

Ammenorrhoea

What is Ammenorrhoea?

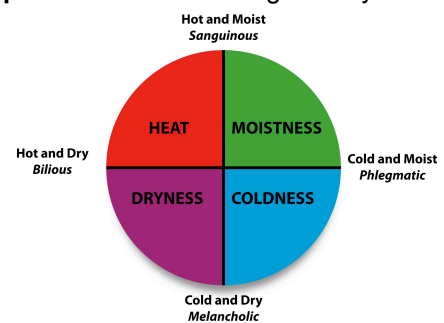
Amenorrhoea is the absence of menstruation for more than 3 menstrual periods, or menstruation that has not yet begun in girls older than 16 years.

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 and 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.



Treatment and Management of menstrual disorders

Treatment and 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 assist 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.

Tibb 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.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>