

The Challenging Response of Physis to Inflammation

Part 7: Herbal Therapy, Vitamins and Mineral Salts for Inflammation – Overview and summary of parts 1-7

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Background



The healing process of the body requires a healthy functioning immune system, together with the right lifestyle choices (highlighted in part 6), especially diet, Tibb herbal remedies and stimulants, as well as vitamins and mineral salts.

A healthy body, mind and soul will incorporate the following factors in the challenging response of Physis to inflammation, as discussed in the previous chapters:

- **Part 1:** Overview and historical significance of inflammation
- **Part 2:** Nature and role of inflammation – benefits and drawbacks
- **Part 3:** Stress, lifestyle factors and inflammation
- **Part 4:** Tibb and conventional approaches to inflammation
- **Part 5:** Inflammatory diseases, processes and outcomes.
- **Part 6:** Healthcare and an anti-inflammatory lifestyle, and
- **Part 7:** Herbal therapy, vitamins and mineral salts for inflammation

A healthy functioning immune system, together with the right lifestyle choices, will enable Physis to maintain homeostasis and give the body the best opportunity to aid in the healing response and to prevent degenerative conditions.

The Requirements for the Inflammatory Healing Process

- **The four phases of wound healing** must occur in the proper sequence and time frames: haemostasis, inflammation, proliferation, and remodelling.¹

- **Cells which are involved** in the inflammatory process, which include red and white blood cells, neutrophils, lymphocytes, macrophages, eosinophils, basophils, and mast cells.
- **Fuel**, in the form of **saturated fat and cholesterol**, both for cell formation and repair.²
- **Oxygen**, which supports the white blood cells. The use of hyperbaric oxygen, which utilises breathing in 100% oxygen, results in the blood stream becoming saturated with oxygen, which speeds up the healing process. Exposure at 3atm of pressure increases the amount of dissolved oxygen in the plasma from 0.32% to 6.8% by volume. This oxygenation of plasma alone is great enough to sustain life even with extremely low haemoglobin levels.²
- **Vitamin D3**, which is also known as the ‘sunshine vitamin’, is an important immune regulator, which has shown to inhibit the development of autoimmune diseases, including inflammatory bowel disease.³
- **The right choices of the six lifestyle factors**, according to the temperament of the individual. This including a healthy diet; regular, non-stressful exercises; fresh air and regular walks to increase the supply of oxygen in the body; adequate sleep and rest; reduction of stress and anxiety, as well as effective elimination and retention.
- **Physis**, which is able to perform its innate healing and restoration of any Humoral imbalance, with minimal, if any, medical intervention, before chronic inflammation occurs.

1. Tibb Herbal Medication

Tibb Blackseed is an immune booster and anti-oxidant. Its anti-inflammatory properties are useful for relieving rheumatoid arthritis and osteoarthritis. It can be taken with Rumaflam.

Ibn Sina has referred to the Black seed as, ‘the seed that stimulates the body’s energy and helps recovery from fatigue or dispiritedness’. Tibb physicians rely on the seed for both its heating qualities and its immune-modulatory effects. In Tibb, Black seed is the herb of choice for immuno-compromised patients. The properties of the Black seed have been proven time and again to be vital to health upliftment and in the improvement of illness conditions, and it is regarded as “Natures Miracle.”⁴

Tibb Rumaflam relieves arthritic and muscular pains. It can be taken with Tibb-Antiflam tablets and Barshasha in Rheumatoid arthritis. Rumaflam can be taken with Blackseed capsules and Completone in Osteoarthritis. In gout Rumaflam can be taken with Tibb-Antiflam and Tibb-Renetone tablets. Rumaflam oil is also helpful to relieve arthritis and musculoskeletal pain.

Precautions need to be followed when taking Rumaflam for people who have non-ulcerative dyspepsia.

Tibb Livotibb has anti-inflammatory properties, and it protects and supports the liver during the process of the expulsion of toxins from the body.

Tibb Septogard has immune modulatory and anti-inflammatory properties, and helps to overcome infection.⁵

2. Herbal Stimulants

Green tea: researchers from the Laura W. Bush Institute for Women's Health at the Texas Tech University Health Sciences Centre found that in postmenopausal women, regular green tea drinking enhances bone health and reduces inflammation.

Fish oil (Omega-3): scientists from Ohio State University Centre for Clinical and Translational Science reported on a study in the journal *Brain, Behaviour and Immunity*, that the daily consumption of fish oil, omega-3 reduced both inflammation and anxiety, in a group of young healthy people. Omega 3 fats are available from small fish like sardines, herring, sable, and wild salmon.

Essential fatty acids are required by white blood cells and help to protect us from inflammation. A diet low in dense animal fats and high in chemically altered vegetable oils is a contributing factor to inflammation.²

Hyssop Hyssopus: from the plant family Lamiaceae, is mixed with other herbs, such as liquorice for the treatment of some lung conditions, including inflammation.⁶

Cat's claw (Uncariatomentosa): may ease pain in rheumatoid arthritis and osteoarthritis.

Devil's claw (Harpagophytumprocumbens): is an anti-inflammatory agent, which may relieve osteoarthritic pain.

Mangosteen (Garciniamangostana): Have anti-allergy, antibacterial, antifungal, anti-histamine and anti-inflammatory qualities.

Milk thistle (Silybummarianum): protects the liver and blocks or removes harmful substances from the organ. It appears to improve organ function in people with cirrhosis, a chronic liver disease, and it may also be helpful in treating chronic hepatitis.⁷

3. Vitamins

Specific Vitamins to Boost Immunity

- Take a multi-vitamin and mineral supplement which helps reduce inflammation, especially Vitamin D.
- Antioxidants, namely vitamin C and E, stimulate immunity and protect the body against cancer by neutralizing the free radicals. Vitamin A also strengthens the immune cells. The daily intake requirement of vitamin A is 1,000 RE, which may be found in 1 medium-sized carrot. Vitamin C at the strength of 60 mg is equivalent to 1 medium-sized orange. Vitamin E consumption is about 10 mg or 2 tablespoons of vegetable oil.

Juice Fresh Fruits and Vegetables to Boost Immunity

The following is an herbal immune booster that can be made and consumed daily: 3 carrots, 1 apple, 1 orange and 1/2 beetroot. Mix everything up in a juicer, seeds, peels and all. Drink and keep for only one day. A new batch should be made fresh every day.⁸

Honey and cinnamon increases immunity and helps to reduce bacterial and viral infections for colds and coughs. Pour one teaspoon of honey and a ¼ teaspoon of cinnamon powder in a glass of hot water. Mix together and drink this mixture warm before meals three times a day.

4. Tissue Salts

The main tissue salts which are responsible for its anti-inflammatory properties are Calcsulph and Ferrumphos, due to their abilities to clear away accumulation of non-functional decaying matter. Other tissue salts, such as Kali mur, Kali sulph, Nat phos, Nat sulph and Silica are also responsible for various aspects of the inflammatory response, due to their individual properties, which facilitate their anti-inflammatory and healing qualities.⁹

- **Calcsulph** (tissue salt no 3) is responsible for clearing pus, purifying blood and breaking down protein. It is needed for conditions which include mucous congestion, such as bronchitis and other lung conditions.
- **Ferrumphos** (tissue salt no 4) is regarded as the oxygen-carrier in the inflammatory response. Oxygen in the red blood cells facilitates the healing process. It is essential for energy metabolism and it is the remedy for the first stage of an illness, where there is inflammation.
- **Kali mur** (tissue salt no 5) is responsible for detoxification and functioning of the glands. It is important for the formation of most cells of the body, except bone cells, and it helps cells retain their shape.¹⁰ It is the biochemical remedy

for catarrhal conditions accompanied by discharge of thick, white mucous or phlegm from the skin or mucous membranes.

- **Kali phos** (tissue salt no 6) unites with albumin, and by the addition of oxygen, creates nerve fluid, and the grey matter of the brain.¹¹ This is a constituent of the brain, nerves, muscles and blood-corpuses. This salt is the restorative remedy after acute conditions.¹²
- **Nat phos** (tissue salt no 10) is responsible for neutralising the acidity of the body, as well as lipid metabolism. Too much lactic acid results in an excess production of free radicals and inflammation by changing the pH (acid-alkaline levels) in the fluid surrounding the cells. As Nat phos regulates the acid content in the body, it must be balanced with alkaline so that Nat phos can work with albumin to distribute it and incorporate it into bone and tissues.
- **Nat sulph** (tissue salt no 11) is responsible for cleansing the liver, detoxification, building bile, and it is an antioxidant. It is found in the intercellular fluids and it transforms waste products into excretory products. It is responsible for the elimination of toxins from the intercellular fluids and is needed for the healthy functioning of the liver, kidneys and pancreas.
- **Silica** (tissue salt no 12) corresponds to the suppurative process like Calcium Sulfuricum; the differences being that silica ripens abscesses, while Calcium sulfuricum heals the suppurative wounds, as it restrains the process of the formation of pus.¹² It does this by removing degenerative matter from the body, expelling abscesses, sties, boils and pimples.

Overview and summary of parts 1-7

The purpose of Tibb is to maintain the human body in a state of balance, harmony and vigour, by recognising the physical, mental and spiritual forces of human life. The temperament of an individual determines the specific eliminative therapy which will be adopted to maintain and restore health, and in the prevention and management of inflammation and any other disease. It is necessary to balance the qualities of heat, moistness, coldness and dryness, according to each person's unique temperament, and by making the right lifestyle choices, especially concerning nutrition.

The four primary humours of the body are derived from the digestion of food, and are utilised as nutrient components for the growth and repair of the organs, and to yield energy for work. As all four humours arise at the site of the liver, in quantity or predominance, according to the nature of the foods eaten and the degree of completeness of their digestion, a diet high in antioxidants vitamins, minerals, fibre, and phytochemicals will contribute to the formation of healthy Humours in the body. The correct balance of proteins, carbohydrates, fats, and fruit and vegetables are also necessary to ensure a healthy body, in accordance to the specific needs of each person's ideal temperament.

Inflammation is an important manifestation of the natural body's response to injury, which is a necessary requisite to healing. The innate healing response of Physis facilitates the inflammatory response, which is a protective attempt by the body to remove harmful stimuli, and to initiate the healing process, without which, recovery process would be much slower.

The five cardinal signs of inflammation, namely, pain, redness, swelling, heat and loss of function are the result of an acute inflammatory response to try to rid the body of the irritant, stimuli, damaged cells or pathogens, in order for the healing process to take place. Not all of these signs may be present, and the aim of treatment is to prevent any chronic inflammation and loss of functioning of any part of the body.

The root causes of any disease need to be established in order to determine the appropriate intervention. This incorporates the evaluation of stress factors which could contribute to the inflammatory response. This includes the physical, environmental, emotional, chemical and nutritional aspects.

Tibb also understand that the lifestyle factors play a pivotal role in this process. This includes sensible choices for living life as healthy as possible with: environmental air and breathing, food and drink, movement and rest, sleep and wakefulness, emotions and elimination and retention. Other interventions to live a healthy anti-inflammatory lifestyle, or to assist the body to restore it back to health, include Tibb herbal medication, herbal stimulants, vitamins, as well as tissue salts.

Inflammation is a warning sign to alert us of impending danger in the body to infection, and that it is a necessary precursor in the healing and repair of the body after some physical or chemical injury or stress. Inflammation protects the body by triggering an immune reaction, to halt its spread and to rid the body of damaged and dead cells. However, an adverse reaction of the body to the inflammatory process can result in harmful consequences.

It is critical to control the risk factors (cigarette smoking, high blood pressure and LDL (bad) cholesterol) that can lead to inflammation.

Conventional medicine considers disease to be caused by micro-organisms or physiological/bio-chemical malfunctioning, and it has largely neglected to consider '*an individual with a disease*' rather than '*a disease an individual has*'. Its main focus is on signs and symptoms and a morphological diagnostic approach.

Tibb focuses on the individual, temperaments, Humours, Physis and lifestyle factors, and it utilises a functional diagnostic approach. Disease is viewed as a disturbance in the balance of those factors.

The ideal system of health

This would include a synthesis of both contemporary traditional medicine and orthodox methods and treatments:

- This system would embrace all facets of the individual - physical, mental, emotional, social and spiritual aspects;
- The unique individual would be viewed as a complete, integrated whole being, where there is a reciprocal relationship between the organism and its environment;
- Medical care would embrace the ‘doctor within” or Physis, by allowing this innate healing power to assist in the recuperative process, so that the quality and quantity of the body Humours are balanced. Illness would be seen to embrace the opportunity for the natural recuperative power in the body to help heal and restore the ideal qualitative state of the Humours.
- Treatment would include eliminative therapies, dieto-therapy, surgery, and pharmacotherapy as is appropriate. Medication would consider both natural and allopathic preparations, as well as other forms of treatment, in the collaborative efforts of both conventional and natural health practitioners.
- Lifestyle factors play an integral part in the maintenance of health and prevention and treatment of illnesses and conditions.

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