strenuous exercise until recovery.
- Rest in bed in the early stages, when the fever is present. Once the fever subsides and you are feeling better, alternative periods of rest with periods of moderate activity to prevent secretions settling in the lungs.
- Do not swallow mucous.

Medication

Herbal Remedy

- Make an infusion with 1 tsp of Sage and 3tsp of Chamomile tea in 1 cup of boiling water.

Recommended Medication

Tibb Immunocare capsules - Immune booster with antiviral and anti-inflammatory properties.
Livotibb tablets - Supports the liver and reduces the heat and dryness.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/HIV.pdf

Hypertension

What is hypertension?

Hypertension, commonly known as high blood pressure is the force needed by the heart to pump blood through the blood vessels in order to deliver essential nutrients to all parts of the body.

The factors that influence blood pressure include: the volume of the blood in circulation; resistance to blood flow by the walls of the blood vessels; and the strength of the heart.

Normal Blood Pressure is 120/80 mmHg, systolic/diastolic. These figures vary according to age and gender, and fluctuate markedly throughout the day.

What is High Blood Pressure?

High blood pressure, or hypertension, results if the blood pressure rises above the range which is normal for the person, and stays there for some time. This can cause severe, even deadly, damage to several body organs if it not reduced.

Hypertension can be classified in different levels:

Pre-hypertension: Systolic 120-139, Diastolic 80-89;	High normal: Systolic 130-139, Diastolic 85-89
Mild hypertension: Systolic 140-159, Diastolic 90-99;	Moderate: Systolic 160-179, Diastolic 100-109;
Severe hypertension: Systolic more than 180, Diastolic more than 110	- **requires urgent attention**

Types of High Blood Pressure

- **Primary Hypertension**
- **Resistance Hypertension**

Primary Hypertension

Signs and Symptoms

Constant headaches mostly in the temple region: redness and heaviness in the eyes; dizziness; and bleeding from the nose and gums.

Resistance Hypertension

Signs and Symptoms

Constant headache at the back of the head; tightness in the neck muscles; muscle cramps in the legs; and shortness of breath.

Complications of High Blood Pressure

Creates strain on the heart; weakens the walls of the arteries; increased risk of heart attack or stroke; and kidney failure.

What causes hypertension?

As a person grows older, a poor diet, lack of exercise and being overweight lead to an increase in the volume of blood in circulation (blood volume). This results in the more common type of hypertension known as **Primary or Essential Hypertension**.

Another form of hypertension arises from increased resistance developing in the blood vessels, due to a hardening and narrowing of the arteries due to fibrous and fatty deposits, or arteriosclerosis. This form is known as **Resistance Hypertension**.

Hypertension can also result from other causes, such as kidney disease, a number of tumours, and certain conventional medications.

The Tibb view of Hypertension

Tibb medicine clearly identifies the two different types of hypertension from the causes and also the symptoms associated with each type.

Primary hypertension results from an increase in blood volume either from an excess of moistness and/or heat, caused from poor lifestyle, especially being overweight and lack of exercise. This hypertension is more prevalent in persons with a dominant/sub-dominant sanguinous temperament as they have qualities of heat/moistness.

Resistance hypertension also results from poor lifestyle especially from an excess of cold and dry foods such as beef and fish, which leads to a buildup of plaque in the arteries. Persons with a dominant/sub-dominant Melancholic temperament will be more predisposed to this type of hypertension as their temperament has qualities of coldness/dryness

Management of Hypertension

Management is aimed at **reducing the excess qualities** associated with high blood pressure, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and dryness** in people with primary hypertension, and increase the qualities of **heat and moistness** in people with resistance hypertension. This assists Physis in addressing both the symptoms and the causes of both forms of hypertension.

Tibb Lifestyle Factors

Primary Hypertension Associated with Qualities of Heat and Moistness:

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, fish, cauliflower and mushrooms, **followed by Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic.
- Eat **less of Cold & Moist foods** - such as carrots, pumpkin, rice and coriander, and the **least of Hot & Moist foods** - like bread, pasta, bananas, salt and wheat cereals.
- It is advisable to eat skinless chicken, and more fish and vegetable proteins such as legumes. Also generally more fruits and vegetables, such as apples, cabbage, eggplant, garlic, grapefruit, green leafy vegetables, peas, prunes, raisins, and sweet potato.
- Avoid salty and sweet foods and drinks, and limit overall salt intake. Reduce consumption of animal fats such as bacon, beef, chicken liver, corned beef, dairy products, pork, sausages and smoked and processed meats. Avoid hydrogenated and hardened fats such as margarine and lard. Cut down on alcoholic drinks, cakes, candy, fizzy drinks, coffee, pies, processed or refined foods, tea, tobacco, coffee or white bread.
- Drink fresh juices, especially those containing celery, citrus fruits and parsley.
- Add two tbsp of flaxseed oil to meals daily.

Other Lifestyle Factors

- Commit to regular exercise, and becoming more physically active. Brisk walking, cycling and jogging are usually effective.
- Give up or cut down smoking.

Medication

Herbal Remedies

- Add two tbsp of flaxseed oil to meals daily.
- Sprinkle freshly chopped garlic over foods and salads. Try to eat two to three cloves per day.

Recommended Medication

Pressure-eeze forte tablets - This product is used to treat moderate to severe hypertension. It contains Rauwolfia serpentina and other natural herbal ingredients. Pressure-eeze forte is associated with qualities of dryness with coldness, and it helps to combat the heat and moistness associated with increased blood volume.

Tibb Lifestyle Factors

Resistance Hypertension Associated with Qualities of Coldness and Dryness:

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Reduce the intake of red meat like beef and lamb. Chicken and oily fish like salmon should be preferred instead.
- Add fresh garlic to meals. Garlic is commonly used in the management of conditions of the heart and circulatory system and is effective in reducing high blood pressure and raised cholesterol levels.
- Include heating spices like chilli, turmeric and ginger in meals. These herbs help to lower blood cholesterol and promote better blood circulation.
- Avoid eating and drinking refrigerated foods and drinks. Consume food at room temperature.

Other Lifestyle Factors

- Give up or cut down smoking. Counseling, nicotine patches and e-cigarettes are effective ways of doing so. Practice deep breathing exercises daily. This usually helps to reduce stress and so lower blood pressure.

Medication

Herbal Remedies

- Green tea helps to reduce raised blood pressure. Also an infusion with 1tsp yarrow, and 1tsp Green Tea in a cup of boiling water, strained and drunk hot.
- Sprinkle freshly chopped garlic over foods and salads. Try to take in two or three cloves a day.
- Mix $^1/_4$ teaspoon red chilies, $^1/_2$ teaspoon ginger root, 3 black pepper and 4 garlic cloves as chutney. This should be taken with meals three times a day.

Recommended Medication

Pressure-eeze tablets - This product is effective in the management of mild to moderate hypertension. It contains valerian and other natural herbal ingredients. Pressure-eeze is associated with qualities of **heat with moistness** and is especially beneficial in the management of resistance hypertension, which is associated with hardening or narrowing of the arteries due to excessive qualities of **coldness and dryness**.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/hypertension.pdf

Immune Boosting

Signs and Symptoms

Recurrent infections of the respiratory and gastrointestinal systems; boils and other skin infections; swollen glands in the neck; fevers.

Causes and Risk Factors

The immune response can be suppressed or compromised due to the influence of a number of internal and external factors, such as emotional stress; lack of sleep; excessive physical activity; poor dietary habits (including excessive fat and refined sugar intake, inadequate amounts of dietary fibre, protein and water; alcohol abuse; the use of certain medications like steroids; and exposure to chemicals or radiation.

The Tibb view on Immune Boosting

According to Tibb, a person's temperament determines which signs and symptoms appear as the result of compromised immune system. Ailments such as respiratory infections and swollen glands are linked to coldness with moistness. These are associated with a dominant / sub-dominant phlegmatic temperament. Ailments like high fevers, inflammatory disorders and boils are linked with **heat with dryness**. These are associated with a dominant / sub-dominant bilious temperament. All temperamental types can be affected with compromised immune system.

Management of Immune Boosting

Tibb accepts that a person's temperament will determine the outcome of treatment for ailments linked to a compromised immune system. The Tibb approach to boost the immune system is aimed at supporting Physis with appropriate **lifestyle** to maintain homeostasis. Management includes the elimination of toxins from the person's body by means of a detoxification programme. The elimination process is supported by a correct diet. Once the person's body has been effectively cleansed, a specific diet and lifestyle are selected which suits a person's temperament. Special attention should be given to foods with high nutritious value.

Tibb Lifestyle Factors

Food and Drink

- **Phlegmatic temperament** - eat **mostly Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods**- like mutton, ginger, turmeric and black pepper, and **Cold & Dry foods**- such as citrus fruit, beans, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- **Sanguinous Temperament** - eat mostly **Cold & Dry foods** - such as yogurt, citrus fruit, legumes and basil **followed by Cold & Moist foods**- like coriander, rice, beetroot and broccoli, and **Hot & Dry foods**- such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.
- **Melancholic Temperament** - eat **mostly Hot & Moist foods** - such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods**- like garlic, onion, chicken and eggs, and **Cold & Moist Foods**- such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.
- **Bilious Temperament** - eat mostly **Cold & Moist foods** - such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods**- like citrus fruit, beans, yogurt and mealie meal, and **Hot & Moist foods**- such as ginger, olive oil, turmeric and honey, and the **least amount of Hot & Dry foods** - like onion, eggs, alcohol and garlic.

Other Lifestyle Factors

- People with a dominant/sub-dominant phlegmatic/sanguinous temperament should partake in regular moderate physical activity. This increases body heat levels, which will counter the build-up of moistness which is responsible for compromising their immunity.
- People with dominant/sub-dominant bilious/melancholic temperament should practice regular mind/body techniques. These reduce stress and tension, which are known to suppress immunity.
- All temperaments should assist elimination by following a suitable detox programme, possibly supported by a mild, gentle laxative.
- People with suppressed immunity should practice sleep hygiene to ensure good quality sleep.

Medication

Herbal Remedies

- People with a sanguinous/phlegmatic temperament: 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix 2 tsp of honey and drink. Repeat the same three times a day.
- People with bilious temperaments: recommended to drink a glass of milk daily.
- People with a melancholic temperament: consume ginger and honey tea: Grate 2 cm piece of ginger to a pot of 2 cups of water. Bring ginger and water to a boil. Add 1tbsp of honey and drink while hot.

Recommended Medication

Septogard tablets or syrup - This product boosts the immune system, so prevent and fight infection.
Stress-Away tablets or syrup - This product is effective in the management of compromised immunity due to stress and anxiety. It also promotes sleep. Stress-Away is associated with qualities of **moistness**.
Blackseed capsules or honey drops - Blackseed is an immune booster and anti-oxidant and increases heat in the body. Blackseed is associated with **heat**, which is needed to activate and promote proper immune function.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/immune-boosting.pdf

Indigestion

What is Indigestion?

Indigestion, also known as dyspepsia, describes an upset stomach characterized by discomfort in the upper abdomen.

Signs and Symptoms

Abdominal pain; feeling bloated; intestinal gas build-up; rumbling noise in the abdomen; belching; nausea (sometimes retching or vomiting); abdominal discomfort and fullness after eating; and a burning sensation in the upper abdomen.

What Causes Indigestion?

Indigestion is often caused by unhealthy lifestyle behaviour, which includes overeating; eating too hastily; eating spicy, greasy, carbohydrate-rich or fatty foods to excess; smoking; excessive intake of caffeine, alcohol, chocolate or carbonated beverages; underlying anxiety; swallowing air due to faulty eating habits; talking while chewing; eating and drinking at the same time;
consuming cold foods like dairy products; consuming gas-producing foods.
Certain medications like antibiotics, pain killers and iron supplements may cause indigestion.

It is often a symptom of other ailments such as: constipation, gastritis, peptic ulcers, coeliac disease and inflammation of the pancreas.

The Tibb View of Indigestion

Any food which is not digested properly ferments in the intestines. This produces the gases hydrogen and carbon dioxide. Psychological factors such as stress and anger can disturb the mechanisms that control contractions of the stomach and intestinal muscles. A lack of digestive enzymes in the gut can also cause intestinal problems. Indigestion may be a symptom of imbalance in the stomach or the intestines, mostly due to reduced digestive heat. As there are so many possible causes associated with indigestion, including poor eating habits, a faulty lifestyle and certain medications, it can affect people of all temperamental types.

Management of Indigestion

Management is aimed at **reducing the qualities** associated with the person's temperament, by implementing a lifestyle, especially diet that is best suited for the different temperaments. This assists Physis in addressing both the symptoms and the causes of indigestion.

Tibb Lifestyle Factors

Food and Drink

- **Phlegmatic temperament** - eat **mostly Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods**- like mutton, ginger, turmeric and black pepper, and **Cold & Dry foods**- such as citrus fruit, basil, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- **Sanguinous Temperament** - eat **mostly Cold & Dry foods** - such as yohgurt, citrus fruit, beef and basil **followed by Cold & Moist foods** - like coriander, rice, beetroot and broccoli, and **Hot & Dry foods**- such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.
- **Melancholic Temperament** - eat **mostly Hot & Moist foods** - such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods**- like garlic, onion, chicken and eggs, and **Cold & Moist foods**- such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.

- **Bilious Temperament** - eat **mostly Cold & Moist foods** - such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods**- like citrus fruit, basil, yogurt and mealie meal, and **Hot & Moist foods**- such as ginger, olive oil, turmeric and honey, and the least amount of **Hot & Dry foods** - like onion, eggs, alcohol and garlic.

Dietary advice to be followed by all temperamental types

- Consume well-balanced meals containing fibre-rich foods such as fresh fruit, vegetables and whole-grains.
- Eat slowly, and chew the food well and thoroughly.
- Avoid drinking liquids during meals, as this prevents proper digestion. The drink dilutes the digestive stomach juices.
- Avoid lentils, peanuts and soybeans, because they ferment and produce intestinal gas. They also contain an inhibitor of gut digestive enzymes.
- Avoid junk food, confectionary with saturated fats, caffeine, fizzy drinks, citrus juices, fried and fatty foods, pastas, potato chips and other snack foods; red meat, tomatoes, processed foods, and salty or spicy foods.
- Avoid foods containing sugar and simple carbohydrates (white flour products). Concentrate on complex carbohydrates such as whole grain or brown products.
- Eat smaller and more frequent meals.

Other Lifestyle Factors

- Avoid eating when upset, overtired or exhausted.
- Avoid constipation by regularly use of a mild natural laxative.
- Partake in regular moderate exercise, as this increases body heat and so promotes better digestion.

Medication

Herbal Remedies

- Drink a $^1/_4$ cup aloe vera juice on an empty stomach, first thing in the morning and last thing at night.
- Boil the following in 200ml of water until 100ml remain: $^1/_2$ tsp fennel seeds, $^1/_2$ tsp fenugreek powder, about 10 mint leaves, small piece of fresh ginger, and $^1/_2$ tsp of aniseed. Strain and mix with honey. Drink three to four times per day.

Recommended Medication

Gastrone tablets - This product assists in the management of dyspepsia, indigestion, flatulence, abdominal distention and burping. Gastrone exerts calming, antispasmodic and anti-flatulent activities and aids digestion. Gastrone tablets are associated with qualities of Heat with dryness. The effect is to facilitate the movement of gas in the digestive tract and relieve abdominal spasms and colic.

Laxotabs tablets - This product helps to soften the stool and enhance intestinal movement, so correcting constipation. Laxotabs are associated with qualities of **Moistness** with heat.

Livotibb tablets or syrup - This herbal medicine stimulates the liver, so making the body's metabolism more efficient. Livotibb is linked to qualities of **Moistness** with heat, which stimulates metabolism.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/indigestion.pdf

Infantile Colic

What is Infantile Colic?

Colic is usually defined as the situation where an otherwise well-fed, healthy baby cries for more than three hours a day, at least three times weekly, for more than three weeks.

Signs and Symptoms

During a colic episode the baby cries at the same time every day, usually in the late afternoon or evening; crying may be intense and inconsolable; changes in posture may be evident, such as curled up legs, clenched fist and tensed abdominal muscles.

What Causes Infantile Colic?

The exact cause of colic remains unknown. However, many digestive system complaints have been linked to infantile colic. These include constipation, diarrhoea, acid reflux, indigestion, lactose intolerance and flatulence.

The Tibb View on Infantile Colic

According to Tibb, Colic is associated with qualities of **coldness and moistness**. This results in an immature digestive process, with improper digestion of milk and other foods. Heat is needed to facilitate the proper functioning of digestion, as the excessive coldness associated with colic decreases the heat available. Infantile colic can affect infants of all temperaments.

Management of Colic

Management is aimed at **reducing the excess coldness and moistness** associated with colic, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat**. This assists Physis in addressing both the symptoms and the causes of infantile colic.

Tibb Lifestyle Factors

- **Feeding:** Breast milk is preferable, unless the infant is lactose intolerant.
- **Abdominal massage:** This should be practiced as often as possible, especially before crying episodes are expected. The massage should follow a clockwise motion, starting on the right lower abdomen. The use of grape seed oil or olive oil for the massage is advised.
- **Baby exercises:** Gently move the legs around in a bicycle motion. Raise both knees to meet the chest whilst the infant lies down. This assists the movement of faeces or gas along the digestive tract.
- **Routine:** A sleep and eating routine is advised to ensure that the infant is getting the necessary amount of sleep and food for his/her age.

Recommended Medication

Bonnycare - This product assists in the management of common digestive complaints, including colic, in babies. It also helps them gain weight adequately, so it helps to ensure a thriving baby. Bonnycare is associated with qualities of **heat** with moistness. This means it gently assists and supports digestive activities, and aids in conditions such as constipation,
diarrhoea and flatulence.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/infantile-colic.pdf

Insomnia

What is Insomnia?

Insomnia is a sleep disorder that makes falling asleep, staying asleep or both difficult. It also concerns waking up too early or experiencing poor sleep quality, leaving you feeling unrefreshed and having low energy.

Signs and Symptoms

Difficulty falling asleep at night; difficulty staying asleep during the night; waking up too early; feeling unrefreshed and not rested after a night's sleep; lack of physical or mental energy; feeling tired and sleepy during the day; irritability, depression, anxiety; lack of concentration and memory problems; and tension headaches.

What Causes Insomnia?

A number of factors could contribute towards insomnia. Common ones include:
Psychological: Mental or physical stress, especially anxiety and depression.
Medical Conditions: over-active thyroid, acid reflux, chronic pain, arthritis and frequent urination.
Poor sleep hygiene: Mental overstimulation at night, for example from reading books or watching TV; an inappropriate or unsuitable sleep environment; using the bed for activities other than sleep or sex.
Medication: Regular use of certain antidepressants, anti-histamines, Ritalin, steroids and nasal decongestants.

Stimulants: Caffeine, nicotine, and alcohol; certain food and drinks; eating before bedtime or eating a very big meal at supper.
Insomnia is also more prevalent as we get older, as there is a shift in quality towards dryness.

The Tibb View of Insomnia

According to Tibb philosophy the quality associated with the brain is **moistness**. This is essential for the proper conduction of electrical impulses. Insomnia is associated with an excess of **dryness** in the body, especially that of the brain and its nerve pathways. If the weather and living environment are predominantly dry; if there is an excessive intake of spicy foods, meat; or if a high level of mental stress from active thinking exists at night, then insomnia is most likely to develop. Consuming coffee and caffeinated tea late in the day increases dryness in the body, and these habits predispose the person to insomnia. Although everybody will experiences bouts of insomnia during their lifetime, people with a dominant/sub-dominant melancholic or bilious temperament, are most predisposed to it, due to their inherent dominance of dryness.

Management of Insomnia

Management is aimed at **reducing the excess dryness** associated with insomnia, by implementing Tibb Lifestyle Factors that will **increase the quality of moistness**. This assists Physis in addressing both the symptoms and the causes of insomnia.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Eat a light supper at least three hours before going to bed.
- Avoid alcohol, tea, coffee and tobacco and spicy foods in the late afternoon and evening.
- In the evenings eat bananas, figs, dates, milk, and whole grain crackers. These foods are high in the essential amino acid tryptophan which promotes sleep.

- Avoid bacon, cheese, chocolates, eggplant, potato, sausages, tomatoes and wine close to bedtime. These foods contain the chemical tyramine, which increases the release of nor- epinephrine, a brain stimulant.
- Eat carrots, cucumber and lettuce with plain yogurt in a salad.

Other Lifestyle Factors

- A small amount of alcohol can help induce sleep initially, but invariably disrupts sleep cycles later. While smoking may seem to have a calming effect, nicotine is actually a neuro-stimulant, and can cause sleep problems.
- Avoid taking nasal decongestants late in the day.
- Establish a set of habits and follow them consistently to establish healthy sleep cycle.
- Go to bed only when you are sleepy.
- Do not stay in bed if you are not sleepy. Better to get up and read, watch TV, or do something quietly until you are feeling really sleepy.
- Use the bedroom only for sleep and sex, not for cellphones, tablets, reading, working, eating, or watching TV.
- Keep a regular sleep-wake cycle. Try to go to bed and wake up at the same time every day.
- Set an alarm clock and get out of bed at the same time every morning, no matter how you slept during the night. Once normal sleep patterns are re-established, there may be no need for an alarm clock.
- Sleep in a dark, quiet room with a comfortable temperature.
- Do not nap in the afternoon if this isn't a normal thing for you to do. Avoid napping, especially later than afternoon.
- Keep the bedroom comfortable and quiet. If the room is too quiet, a running fan or quiet background music helps.
- Exercise regularly in the late afternoon or early evening, but not within 2 hours of bedtime. Physical exertion is an excellent way to tire the body, so sleep comes about more easily. Exercising five to six hours before bedtime can help you sleep more soundly.
- **Breathe:** inhale through left nostril slowly, hold for as long as possible, and breathe out through the mouth slowly. Repeat 5 times.
- Empty the bladder immediately before going to bed.
- Take a hot bath one hour or two before bedtime. For further relaxation, put several drops of soothing essential oils such as lavender or camomile in the bath water.
- Learn to put worries out of your mind by practicing meditation or visualisation.

Medication

Herbal Remedies

Drink 1 cup of warm milk with 1tsp honey and two pinches of nutmeg powder, 30 minutes before bedtime. Apply lavender oil to the soles of the feet.

Recommended Medication

Stress-Away tablets or syrup - This product improves brain function, and helps restore mental balance. It also enhances memory, increases attention span and mental concentration. Furthermore it enhances peaceful sleep. Stress-Away is associated with qualities of moistness, which counters the dryness associated with insomnia.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/insomnia.pdf

Kidney Stones

What are kidney stones?

Kidney stones (renal lithiasis) are small, hard deposits that form inside the kidneys. The stones are made of mineral and insoluble organic salts. They develop due to several causes, and appear in the urinary tract, mainly in the kidneys, but also in the bladder and ureters.

Signs and Symptoms

Severe stabbing pains, occurring in waves which usually last 20 to 30 minutes; nausea/vomiting; fever; painful urination; blood appearing in the urine. The pain is located in the back or between ribs and hips.

What Causes Kidney Stones?

No single cause is evident for the development of kidney stones. Several factors increase the risk of developing kidney stones: Consumption of calcium-rich food and drink over time; alkaline urine, which encourages solid calcium salt formation; low water intake; living in a hot climate; repeated kidney infections.
The formation of crystals in the urinary tract results in the onset of inflammation, which leads to pain.

The Tibb View of Kidney Stones

According to Tibb, kidney stones are associated with **qualities of dryness with coldness**, as calcium deposits collect and harden to form stones. This dryness with cold often results from an improper lifestyle, such as a low water intake. People with the melancholic dominant / sub-dominant temperament are most likely to develop kidney stones, due to their innate dominance of dryness. However, people with other temperamental types are also at risk of kidney stones due to a poor lifestyle, especially from a faulty diet and low fluid intake.

Management of Kidney Stones

Management is aimed at **reducing the excess dryness with cold** qualities associated with kidney stones, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of kidney stones.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods**, such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Drink plenty of warm water.
- Calcium-rich foods like dairy products (cheese, cream, and butter), fish (sardines, pilchards and anchovies) and animal protein should be selected.
- Restrict the intake of refined sugars, fructose (especially corn syrup), cola drinks and apple juice.
- Decrease the intake of spinach, strawberries, nuts, rhubarb, wheat germ, dark chocolate and tea.
- Excessive alcohol intake leads to dehydration, so cutting down should help sufferers from kidney stones.

Medication

Herbal Remedies

- Sip an infusion made from four tbsp fennel seeds in one litre of boiling water.

Recommended Medication

Tibb Renotone tablets - This herbal medicine inhibits stone formation and growth, boosts urine flow, reduces inflammation, helps prevent kidney infection, and relieves kidney spasm. Tibb-Renotone is associated with qualities of **moistness** with **heat**, which makes it an ideal treatment for preventing and dissolving kidney stones.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/kidney-stones.pdf

Menopause

What is menopause?

Menopause is the permanent end of menstruation and fertility. It is defined as occurring 12 months after your last menstrual period. Menopause usually happens between the ages of 40 and 55 years of age.

Signs and Symptoms

The monthly periods have stopped or has become increasingly irregular; hot flashes and night sweats; headaches; heart palpitations; dizziness; mood swings; anxiety; depressed mood; insomnia; irritability; dry skin; frequent urination; dryness of the vagina, with discomfort and painful intercourse; physical and mental fatigue; noticeable decrease interest in sex, or reduced libido; breast tenderness; a reduced 'zest for life', with little enthusiasm for exercise, hobbies, social events, etc.

Complications

After menopause, the risk of certain medical disorders increases. Examples include: heart and blood vessel disease; urinary incontinence; osteoporosis; weight gain.

What Causes Menopause?

Once a woman reaches a certain age, usually between 40 and 55 years, major changes to her hormones begin. These result in the ovaries failing to produce eggs every four weeks or so. The monthly periods stop, and hormone levels in the body fluctuate markedly. These changes may occur suddenly, or develop slowly over several months. Many of the symptoms of the menopause are the direct result of these hormonal changes.

The Tibb View of Menopause

According to Tibb, menopausal symptoms are associated with **qualities of heat with dryness**. Women are innately moist, but as women get older they lose moistness and progress towards dryness. This is evident when the levels of estrogens decrease in preparation of cessation of ovulation. This results in hot flashes, dry skin, vaginal dryness and increased anxiety, amongst other. Women with a bilious dominant/sub-dominant temperament will most likely suffer with more severe symptoms of menopause due to their innate qualities of **heat** and **dryness**.

Management of Menopause

Management is aimed at **reducing the excess heat with dryness** associated with menopause, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of menopause.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as cucumber, milk, soybeans, carrots and watermelon, **followed by Cold & Dry foods**- like yogurt, beans, and citrus fruit.
- Eat **less Hot & Moist foods** - such as dates, mangoes, mutton and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onion.
- Consume more fresh fruits, vegetables, and high fibre, whole grain products. Eat alfalfa, soybeans, soy sprouts, crushed flaxseeds, green beans, sesame seeds, wheat, pumpkin seeds, cucumbers, corn, apples, anise seeds, cabbage, beets, olive oil, olives, papaya, oats, peas, and sunflower seeds. These are all important sources of natural estrogen.
- Avoid red meats (beef, pork, liver etc.), fatty foods as well as processed foods (sausage, bacon, etc.).
- Cut down on chocolate, fried foods, caffeine beverages, cold drinks, and alcohol intake.

Other Lifestyle Factors

- **Breathing exercises:** Tibb deep breathing exercises lower irritability and anxiety, and dampen mood swings
- **Physical exercise:** Any form of regular light/moderate exercise, such as walking in the morning or evenings, helps to alleviate symptoms. It boosts mood, reduces emotional stress, helps control appetite and regulate blood sugar levels. Strenuous physical activity should be avoided.
- **Sleep:** Active measures should be taken to ensure a regular good night sleep.
- **Relaxation:** Emotions like anger and excitement should be avoided, and any niggling worries resolved. A journal should be kept in which the events and activities of the day are recorded, including worries and stress triggers.
- **Meditation:** Tibb meditation exercises should be practiced for at least five minutes early morning daily, and at bedtime.
- **Detox:** A short monthly fruit or vegetable fast is advised.

Medication

Herbal Remedies

- **Vaginal Dryness lotion**: Mix 30ml of almond oil, two drops of geranium essential oil, one capsule (1,000 IU) of Vitamin E. Apply inside and outside the vagina twice a day.

Recommended Medication

Menoherb tablets - This herbal medicine alleviates the troublesome symptoms associated with menopause. Menoherb is associated with qualities of **coldness** assisting with the transition to dryness by menopausal women, while cooling off the heat associated with the symptoms of menopause, such as hot flashes.

Other Lifestyle Factors

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- **Physical exercise:** Any form of regular light/moderate exercise, such as walking in the morning or evenings, helps to alleviate symptoms. It boosts mood, reduces emotional stress, helps control appetite and regulate blood sugar levels. Strenuous physical activity should be avoided.
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To download this ailment go to:
http://www.tibb.co.za/ailments/menopause.pdf

Menorrhagia/Polymenorrhoea

What is Menorrhagia?
Menorrhagia describes abnormally heavy menstrual bleeding, which requires you to change you sanitary pad at least once every hour.

What is Polymenorrhoea?
Polymenorrhoea refers to an abnormally long menstrual period. Intervals between periods are less than 23 days. The intensity of menstrual bleeding is often normal.

Signs and Symptoms
Bleeding through one or more sanitary pads or tampons every hour for several consecutive hours; the use of double sanitary pads to avoid bleeding through; getting up at night to change sanitary pads; passing large blood clots with menstrual flow; restricting daily activities due to heavy menstrual flow; symptoms of anaemia, such as tiredness, fatigue or shortness of breath; and bleeding that lasts for more than a week.

Causes and Risk Factors
Menorrhagia may arise either from a disturbance of the normal hormonal pattern, or from a physical abnormality of the uterus, such as a congenital defect or from the presence of fibroids (fibromyomata) or polyps. Fibroids are benign tumours composed of fibrous tissue and smooth muscle, which develop in the wall of the uterus, usually close to the inner cavity.
Polyps are groups of cells that form the endometrium, which are normally flushed out during a period. These bundles of cells remain in the uterus, develop a stalk, and attach to the inner uterine cavity.

Menorrhagia may occur from the use of an intrauterine device, or as a side effect of drugs, which inhibit blood clotting. Teenage girls who have recently started menstruating and older women approaching menopause are most likely to develop heavy or prolonged bleeding.

The Tibb View of Menorrhagia and Polymenorrhoea
According to Tibb, these menstrual disorders are associated mostly with excessive heat and is aggravated by a lifestyle that promotes heat like stress, anger, hot and spicy foods and a hot environment. People with a Bilious dominant / subdominant temperament are more predisposed to develop menstrual disorders due to an excess of heat.

Mangement of Menorrhagia and Polymenorrhoea
Management is aimed at either **reducing the excess heat** associated with menorrhagia and polymenorrhoea, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness**. This assists Physis in addressing both the symptoms and the causes of menorrhagia and polymenorrhoea.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Cold & Moist foods** - such as rice, cucumber, lettuce and carrots, **followed by Cold & Dry foods** - like yogurt, citrus fruit, beans and beef.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, cheese and salt, and the **least amount of Hot & Dry foods** - like eggs, chicken, garlic and alcohol.
- Eat a well-balanced diet consisting of 50% raw fruits and vegetables, whole grains, raw nuts and seeds, and fish.
- Eat apricots, prunes, papaya, asparagus, avocado, banana, and broccoli.

- Consume soured products like sour milk, yogurt and cottage cheese.
- Avoid coffee, tea and carbonated beverages.
- Drink two to three litres of water daily.
- Avoid heavily spiced foods and alcohol.

Other Lifestyle Factors

- Ensure you get an adequate night's rest by practicing good sleep habits.
- Try to do some light to moderate exercise daily such as walking and swimming. Do not partake in excessive/strenuous activities.
- Practice slow and deep breathing exercises in the morning and before retiring to bed at night.

Medication

Herbal Remedy

- Take 4 tbsp of flax seeds. Soak them in 1 cup of water overnight. Strain and drink this water the next morning.

Recommended Medication

Gynaecare Syrup - Restores hormonal balance in women with fluctuating hormonal levels. It also enhances fertility and regulates the menstrual cycle.
Livotibb - Acts as a tonic to the liver.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Menorrhagia.pdf

Muscle Pains and Cramps

What are Muscle Pains and Cramps?

Almost everybody suffers with muscles pains and cramps, but these usually resolve within a few days. However, sometimes they can last for much longer. Muscle pain (myalgia) ranges from mild to severe, and can affect any part of the body, especially the legs, back, arms and neck.

Signs and Symptoms

Sudden muscle cramp, especially of the legs during sleep; muscle pain or soreness, especially after exercise; and a muscle strain which may last several days.

What Causes Muscle Pains and Cramps

The most common causes of muscle pain are tension, stress, overuse, and minor injuries. Muscle cramps may occur because of disharmony in the skeletal muscles, often due to deficiency of minerals, like calcium. People taking the conventional drugs statins to reduce high cholesterol often complain about muscle pain. Lactic acid build-up from over-exercising can also result in muscle pain.

The Tibb View of Muscle Pains and Cramps

According to Tibb, muscle pain and cramp is associated with **qualities of dryness with cold**. Chronic muscle pain may result when the person's skeletal muscle is overused. This overuse increases the quality of heat, which over time increases dryness and eventually cold. Insufficient heat due to decreased blood supply to the muscles can result in chronic inflammation of the muscles. When blood flow to the skeletal muscle is impaired, pain usually results. Although all temperamental types can be affected with muscle pain and cramps, people with a melancholic dominant/sub-dominant temperament are more at risk due to their innate qualities of coldness and dryness.

Management of muscle pain and cramps

Management is aimed at **reducing the excess dryness with cold** qualities associated with muscle pain and cramps, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and the causes of muscle pains and cramps.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods**, such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Drink lukewarm water, which often helps to relieve symptoms, especially pain and soreness.
- Consume plenty of fruit and vegetables to increase moistness.
- Avoid dehydrating drinks (such as coffee, tea and alcoholic drinks), and sugar-rich fizzy drinks.

Other Lifestyle Factors

- **Breathing:** Early morning breathing exercises will help relax the affected muscles.
- **Exercise:** Rest the affected limb horizontally to allow inner healing to take place. Carry out gentle stretching exercises of the affected limb when warmed up. Do not return to physical activity until cramps have gone.
- **Resting:** Cut down physical activity by resting the muscles of the affected limbs horizontally.

- **Elimination:** Boost regular bowel movements by eating high-fibre grains (e.g. brown rice, whole-wheat, oats).
- **General:** Keep warm generally, using heating pads if necessary, especially at night.

Medication

Herbal Remedies

- **Herbal** - Add $^1/_4$ - $^1/_2$ teaspoon of organic turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink this twice daily.
- **Detox** - Add Epsom salts to bathwater to help remove toxins and soothe inflamed muscles.

Recommended Medication

Rumaflam tablets and ointment - This herbal medicine has pain-killing properties, and helps to reduce inflammation and swelling. It also supports the body's detoxification processes with its anti-oxidant activities. Rumaflam is associated with qualities of **heat** which combats the coldness linked to muscle pain and cramps.
Blackseed rub - This contains a number of heating oils which ease breathing difficulties and relieve a tight chest.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/muscle%20pains.pdf

Nausea and Vomiting

What is Nausea and Vomiting?

Nausea is a sensation of discomfort in the upper abdomen, accompanied by an urge to vomit. Vomiting describes the forceful expulsion of the contents of the stomach via the mouth or sometimes the nose. Nausea and vomiting are involuntary actions which protect the person from noxious substances when taken by mouth. They are caused by numerous factors, such as unsuitable food, toxins and certain illnesses.

Signs and Symptoms

Faintness; physical weakness; vertigo; headache; profuse sweating; indigestion; retching; difficulty keeping food down; dehydration is a major concern with vomiting excessively.

Complications

Recurrent and persistent vomiting may result in: dehydration, electrolyte disturbances, inflammation of the oesophagus (oesophagitis) or stomach (gastritis).

What Causes Nausea and Vomiting?

Nausea and vomiting are important mechanisms which serve to protect the person's body. Their action helps to remove ingested toxins quickly before damage ensues. Risk factors include:
Emotional factors - such as anxiety, stress and irritability.
Environmental factors - such as irregular body motions, cooking smells, and cigarette smoke.
Chemicals, drugs and toxins - such as anti-cancer drugs (chemotherapy), excess alcohol intake, unpleasant odours, and toxins in food.
Clinical disorders - such as anorexia, bulimia, onset of a heart attack, and several gastro-intestinal disorders.

Food - such as excessive intake of cold and moist food, and undigested food.

The Tibb View of Nausea and Vomiting

According to Tibb, there are two distinct causes of nausea and vomiting. One is related to excessive or undigested food. This type of nausea and vomiting is associated with qualities of **moistness with cold**. The other is linked to excessive production of bile due to stress and excessive heat which is associated with qualities of **heat with dryness**. As there are numerous causes all temperamental types can be affected.

Management of nausea and vomiting

Management is aimed at **reducing the excess qualities** associated with nausea and vomiting, by implementing Tibb Lifestyle Factors that will increase the qualities of dryness and heat in patients with **excess moistness with cold**, and increase **qualities of moistness and cold** in patients with **excess heat and dryness**. This assists Physis in addressing both the symptoms and the causes of nausea and vomiting.

Tibb Lifestyle Factors

Nausea and Vomiting Associated with Qualities of Moistness with Cold:
Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.

Nausea and Vomiting Associated with Qualities of Heat with Dryness:
Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.

Other Lifestyle Factors for Vomiting associated with both Moistness with Cold and Heat with Dryness

- Avoid high-fibre, fried, junk and processed foods, as these may stress the digestive system.
- If infection is the source of nausea and vomiting, follow the BRAT diet for the duration of vomiting (**B**anana, **R**ice, **A**pple sauce and **T**oast)
- Once the nausea and vomiting subsides follow a high- fibre diet, containing grains and vegetables.
- Confront and resolve any persistent worries or anxieties with Tibb Deep Breathing exercises or Tibb meditation.
- Drink clear fruit juices, water and black tea.
- Eat small, frequent meals as this is better tolerated.

Medication
Herbal Remedies

- Replace body fluid lost from repeated vomiting by increasing fluid intake. Make a rehydration solution using five cups of boiled water with eight tsp of sugar and one teaspoon of salt (or $^{1}/_{2}$ teaspoon of salt for children).
- Drink a glass of warm, flat coke several times a day.
- Add 10 grams each of tamarind and prunes to a glass of water. Soak for 60 min, strain, add salt to taste. Drink the water daily.
- Mint leaves (one cupful) soaked in boiling water for several minutes. Drink when cooled down.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/nausea-and-vomiting.pdf

Osteoarthritis

What is Osteoarthritis?
Osteoarthritis is inflammation of one or more joints, usually as a result of wear and tear.

Signs & Symptoms
Joint pain; joint swelling; joint stiffness, especially in the early morning; grating sensation in the joints upon movement.

Complications
Joint pain and stiffness may become severe enough to make daily tasks difficult. Some people are no longer able to work as a result of the pain and stiffness. In some cases, joints may become twisted and deformed.

What Causes Osteoarthritis?
Osteoarthritis results from the natural deterioration of body joints, usually starting in the late 40's, due to general wear-and-tear. The cushions (cartilages) between the joints' bones begin to break up, so bone-on-bone contact develops. Osteoarthritis is aggravated by being overweight, excessive weight carrying, and some hormonal changes. Osteoarthritis can start earlier in athletes and in people performing high-impact exercises over the long term.

The Tibb View of Osteoarthritis
According to Tibb, osteoarthritis is associated with qualities of **coldness with dryness**, as it is generally worse during the colder seasons or colder times of the day. Arthritic stiffness often worsens during periods of inactivity which exert a cooling effect on the
body. With increased age, or over-use, the excessive heat created in the joint space due to movement can result in dryness. Increasing age also results in a slowing down of the body's metabolism, causing less blood to flow to the peripheral areas of the body. Blood brings about a balance of heat and moistness to the joints.

Individuals with a melancholic dominant/sub-dominant temperament are more predisposed to developing osteoarthritis. However, due to an improper diet and lifestyle, any temperament may develop arthritis. People with a bilious temperament may develop osteoarthritis due to over-use, as these individuals are highly competitive and often unaware of, or ignore, their limits. Those with a sanguinous temperament, who are prone to over-eating and sedentary lifestyles, may also develop arthritis due to a build-up of metabolic wastes.

Management of Osteoarthritis
Management is aimed at **reducing the excess coldness with dryness**, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of osteoarthritis.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Moist foods** - such as dates, olive oil honey, turmeric and brown bread, **followed by Hot & Dry foods** - like celery, red pepper, garlic and oily fish.
- Eat **less of Cold & Moist foods** - such as rice, watermelon, cucumber and broccoli, and the **least amount of Cold & Dry foods** - like beans, beef, citrus fruit and yogurt.
- Increase body moisture by eating plenty of fruit and vegetables.
- Drink two to three litres lukewarm water a day.
- Avoid dehydrating drinks (such as coffee, tea and alcoholic drinks), and sugar-rich fizzy drinks.

Other Lifestyle Advice

- **Breathing:** Early morning breathing exercises will help relax the joint-supporting muscles.
- **Exercise:** Light to moderate aerobic or stretching exercises, such as a daily walk in the mornings and evenings. Cut down on strenuous exercise, as this damages the joint cartilage.
- **Sleep:** Try for good quality sleep as this supports Physis. Listen to your body, and take adequate rest.
- **Meditation:** A Short meditation session will help deal with symptoms, especially pain.
- **Elimination:** Boost regular bowel movements by eating high-fibre grains, such as brown rice, whole-wheat and oats.
- Massaging the affected joints also helps to increase the heat in that area, and so bring about increased blood circulation.

Medication

Herbal Remedies

- **Herbal:** Infuse a few slices of fresh ginger root in a cup of boiling water. Allow it to stand with the top covered for 30 minutes before drinking.
- **Detox:** Add Epsom salts to bathwater to help remove toxins and soothe inflamed joints.

Recommended Medication

Rumaflam tablets and ointment - This herbal medicine has pain-killing properties, and helps to reduce inflammation and swelling. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease in a balanced way.

Blackseed rub- Contains blackseed and other heating oils that will provide relief for aching muscles.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/osteoarthritis.pdf

Osteoporosis

What is Osteoporosis?

Osteoporosis is excessive thinning of the bones, causing them to become weak and brittle, increasing the risk of fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

Signs and Symptoms

Back pain; loss of height over time; a hunched posture; and bone fractures.

What Causes Osteoporosis?

Bone is a living tissue which constantly needs to renew itself. New bone for the skeleton is synthesised constantly, and old bone is broken down. When we are young, the rate at which new bones gets made is faster than the rate of old bones breaking down.

This results in greater bone mass and stronger bones. However, with age, bone mass is lost faster than it is created,
so the remaining bone becomes weaker, and prone to fracture. The likelihood of developing osteoporosis depends on how much bone mass was acquired during youth and the rate of creation of new bone versus loss of bone.

The Tibb View on Osteoporosis

According to Tibb, osteoporosis is associated with qualities of **dryness with coldness**, as bones become brittle and porous. This makes them more susceptible to breaks and fractures. People with melancholic dominant / subdominant temperaments are at risk of developing osteoporosis. Those with melancholic/bilious temperamental combination are at an even greater risk, due to their innate dominance of dryness.

Management of Osteoporosis

Management is aimed at **reducing the excess dryness with cold** associated with osteoporosis, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and the causes of osteoporosis.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, turmeric, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Eat whole-grain cereals and calcium containing foods on a regular basis. This will help to increase calcium absorption into the body, and so strengthen existing bones.
- Menopausal and post-menopausal women should include soy products in their diet.
- Avoid soft drinks, sugar, yeast and salty foods.

Other Lifestyle Factors

- Keep as active as possible. Partake in exercises such as walking, dancing, climbing up stairs etc. Also do weight bearing exercises as this will prevent bone mass loss.
- Quit smoking, and avoid second hand smoke.

Medication

Herbal Remedies

- Soak about 11 almonds overnight in some water. Peel and blend with a cup of warm milk. Drink daily.

Recommended Medication

Rumaflam tablets - This product has pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease.

Blackseed rub- Contains blackseed and other heating oils that will provide relief for aching muscles.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/osteoporosis.pdf

Peptic Ulcer Disease (PUD)

What is PUD?
Peptic ulcers are open sores that develop on the inside lining of the lower oesophagus, stomach and the upper part of the small intestine.

Types of PUD
- **Oesophageal Ulcers:** Occur in the oesophagus.
- **Gastric Ulcers:** Occur in the stomach.
- **Duodenal Ulcers:** Occur in the upper part of the small intestine.

Signs and Symptoms
An intense, burning and gnawing pain in the stomach and abdominal region; usually worse when hungry; the pain may be relieved for a while by certain foods; the pain is sometimes worse after eating; pain flare-ups commonly occur at night.

Complications
Internal Bleeding: This may result in anaemia if not treated in time.
Infection: Peptic ulcers may perforate the inside lining of the stomach or small intestine, so increasing the risk of infections such as peritonitis.
Scar Tissue: Peptic ulcers may produce scar tissue, which blocks the passage of food along the digestive tract.

What Causes PUD?
The condition develops when the production of protective mucous by the stomach lining is reduced, or the production of stomach acids is increased excessively, or both. Peptic ulcers occur when acid in the digestive tract eats away at the inner surface of the oesophagus, stomach or small intestine. The overuse of certain medications, like non-steroidal anti- inflammatory drugs and corticosteroids, or high-dose Vitamin C, may cause peptic ulcers.

Risk factors include: low intake of water, excessive eating of meat or fried and heavily spiced foods, and constant unresolved stress and anxiety. These factors bring about excessive secretion of digestive acid in the stomach.

The Tibb View on PUD
According to Tibb, peptic ulcers are linked to the ***qualities of heat with dryness.*** The result is often burning gastric or abdominal pain. If a person's lifestyle promotes abnormal build-up of the qualities of heat and dryness, the risk of developing peptic ulcers increases markedly. Often responsible are consuming heavily spiced foods and alcoholic drinks excessively, and failing to manage stress appropriately. The excessive heat also makes the person more susceptible to inflammation caused by H. pylori bacteria. People with a dominant or sub-dominant bilious temperament are most likely to develop peptic ulcers due to their inherent qualities of heat and dryness.

Management of PUD
Management is aimed at **reducing the excess heat with dryness** associated with peptic ulcers, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of peptic ulcers.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, apples and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Eat frequent small meals, consisting in part of well-cooked white rice, yogurt and cottage cheese.
- Eat more vegetables and fruit such as carrots, broccoli and sweet apples.
- Allow hot beverages, like rooibos tea, to cool down before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.

Other Lifestyle Advice

- Practice slow and deep breathing exercises twice daily.
- Drink plenty of water. A glass of water drunk rapidly often relieves gastric pain. The water dilutes stomach acid, flushing it into the duodenum where it is neutralised.
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Consider quitting smoking, as nicotine irritates the stomach lining.
- Keep the colon clean by selecting a high fibre diet. The use of a gentle and natural laxative is recommended monthly.

Medication

Herbal Remedies

- Drink 25ml of Aloe vera juice two to three times daily.
- 1tsp of licorice root powder mixed in 100ml warm water taken three to four times per day on an empty stomach promotes the healing of the peptic ulcer.
- Take 1tsp of psyllium husk with warm water before retiring at night.

Recommended Medication

Gastrone tablets - This antispasmodic assists in the management of nausea, vomiting and abdominal pain.
Laxotabs tablets - This product softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely. Laxotabs are associated with qualities of moistness which helps to dampen the heat with dryness associated with peptic ulcers.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/peptic-ulcer-disease.pdf

Premenstrual Syndrome/ Tension

What is Premenstrual Syndrome?

Premenstrual syndrome is a complex of symptoms, both physical and emotional, which occurs a few days before the onset of menstruation.

Signs and Symptoms

The most common ones are:

Physical symptoms: Headache, feeling bloated, swollen ankles, weight gain, and fatigue.

Emotional symptoms: Irritability, insomnia, decreased sex drive, tearfulness, poor concentration, irrational food cravings, mood swings, depressed feelings.

PMS where symptoms are particularly severe is called Premenstrual Dysmorphic Disorder.

What Causes PMS?

The exact cause of premenstrual syndrome is unknown, but several factors may contribute to it. Internal disharmony brought about by changes in the balance of the woman's hormones lead to a number of the symptoms. There is a rise in the female hormone estrogen, and a fall in progesterone levels. The result is a build-up of salt and water in the body, which leads to several other symptoms. Risk factors include an improper diet, over-rich in foods which are hot & moist or cold & moist foods, such as salty and sweet foods.

The Tibb View of PMS

As many symptoms such as water retention, tissue swelling, mood swings, and cravings may have several causes, the qualities associated with PMS should be assessed for each woman and can affect all temperaments.

Management of PMS

Management is aimed at **reducing the qualities associated with the person's dominant temperament**, with the appropriate Tibb Lifestyle Factors. Special attention should be given to foods with high nutritious value. This assists Physis in addressing both the symptoms and the causes of PMS.

Tibb Lifestyle Factors

Food and Drink

- **Phlegmatic temperament** - eat **mostly Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods**- like mutton, ginger, turmeric and black pepper, and **Cold & Dry foods**- such as citrus fruit, basil, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- **Sanguinous Temperament** - eat **mostly Cold & Dry foods** - such as yogurt, citrus fruit, beef and basil **followed by Cold & Moist foods**- like coriander, rice, beetroot and broccoli, and **Hot & Dry foods**- such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.
- **Melancholic Temperament** - eat **mostly Hot & Moist foods** - such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods**- like garlic, onion, chicken and eggs, and **Cold & Moist Foods**- such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.
- **Bilious Temperament** - eat **mostly Cold & Moist foods** - such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods**- like citrus fruit, basil, yogurt and mealie meal, and **Hot & Moist foods**- such as ginger, olive oil, turmeric and honey, and the **least amount of Hot & Dry foods** - like onion, eggs, alcohol and garlic.

Dietary advice to be followed by all temperamental types

- Consume more fresh vegetables, fruit, and yogurt. Consume foods that are rich in calcium such as sesame seeds, celery and oranges.
- Avoid red meats; eat fish and chicken instead.
- Cut down on white flour products (like bread and pasta) and sugar.
- Avoid adding salt to meals, and drinking caffeine and alcoholic beverages a week before a menstrual period is expected.

Other Lifestyle Factors

- **Breathing exercises:** Tibb deep breathing exercises lowers irritability and anxiety, and dampen mood swings.
- **Physical exercise:** Any form will do, lasting 30 minutes/day at least 3 days/week. This boosts mood and reduces emotional stress. It also helps control appetite and regulates blood sugar levels.
- **Sleep:** Increasing sleep time for a few days before expected premenstrual symptoms helps to reduce the intensity of symptoms.
- **Relaxation:** Taking a hot bath with salt added (1 cup each of baking soda and sea salt per bath) helps. Regular massage reduces stress and anxiety.
- **Meditation:** Tibb meditation exercises 15min early morning and at bedtime is recommended.

Medication

Herbal Remedies

- Rosemary tea: Before a period, steep dried leaves (1tsp) in a cup of boiling water. Drink warm.
- Evening primrose oil: Helps reduce cramping and dampen mood swings.
- Poppy seeds (2tsp), almonds (10), liquidised in milk (1 glass), sweetened with honey to taste, drink at breakfast.
- Fennel seed (1tsp), cumin ($^1/_2$tsp), cardamom (2 crushed) in skim milk or water (1cup), boil down to 100ml. Strain and drink 3-4 times daily.

Recommended Medication

Gynaecare syrup - This herbal product helps to restore the balance between a woman's hormones, her emotional state, and here nutrition. It possesses anti-spasmodic activity.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/PMS.pdf

Sciatica

What is Sciatica?

Sciatica is pain due to shock or damage to the major leg nerve, the sciatic nerve. This is located in the back and outer side of both legs. However, sciatica generally affects only one side of the body.

Signs and Symptoms

Pain radiating from the lower back, through the back of the thigh, and down through the leg. Depending on where the sciatic nerve is affected, the pain may also radiate to the foot and even the toes. Other symptoms are: stiffness in the back, leg and foot; decreased sensation or numbness affecting the back of the calf or sole of the foot; tingling, burning or abnormal sensations; weakness of the knee or foot; difficulty in walking; inability to move the foot and bend the knee (in severe cases).

Causes and Risk Factors

Sciatica may develop due to several causes: a slipped disc; local pressure due to a poorly administered intra-muscular injection; prolonged pressure on or entrapment of the nerve; direct trauma due to fracture of the pelvis and gunshot wounds. Risk factors include improper lifting of heavy objects; poor posture; exposure of the lower back to cold weather or low temperatures, and excessive intake of cold & dry foods.

The Tibb View of Sciatica

According to Tibb, sciatica is associated with the qualities of **coldness with dryness**, which are aggravated by the exposure of the lower back to coldness. Overuse and improper bending and lifting techniques create excessive heat which eventually leads to dryness and then cold. Insufficient heat due to decreased blood supply to the lower back can result in chronic inflammation which causes nerve entrapment. All temperamental types can be affected.

Management of Sciatica

Management is aimed at **reducing the excess coldness with dryness** associated with sciatica, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of sciatica.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as spinach, dates, mango, and tumeric, **followed by Hot & Dry foods** - like oily fish, green or red peppers, avocados and parsley.
- Eat **less of Cold & Moist foods** - such as milk, pineapples, and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomatoes, sour milk, and beans.
- Eat mostly fruit and vegetables during an acute attack.
- Drink 2-3 litres of warm water daily.
- Limit the intake of tea, coffee, cauliflower, dried beans, lentils, fish, eggs and peas.
- Avoid all red meat for at least 15 days.
- Avoid all fried foods and roasted nuts.

Other Lifestyle Factors

- Rest in order to take the weight off the affected area until the symptoms subside.
- Once the acute attack has subsided, practice stretching exercises like yoga as this may help relieve nerve compression.
- Two to three days after the onset of the acute attack, apply a hot pack to relieve pain in the affected area.
- Avoid lifting heavy objects. When the condition resolves, practice proper bending and lifting techniques. For example, before lifting, bend down at the knees, and keep the load as close to the body as possible.

Medication

Herbal Remedies

- Add $^{1}/_{4}$ - $^{1}/_{2}$ teaspoon of turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink twice daily.
- **Detox** - Add Epsom salts to bathwater to help remove toxins and soothe inflamed muscles.

Recommended Medication

Rumaflam tablets or ointment - This product has pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with sciatica

Blackseed rub - Contains blackseed and other heating oils that will provide relief for aching muscles.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Sciatica.pdf

Sexually Transmitted Diseases

What are Sexually transmitted Diseases?

Sexually transmitted Diseases include gonorrhoea, chlamydia, genital warts and pubic lice. They arise from infections, or infestation in the case of lice. Both males and females may be affected.

What is Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice?

Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice are sexually transmitted infections or infestations (in the case of Pubic Lice) that can infect both males and females.

Signs and Symptoms of Gonorrhoea/Chlamydia/Genital Warts and Pubic Lice

Gonorrhoea and chlamydia are often present without symptoms.
However, some of the symptoms may include: painful passage of cloudy, yellow-green, pus-laden urine, especially in men; pus-like discharge from the penis; pain or swelling in one testicle; yellow-green vaginal discharge; vaginal bleeding, especially after sexual intercourse; abdominal pain; pelvic pain; redness or swelling of the tongue; red, painful, itchy sores with discharge in the anus; genital warts, with small, flat cauliflower-like bumps or lesions in the genital or anal area; and intense itching in the pubic area as a result of pubic lice infestation of lower body hair.

Complications

If gonorrhoea and chlamydia are not treated promptly, and necessary precautions not taken, infertility in both men and women may develop. STDs increase the risk of becoming infected with the HI virus. The infection may spread via the blood stream and infect other areas of the body, including the joints. The virus responsible for genital warts may contribute towards the onset of cervical and other types of cancer.

What causes these STD's?

Gonorrhoea and chlamydia result from infections by bacteria, and genital warts from infections by viruses. These micro-organisms are transmitted during unprotected sexual activity, and may be passed on from mother to child during delivery. Pubic lice are carried
from one person to another by direct physical contact, and by shared clothing and bedding.

The Tibb View of STD's

These STDs are linked to qualities of **heat with moistness**, as the micro-organisms thrive in an environment of heat and moistness usually existing in the genital and anal areas. Symptoms of inflammation, especially pain, redness and swelling, and the presence of discharge in both men and women are associated with these qualities. As STDs are caused by infections, all temperamental types can be affected.

Management of STD's

Management is aimed at **reducing the excess qualities of heat with moistness** associated with these STDs, by implementing Lifestyle Factors that will **increase the qualities of coldness and dryness**. This assists Physis in addressing both the symptoms and causes of STDs.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, tripe, broccoli and yogurt, **followed by Cold and Moist foods** - like rice, cucumber, lettuce and carrots.
- Eat **less of Hot & Dry foods** - such as onions, egg, peppers and alcohol, and the **least amount of Hot & Moist foods** - such as mutton, cheese and sugar.
- Reduce consumption of coffee, tea, alcohol, smoking and fizzy drinks; and processed foods.
- Drink a glassful of water hourly.

Other Lifestyle Factors

- **Detox:** Take a 20 minute hot Sitz bath to which 20g of alum powder or a cupful of apple cider vinegar has been added. The woman should sit with her knees up and apart so that the water can enter the vagina.
- For those affected with pubic lice, Vaseline is safe to apply to the eyelashes and eyebrows. Tea tree oil may be diluted with olive or almond oil and massaged onto the areas suspected to be infested by lice.
- A paste of castor oil and baking soda, applied onto genital warts three times daily is advised.

Prevention

- Both partners should be tested for infection before engaging in sexual activity.
- Both sexual partners should seek professional advice. .
- Practice safe sex by always using a condom. Abstinence is the only sure way to prevent infection by gonorrhoea and chlamydia.
- Having a monogamous relationship reduces the risk of contracting an STD. Having multiple sex partners increases the risk.
- A douche in the vagina should not be used, as this increases susceptibility to contracting an STD.
- If pubic lice infestation is suspected, all contaminated sheets, clothing, towels and blankets should be thoroughly washed to prevent spreading.
- Regularly removing off the pubic hair is advised to remove lice.

Recommended Medication

Tibb Renotone tablets - This herbal medicine boosts urine flow, reduces inflammation, helps prevent and treat urinary tract infections.

Septogard tablets or syrup - This product boosts immunity to prevent and fight infections.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/STD.pdf

Sinusitis

What is sinusitis?

In sinusitis, the cavities (sinuses) around the nasal passages become inflamed, painful and swollen. Acute sinusitis often results from a cold or flu, and should resolve spontaneously. Sinusitis becomes chronic if the sinuses remain inflamed for at least eight weeks despite repeated attempts at treatment.

Signs and Symptoms

The main symptoms are: headache; a blocked nose; feelings of pain, pressure and heaviness around the head, especially in the jaws, eyes and face; a discharge of thick mucous from the nose; loss of the sense of smell; post-nasal drip, which disturbs sleep; a sore throat; a mild fever; and bad breath. Sinusitis often triggers coughing spasms, in an attempt to remove built-up mucous.

Complications

The following complications are associated with untreated sinusitis: bacterial infection of the sinuses and their surrounding bone tissues, and even the brain, as meningitis. Also possible are: asthma flare-ups; visual problems; nasal polyps; and ear infections.

What Causes Sinusitis?

Sinusitis is caused when the mucous membrane of the nose, sinuses and throat becomes inflamed. Swelling obstructs the sinus openings and prevents mucous from draining normally. This results from a number of underlying conditions: upper respiratory tract infection linked to qualities of coldness with moistness, such as tonsillitis or a cold; improper diet, featuring excessive intake of cold and moist and hot and moist foods like dairy products and refined foods.

Long lasting sinusitis can be brought on by an allergy to pollen, various fungi, animal dander; and dust.

The Tibb View of Sinusitis

According to Tibb, sinusitis is linked to qualities of **moistness either with heat** or **with coldness**. Sinusitis that worsens during the colder seasons is linked to **moistness with cold** and presents with thick mucous. Sinusitis which worsens during spring is linked to **moistness with heat** and may present with thin, runny mucous. As both heat and coldness are associated with sinusitis, people who have a phlegmatic, sanguinous or bilious temperament are mostly affected.

Management of Sinusitis

Management is aimed at reducing the excess qualities associated with sinusitis, by implementing Tibb Lifestyle Factors that will increase the qualities of dryness with cold in patients with symptoms of excess of moistness with heat, and by increasing the qualities of dryness with heat in patients with symptoms of excess moistness with cold. This assists Physis in addressing both the symptoms and causes of sinusitis.

Tibb Lifestyle Factors

Sinusitis Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, fish, cauliflower and mushrooms, followed by **Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic and **Cold & Moist foods** - such as carrots, pumpkin, rice and milk, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Plenty of pure warm water should be drunk to facilitate the elimination of mucous.
- Eat plenty of fruit and vegetables, and protein-rich foods like beef and fish.
- Eat pepper-rich dishes, which contain capsaicin or cayenne.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yogurt.

Sinusitis Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, green pepper, eggs and garlic, **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms.
- Eat **less of Hot & Moist foods** - such as bread, pasta, bananas and wheat cereals and the **least amount Cold & Moist foods** - like carrots, pumpkin, rice and milk.
- Consume hot liquids like soups and herbal teas regularly, as they increase mucous flow.
- Eat food which is rich in garlic and horse radish.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yogurt.

Other Lifestyle Factors

- Irrigate the nasal passages regularly with saline drops or spray
- Install a steam humidifier in the bedroom, and put eucalyptus oil in the water.
- Apply moist heat pads for several minutes to the tender parts of the face.
- If the sinus areas of the face are sore, rub them gently. Press thumbs firmly on sides of nose for about 30 seconds.

Medication

Herbal remedies

- Take $^1/_4$ teaspoons each of aniseed, thyme, fenugreek, echinacea, and boil in one to two cups of water, until one cup remains. Strain, mix with two teaspoons of honey, and drink three times a day.
- Crush fresh ginger root and apply as a hot poultice to the forehead and nose areas. This stimulates circulation and mucous drainage. - Place two drops of menthol or eucalyptus oil into a bowl of boiling hot water and inhale the steam several times daily.
- Nasal Irrigation - Mix a solution of one cup of warm preferably distilled water, $^1/_4$ teaspoon each of sea salt and bicarbonate of soda. Use a squeeze spray bottle to instill the solution into the nostrils, one side at a time. Repeat this procedure three to four times daily, for relief from stuffiness.

Recommended Medication

Sinugraine tablets - This product reduces excessive mucous secretion and prevents nasal and sinus congestion.

Blackseed Winter Oil - This has a powerful decongestant action, and helps to relieve the symptoms of sinusitis.

Septogard tablets or syrup - This product boosts the immune system to fight sinus infection better.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Sinusitis.pdf

Sore Throat and Tonsillitis

What is a Sore Throat?
A sore throat (pharyngitis) is characterized by pain, scratchiness and irritation of the throat due to inflammation. It is worse when swallowing.

What is Tonsillitis?
Tonsillitis is inflammation of the tonsils, which are located on either side of the back of the throat. In most cases it is due to a bacterial or viral infection.

Signs and Symptoms
Sore throat; difficulty or painful swallowing; swollen neck glands; fever; swollen, red tonsils; white patches on the surface.

Complications
Recurrent tonsillitis may lead to chronic tonsillitis. This can cause breathing difficulties, sleep apnea, and abscesses on the tonsils.

What Causes Sore Throats and Tonsillitis?
Sore throat is most commonly caused by the same viruses that bring on the common cold and flu. Less commonly it is caused by bacteria. Other causes include allergies; dry weather or dry climate; tobacco smoke or other chemical irritants; muscle strain which results from screaming or shouting. Acid reflux (GORD) from the stomach can result in a sore and scratchy throat. **Tonsillitis** is most often brought on by respiratory viruses, but sometimes bacterial infections are the cause. The tonsils are the immune system's first line of defense against bacteria and viruses that enter the mouth. This function makes the tonsils particularly vulnerable to infection and inflammation.

The Tibb View on Sore Throat and Tonsillitis
According to Tibb, sore throat and tonsillitis are linked to **qualities of moistness either with heat or with coldness**. Due to the affected person's weakened immune system, Physis is unable to prevent an infection by the viruses or bacteria, but actively fights it in order to restore good health. People with phlegmatic or sanguinous temperaments are most are risk of developing sore throats and tonsillitis. Children are particularly vulnerable for developing tonsillitis, due to their innate moistness.

Management of sore throat and tonsillitis
Management is aimed at **reducing the excess qualities** associated with sore throat and tonsillitis, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness and heat** in patients with symptoms of **excess moistness & coldness**, and by **increasing the qualities of dryness with cold** in patients with symptoms of **excess moistness with heat**. This assists Physis in addressing both the symptoms and the causes of sore throat and tonsillitis.

Tibb Lifestyle Factors
Sore Throat and Tonsillitis Associated with Qualities of Moistness with Coldness:
Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold & Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot & Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold & Moist foods** - like squash, butter, cucumber and pears.

Sore Throat and Tonsillitis Associated with Qualities of Moistness with Heat:
Food and Drink

- Eat **mostly Cold & Dry foods** - like beef, potato, and yogurt, **followed by Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas.
- Eat **less of Cold & Moist foods** - like squash, butter, cucumber and pears, and the l**east amount of Hot & Moist foods** - such as bread, pasta, sugar and bananas.

Dietary Advice for Sore Throat and Tonsillitis linked to both Moistness with Coldness and Moistness with Heat

- Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods.
- Steamed vegetables and proteins should be preferred as a diet.
- Avoid cold water and cold foods like dairy products.
- Drink at least two litres of pure warm water a day.

Other Lifestyle Factors

- Gargle frequently with warm salty water. Dissolve $^1/_2$ tsp of salt in one cup of warm water, and gargle with it three times daily to help reduce swelling, relieve pain and remove mucous.
- Apply a hot compress to the throat area.
- Use a humidifier at home. Moist air stimulates blood flow to the mucous membranes, promoting healing.
- Take advantage of the sore throat to give up smoking.

Medication
Herbal Remedies

- For relief of pain inhale essential oils of bergamot, lavender, tea tree, thyme, benzoin and lemon.
- Take two grams each of chamomile, Echinacea and golden seal. Boil in 1 $^1/_2$ cups of water until 1 cup remains. Strain and add 1tsp of honey. Drink warm three to four times a day.
- Apply a paste of honey and turmeric powder to the tonsils if possible. Repeat four to five times a day.
- Gargle with 1tsp Himalayan salt in a glass of warm water.

Recommended Medication

Septogard tablets/syrup or lozenges - This product boosts the immune system to prevent and fight infection.
Tibb throat and Cough lozenges - These soothe a dry, painful throat and relieve irritation.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/sore-throat.pdf

Stress and Anxiety

What is Stress/Anxiety?

Stress can develop from any event or thought that leads to frustration, anger or nervousness. It emerges from a fear that personal resources are not adequate to cope with life events. Anxiety is a feeling of fear, unease and worry. The source of many of the symptoms linked to these disorders is not known.

Signs and Symptoms

A feeling of anxiety or nervousness much of the time; sleep difficulties; dry mouth; grinding teeth; lip quivering and jaw clenching; frequent headaches; neck ache; tightness in the chest; buzzing or ringing in the ears; stuttering; blushing; cold, clammy hands and feet; sweaty palms; hand tremors; back pain or muscle spasms; and irregular bowel habits, such as
constipation or diarrhoea.

Complications

Poorly managed stress is a risk factor for the onset of many chronic diseases. As stress lowers immunity, the body is more susceptible to developing or aggravating illness conditions.

What Causes Stress and Anxiety?

A number of physical, emotional and social causes are linked to stress and anxiety. They include: divorce; bereavement; money problems; job loss or change; loneliness; insomnia and sleep deprivation. Stress may be aggravated by nutritional deficiencies, poor eating habits, like 'eating on the run', excessive alcohol or drug intake, constant physical over-exertion, and career challenges. Chronic illnesses such as thyroid disease, diabetes and asthma may trigger the onset of stress and anxiety.

The Tibb View of Stress and Anxiety

According to Tibb, anxiety and stress are associated with the qualities of **heat with dryness**. This leads to an increase in heart and breathing rates, and symptoms like diarrhoea Although people with all temperaments are faced with different stressors each day, people with a dominant/sub-dominant bilious temperament are most susceptible to developing stress and
anxiety. This is due to their inherent dominance of heat.

Management of stress and anxiety

Management is aimed at **reducing excess heat with dryness** associated with stress and anxiety, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of stress and anxiety.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Try to eat more high fibre fruit and vegetables.
- Eat plenty of raw nuts and seeds particularly almonds and pumpkin seeds.
- Eat foods like avocados, apricots, asparagus and broccoli.
- Cut down eating simple sugars found in white bread, pasta, cakes, sweets and biscuits.

Other Lifestyle Factors

- **Lifestyle:** (a) Try for better quality sleep.
- (b) Take periodic rests, with meditation.
- (c) Take up regular physical exercise.
- (d) Take deep breaths, and practice breathing exercises.
- (e) Adopt regular eating habits.

- **Psychological:** There are several mind-body techniques which effectively reduce stress, like meditation, breathing exercises, yoga, tai-chi, and self-hypnosis. These should be evaluated to see which best suits the anxious or stressed person.
- (a) Develop a positive attitude, and try turning stress to advantage.
- (b) Take a short holiday.
- (c) At work, practice better time management and decision-making skills.
- (d) Talk problems through with friends.
- **Acupressure:** (a) Putting pressure in and massaging the temples.
- (b) Drop the lower jaw and move it around.
- **Aromatherapy:** Adding plant essential oils (geranium, jasmine and lavender) to a hot bath is valuable for stress-prone people.
- **Massage therapy:** With or without these essential oils, massage is well worth considering
- **Others:** Listen to soothing music, enjoy nautre and the outdoors, spend time doing what you love.

Medication

Herbal Remedies

- Liquidise 11 almonds, 2tsps poppy seeds, 2tsps honey and 200ml milk. Drink daily at breakfast.
- Brew and drink chamomile tea at least three times daily.

Recommended Medication

Stress-Away tablets or syrup - This product improves brain function, and helps restore mental balance. It also enhances memory, attention span and concentration ability. Stress- Away stimulates more peaceful sleep. It is associated with qualities of **moistness**, which dampens the heat associated with stress and anxiety.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/stress-and-anxiety.pdf

Tuberculosis (TB)

What is TB?

TB is an infectious disease caused by a bacteria, Mycobacterium tuberculosis. It affects many areas of the body, especially the lungs, but also the lymphatic glands, bones, bladder, and spine.

Signs and Symptoms

Cough; fever; night sweats; loss of appetite; loss of weight; and weakness.

Complications

TB is often fatal without the proper treatment. Untreated TB of the lungs may spread through the blood stream to infect other areas of the body.

What Causes TB?

TB is commonly spread from person to person through the air. When an infected person coughs, sneezes or spits, germs are propelled far into the air. If another person inhales these germs they will most likely become infected with TB also. TB bacteria are present in about one third of the worldís population, but not all show symptoms of the disease. People who have a weak immune system, such as those who are malnourished, diabetic or chronic smokers, or who are affected by HIV, are at a greater risk of becoming ill with this disease.

Tibb Perspective of TB

TB is associated with qualities of **heat with dryness**. The symptoms of TB, such as night sweats, high fever and loss of weight are linked to heat. TB is most frequently associated with inflammation of the lung tissue, resulting in the airways of the lungs becoming dry and hard from fibrosis. People with a dominant / sub-dominant bilious temperament are more predisposed to developing TB due to their innate qualities of heat and dryness.

Management of TB

Management is aimed at **reducing excess heat with dryness** associated with TB, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. This assists Physis in addressing both the symptoms and causes of TB. The Tibb approach, together with TB medication, helps in the recovery of the TB patient.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and pears, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Avoid heavily spiced, fried or grilled foods.
- Avoid sugary and refined foods.
- Drink plenty of fluids, such as herbal teas and soups.
- Avoid mucous forming foods, such as dairy products, processed foods, sugar, sweet fruits and white flour.

Other Lifestyle Factors

- Do not smoke, and avoid second hand smoke. Cigarette smoke is very harmful.
- Increase the moisture in the air by using a humidifier, a vapourizer or even a water-filled pan placed in front of a radiator.

- Clean everything frequently to prevent bacterial overgrowth.
- Avoid strenuous physical exercise until recovery.
- Rest in bed in the early stages, when the fever is present. Once the fever subsides and the condition improves, take alternate periods of rest with periods of moderate activity to prevent mucous secretions settling in the airways.
- Do not swallow mucous; rather spit it out into a disposable receptacle.

Medication

Herbal Remedies

- Make an infusion with 1 tsp of sage and 3tsp of chamomile tea in a cup of boiling water. Drink this daily.

Recommended Medication

Livotibb tablets - This product acts as a tonic to the liver which enhances the immune system. Livotibb is associated with qualities with moistness which dampens the heat linked to TB.

Septogard tablets or syrup - This product boosts the immune system to prevent and fight infection.

Chest-eeze - This product dampens down coughing, and improves breathing by thinning excess mucous. Chest-eeze increase **heat** with moistness which decreases the viscosity of phlegm and dilates the bronchi.

Kofcare syrup - This syrup reduces cough and soothes irritation and inflammation associated with dry coughs as it contains honey. Kofcare is associated with qualities of **heat** with moistness.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/TB.pdf

Urinary Tract Infection (UTI)

What is a UTI?

A UTI is an infection in any part of the urinary system: kidneys, the ureters, bladder and urethra. Most infections involve the lower part of the urinary tract; that is, the bladder and the urethra.

Types of UTI's and Signs & Symptoms:

Each type of UTI shows specific signs and symptoms, depending on which part of the urinary tract is infected.

Kidneys (acute pyelonephritis)

Pain in the upper back and side; high fever; tremor and chills; nausea and vomiting.

Bladder (cystitis)

Lower abdomen discomfort; pelvic pressure; frequent, painful urination; blood in urine.

Urethra (urethritis)

Urination with burning sensation.

Complications

Recurrent infections; permanent kidney damage; pregnant women may deliver low birth weight babies.

What Causes UTI's?

The usual cause of a UTI is infection from bacteria migrating from outside into the urethra, which then begin to multiply in the bladder. Most UTIs mainly affect the bladder and urethra of women, due to having a shorter urethra, which allows easier access.

The Tibb View of UTI's

Bladder infections are associated with qualities of **moistness with heat** as they more commonly result in women, who are innately more moist than men. The pubic area also has qualities of moistness with heat and when these qualities are out of balance it provides an ideal environment for bacteria to grow. Women with a dominant / sub-dominant sanguinous temperament are more susceptible to developing UTIs due to their innate dominance of heat and moistness.

Management of UTI

Management is aimed at **reducing the excess moistness with heat** associated with UTIs, by implementing Tibb Lifestyle Factors that will **increase the qualities of cold and dryness**. This assists Physis in addressing both the symptoms and the causes of UTI's.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - like beef, fish, cauliflower, yogurt and mushrooms, **followed by Hot & Dry Foods** - such as bittergourd, avocado, chickpeas and garlic.
- Eat **less of Cold & Moist foods** - such as carrots, pumpkin, rice and butternut, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Avoid coffee, tea, alcohol, smoking, fizzy drinks, and additive-rich processed foods.
- Drink 200ml pure, fresh water every hour.

Other Lifestyle Factors

- **Exercise:** Swimming is recommended. Dry the intimate areas thoroughly afterwards, and dress in dry cotton underwear.
- **Detox:** Take a 20 minute hot Sitz bath with 20g alum powder or a cup of apple cider vinegar added. Women should sit with her knees up and apart so that the water can enter the vagina. You can alternate this with a bath made with two cloves of crushed garlic added.
- **Elimination:** Emptying the bladder regularly, at least every two to three hours during the day. Keep the genital and anal areas clean and dry. Women should wipe from front to back after urination or bowel movement.
- **Habits:** Urination should be carried before and after exercise and sexual intercourse, and appropriate cleansing carried out.
- **Hygiene:** White cotton, not artificial fibre, underwear is advised. Packaged douches, bubble baths, tampons, sanitary towels or toilet paper containing fragrance should be avoided, as they can be irritating and cause inflammation. Sanitary towels instead of tampons should be used if urinary tract infections occur frequently.

Medication

Herbal Remedies

- Cranberry juice. This prevents offending bacteria from sticking to the bladder wall.
- Alkaline drink. Add $^{1}/_{4}$ tsp of baking soda to a glass of water, and drink once a day when symptoms appear.

Recommended Medication

Renotone tablets - This product possesses anti-microbial, anti-inflammatory and antispasmodic activity.
Septogard tablets or syrup - This product boosts the immune system to prevent and fight infection. Septogard is associated with qualities of **heat**. An increase of heat is needed to activate the immune response.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/UTI.pdf

Varicose Veins

What are varicose veins?
Varicose veins are twisted, enlarged veins. Any vein may become varicose, but the veins most commonly affected by far are those in the lower legs and feet.

Signs and Symptoms
The leg veins appear large and prominent; the feet and ankles swell; the legs ache and become uncomfortable, especially after standing still for long periods; cramp-like pains; feet and ankles feel tired; and leg ulcers or rashes develop.

Complications
If not treated, varicose veins may develop into painful venous ulcers; with blood clots forming within the deep veins.

What Causes Varicose Veins
Varicose veins may form in the following situations: Being overweight; pregnant, especially in the later stages; prolonged periods of standing; inflammation of the inner vein lining due to a blood clot forming, or in certain persons with an inherited tendency to the ailment.

The Tibb View of Varicose Veins
According to Tibb, varicose veins are associated with qualities of **moistness with heat**. Persons with a dominant/sub-dominant sanguinous temperament are particularly predisposed to developing varicose veins, as they possess the qualities of heat & moisture.

Management of varicose veins
Management is aimed at **reducing the excess moistness** associated with varicose veins, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness**. This assists Physis in addressing both the symptoms and causes of varicose veins.

Tibb Lifestyle Factors
Food and Drink
- Eat **mostly Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold & Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot & Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold & Moist foods** - like squash, butter, cucumber and pears.
- Eat small, frequent meals as this will assist in weight loss.
- Add garlic, onions and ginger to your meals as this prevents the formation of blood clots which worsens varicose veins.

Other Lifestyle Factors
- **Breathing:** Smokers should stop or cut down the habit, as it badly affects blood circulation in the lower limbs.
- **Physical exercise:** Regular walking, cycling and jogging help improve circulation in the legs, so preventing blood pooling. People in sedentary occupations should move around frequently to avoid blood pooling.
- **Sleeping:** Keeping a pillow under the lower legs while sleeping helps prevents blood pooling.
- **Elimination:** Varicose veins are made worse in surrounding which are too warm or hot, so avoiding over-heating is important. Likewise, avoiding hot baths and showers is advised.

Medication

Herbal Remedies

Massage the affected area with castor oil after a bath/shower, prefably at night.

Recommended Medication

Piloherb tablets and ointment - This herbal medicine possesses anti-inflammatory activity and wound healing ability. It also inhibits bleeding from the surface of the varicose veins. Its anti-microbial activity prevents infection developing at the affected sites. Piloherb is associated with qualities of **heat** which overcomes the moistness associated with varicose veins.

AILMENTS INDEX

To download this ailment go to:
http://www.tibb.co.za/ailments/Varicose-veins.pdf

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COLD & DRY FOODS

MEATS	beef, biltong(beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

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COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd. beetroot, baby marrow. butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina. watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

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HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns , all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley. peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

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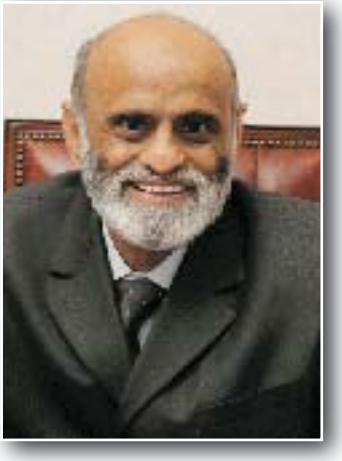
HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread. bulgar wheal, flour. pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk. cheese. cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil. sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar , salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k. nutrific, oats, puffed wheat, taystee wheat, weetbix

About the authors:



Prof Rashid Bhikha qualified as a pharmacist in the late sixties. He founded Be-Tabs Pharmaceuticals in 1974 which was at the time, South Africa's first black-owned pharmaceutical manufacturer. In 1997, after extensive research into Tibb medicine, both locally and overseas, he founded the Ibn Sina Institute of Tibb to promote the training and practice of Tibb in South Africa. In 2004, he completed his PhD in Education on 'African Renaissance in Health Education: Developing an Integrative Programme of Unani-Tibb Training for Healthcare Professionals in Southern Africa' at the School of Natural Medicine, University of the Western Cape, where he established the training of Unani-Tibb. In addition to the many papers he has presented locally and internationally he has also authored numerous books. As a previous member of the Allied Health Professions Council of South Africa he was active in promoting the understanding and legislation of complementary and alternate medicine in South Africa. Prof Bhikha's dedication towards social upliftment earned him the Inyathelo Lifetime Philanthropy Award in 2009.

Dr Joy Saville, a Unani-Tibb Practitioner qualified from the University of the Western Cape after completing the 5 year undergraduate course in 2009. Among her various activities at the Institute she is responsible for developing and training of community based care workers to promote health and wellness in underpriveleged communities around South Africa. She is passionate about health and wellness and enjoys the marriage between the ancient and modern systems of medicine. Joy has recently become a proud mom to a beautiful baby girl.