

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 complications 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

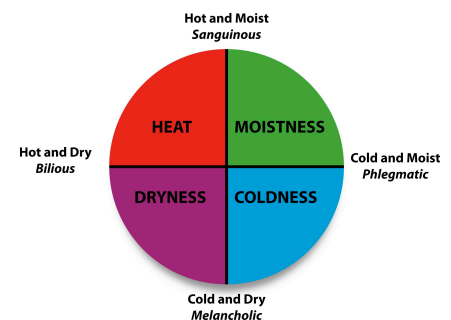
Breathing difficulties; itchy and red watery eyes; allergic rhinitis with post-nasal drip.

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.



Treatment and Management of Allergic Asthma

Treatment and 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.

Medication

Herbal Remedies

- Make an infusion using 1tsp Marshmallow (flower, root or leaves) in one cup of boiling water. (This can also be used for bronchitis and dry coughs). This is high in mucilages which soothes the mucous membrane.
- Add ½ tsp liquorice root powder (not suitable for people with high blood pressure) to some water and stir. This is good when the mucous membrane inflammation.
- If the cause of allergic asthma is related to the upper respiratory system, infuse 1tsp lavender leaves in 1 cup of water. Strain and drink.

Tibb 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. These result from the narrowing of the breathing passages.

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

Phlegmatic Asthma

Signs and Symptoms

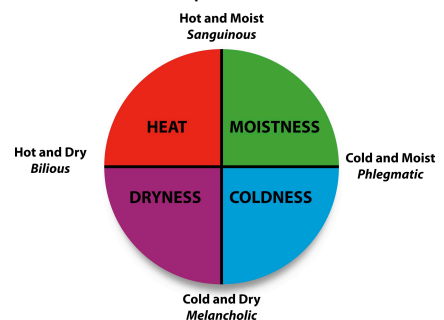
Coughing; wheezing; a feeling of tightness in the chest; difficulty in breathing.

What Causes Phlegmatic Asthma?

Risk factors for the development of phlegmatic asthma includes genetic factors or a phlegmatic dominant or sub-dominant temperament, having a low birth weight, respiratory infections, and exposure to cold air.

The Tibb View on Phlegmatic Asthma

According to Tibb, phlegmatic asthma is associated with **excessive coldness with moistness** resulting from an accumulation of phlegm that may be thick and/or sweet. Symptoms often worsen in cold conditions. Children are more likely to develop phlegmatic asthma as well as people with phlegmatic dominant or sub-dominant temperaments due to the innate coldness and moistness linked to these individuals.



Treatment and Management of Phlegmatic Asthma

Treatment and management is aimed at **reducing the excess coldness with moistness** associated with phlegmatic asthma 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 phlegmatic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** – such as chicken, oily fish, 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.
- 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 dairy products, as these increase the coldness and moistness in the body.
- Avoid cold foods and drinks and eating or drinking foods straight from the refrigerator. Allow it to reach room temperature before consumption.

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 seeds, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day and also during an attack.
- Blackseed (*Nigella Sativa*) is excellent for respiratory conditions. Make tea 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.

Tibb 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 mucus 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, so prevent and fight 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

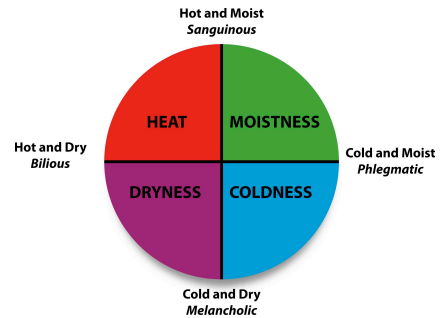
Marked breathing difficulty; mucus or phlegm expectorant is absent; coughing is rare.

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.



Treatment and Management of Melancholic Asthma

Treatment and 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 Colds & 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.

Tibb Medication

Tibb Asthma Syrup - This herbal medicine is combined with ammonium chloride, an expectorant, to diminish the symptoms of asthma, particularly wheezing, breathlessness and mucus 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, so 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.

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/>