



The Tibb approach for the prevention and management of Covid-19

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Tibb philosophical principles hypothesised by the founders of medicine Hippocrates, Galen and Ibn Sina, based on the temperamental and humoral theory, and interpreted within the context of qualities, provides a comprehensive understanding of aetiology (the cause/s of disease), pathology (how diseases develop) and treatment of illnesses, including Covid-19.

The qualities of moistness, dryness, coldness and heat are present in all of us, and vary from person to person, as well as over an individual's lifetime. During infancy and early childhood, moistness is dominant (symptoms of - vomiting, diarrhoea etc), followed by heat during teenage & early adulthood (acne, inflammation etc.) and finally, dryness and coldness during late adulthood (osteoporosis, arthritis etc).

Recognising the different qualities during a person's life cycle, explains why children and young adults, because of the qualities of moistness and heat associated with them, are not seriously affected by Covid-19, whereas elderly people with Cold & Dry qualities are at greater risk. This is further confirmed in the signs and symptoms of Covid-19 including fever, chills, fatigue, dry cough, dyspnoea, shortness of breath, which progresses to fibrosing (hardening) of the lungs, with lower oxygen levels and pneumonia - associated with Cold & Dry qualities.

Although elderly are at great risk, especially those with other chronic conditions including cardiovascular disease, diabetes etc., the symptoms of Covid-19 could affect younger people with a compromised immune system and whose physis, the body's capacity of self-healing is not functioning optimally. Tibb philosophy emphasises on supporting physis which Hippocrates described as 'vis medicatrix naturae' – the body's ability to heal itself.

Whilst there is great concern, of being positive with Covid-19, a more prudent approach is to ensure that we support our physis, with appropriate Tibb Lifestyle Factors to maintain overall health, physically, mentally, emotionally and spiritually, thus ensuring that our immune system is functioning optimally, if and when the infection may occur.

The Tibb approach in the prevention and treatment of Covid-19 is to increase heat and moistness with Lifestyle Factors, and where necessary Tibb medication, to strengthen immunity and prevent disease progression from the virus.

Included in this document is lifestyle advice based on the Tibb Six Lifestyle Factors as well as medication for those who are currently well and without any symptoms, to boost their immune system (**Health Maintenance**). It also includes a protocol for individuals, especially the elderly who as soon as they experience any of the signs and symptoms associated with Covid-19 should immediately treat themselves at home with the recommended medication and procedures (**Treatment of Symptoms**). This may hopefully avoid hospitalisation.

The Tibb Six Lifestyle Factors for health maintenance

- Environmental Air & Breathing
- Movement & Rest
- Sleep & Wakefulness
- Emotions & Feelings
- Elimination
- Food & Drink

Environmental Air & Breathing

Current research confirms that the coronavirus will spike during the cold season. This suggests that sudden exposure to cold or rainy weather, may increase the risk of infection and/or aggravate associated symptoms.

Tibb advises the following to maintain or increase heat:

- Staying hydrated with lukewarm water and heating drinks during the cold seasons.
- Maintain body heat during the cold evenings with the use of hot water bottles or heating pads.
- Wear warm clothing, and flannel vests and socks.
- Practicing fast & deep breathing as well as deep rhythmic exercises, especially in the morning or evening. **See Annexure 1** – included in this document

Movement & Rest

According to Al-Razi, people who remain physically active and exercise regularly have a lower susceptibility to epidemic diseases. This is because, physical activity is essential for the activation of innate heat and to excrete waste products from the body thus ensuring optimal functioning of physis.

Rest on the other end is necessary to restore energy and decrease body temperature which could alter bodily fluids. However, excessive rest leads to coldness of the body and reduced immune functioning as it dampens the heat required for physis to operate fully.

Tibb advocates the following practices:

- Avoid immobility by incorporating mild to moderate physical activity that promote adequate circulation, muscle tone and relaxation such as stretching, jogging.
- Aerobic exercises such as brisk walking, cycling and dancing is advised to increase heat. Tibb recommends that these be incorporated twice weekly for 20 to 30 minutes.
- However, be mindful to have suitable rest periods and not overexert the lungs.

Sleep & Wakefulness

Sleep is beneficial as it is a time for the body to rejuvenate and restore balance. Striking a balance is vital as excess sleep increases Cold & Moist qualities, which further becomes the cause of weakness in the body. With regards to Covid-19, Tibb advises:

- A regular and healthy sleep routine, of 6-8 hours as it aids to restore homeostasis to the organs and systems of the body.
- Going to bed early and rising early to avoid excessive moisture accumulation which could also cause coldness in the body.
- At least 6-8 hours of restful sleep.
- Maintaining regular sleep schedules.

Emotions & Feelings

Ibn Sina was the first physician to develop the relationship between psychology and medicine. In the case of the current pandemic, individuals should try as best as possible to manage feelings of anxiety, stress, and fear, as these increase dryness and coldness in the body resulting in weakening of the immune system.

Tibb advocates:

- Emotional wellbeing can be achieved via spiritual and religious aspects, and also with a good support system.
- Families of older patients should spend time and provide support, in a loving and caring environment.

Elimination

This is a very important aspect in order to maintain health and wellbeing. Elimination plays an active role in removing morbid matter through excretion and evacuation via the bowels, urine and lungs. This can be achieved with:

- A high fibre diet, with sufficient warm water intake.
- Natural laxatives to keep the bowels clear.
- Breathing exercises in the morning, provides fresh oxygen supply, eliminating toxins from the lungs.

Food and Drink

Avicenna describes dietetics and nutrition as the most important of the Lifestyle Factors.

As the signs and symptoms of Covid-19 initially begins with typical flu like symptoms including fever, fatigue, body aches, sore throat, and a dry cough which is a common symptom, associated with Cold & Moist and Cold & Dry qualities, the dietary requirements include some Hot & Dry recipes together with Hot & Moist recipes.

The Institute's book "Cooking for your body type" includes numerous recipes under the different categories to avoid infection from Covid-19. Some of these recipes together with teas are included in **Annexure 1**.

Listed below is some general dietary advice to increase heat and moistness, to assist Physis in strengthening the Immune System.

- Patients should incorporate plenty of nutritious heating foods and spices in the diet which aid in effective circulation.
- Steamed chicken breasts seasoned with heating spices such as ginger, garlic and pepper are advised.
- Oily fish like mackerel, salmon and sardines are beneficial. Oily fish is high in omega 3 essential fatty acids which contribute to anti-inflammatory response by the body.
- Heating food options such as vegetable soup with immune boosting and anti-inflammatory herbs and spices such a garlic, ginger, turmeric, cayenne and black pepper is advised.
- Tibb recommends drinking approximately 2 litres of warm water daily, to increase heat and moisture, stimulate metabolism and elimination, and ultimately contribute to strengthening physis.
- Avoid the consumption of Cold & Moist foods and especially Cold & Dry foods such as beef, cabbage, cauliflower, and sour/citrus fruits and vegetables.
- Ice, cold water, cold drinks, sour fruit juices should also be avoided as the Cold & Dry qualities associated with them may contribute to disease progression and fibrosis of lung tissue.

Breakfast:

- Add cinnamon and a dash of ginger to oats to increase heat.
- Warm breakfast with hot milk is advised.
- Avoid excess fruit, especially yoghurt in the morning.
- Fried eggs with onions is recommended on alternate days.
- Dates provide a good source of fibre and antioxidants.

Lunch and Dinner:

- Heating foods with moistness are advised. Soups are best for the winter months.
Abstain from Cold & Dry foods.
- Add heating spices to meals.
- Ghee (clarified butter) is warming and may be used for cooking.

Snacks and Teas:

- Do not have snacks that increase coldness and dryness in the body.
- Included in **Annexure 1** are some tea recipes that can easily be made at home.

Annexure 1

Breathing exercises

The Tibb Fast and Deep Breathing Exercise

This exercise has a heating effect.

- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Take slow and deep breaths, breathing in and out through the nose, distending and filling the stomach for about 1 minute only.
- Then breathe deeper and faster for 3 minutes. This can be extended to 5 minutes as you become more experienced with the exercise.
- Thereafter, take slow, deep breaths again for 1 minute.

The Tibb Deep Rhythmic Breathing Exercise

This exercise should be done on a regular basis, preferably in the early morning.

- Select a protected time and space,
- Sit on the floor in a squatting position with hands on thighs or in the 'lotus' position, keeping a straight back in both cases. If neither position is possible, then lie on the floor or sit in a comfortable chair,
- Draw a breath through the nose,
- Hold the breath as long as possible,
- Gaze upwards, and exhale forcefully through the mouth – your mouth should be opened in an 'O' shape,
- Repeat to a maximum of 15 times.

Food Recipes

Listed below are well-known recipes during the cold winter season

Ingredients

500g **chicken**, cut into serving pieces or
*500g **mutton** with excess fat
trimmed 5 litres of **water**

3cm piece of **ginger**, peeled and
chopped 2 **cinnamon sticks**

5 cloves of **garlic**, peeled and chopped in
half 4 **cloves**

1 tablespoon whole dried **coriander**

1 tablespoon whole dried **cumin**

10-15 whole black **peppercorns**

½ teaspoon **turmeric**

* using mutton changes the temperament to hot and
moist

HAKIM'S HEALING SOUP

Method

1. Boil all ingredients until mixture is reduced to more or less 2,5 litres
2. Season with salt and pepper, then serve
3. Excellent for flu and tight chests

Ingredients

1 **baby chicken**, disjointed and cut
into serving pieces or 500g chicken
breasts cubed into 2,5cm squares
1 small **onion**, chopped
2 pieces **ginger**, peeled and sliced
¼ teaspoon fine **white** or **black pepper**

1 teaspoon **salt**

1½ teaspoon **ghee**

1 **cinnamon stick**

1 **cardamon pod**

¼ teaspoon **tumeric**

¼ teaspoon whole **cumin seeds**

Handful of fresh **coriander**,
finely chopped

2 tablespoons **jungle oats**
(optional) 3 cups **water**

GINGER CHICKEN SOUP

Method

1. In a soup pot, braise the onions and cumin in ghee until onions are soft and transparent but not brown
2. Add the washed chicken, season with salt, turmeric and pepper. Add cinnamon, and cardamon and cook on medium heat until chicken is cooked through
3. Add ginger, oats and water to the chicken and boil for 15-20 minutes
4. Before serving remove excess ginger, cinnamon stick, and cardamom
5. Chop fresh coriander, garnish and serve

GINGER PAAK

Ingredients

250g **ginger**, scraped, rinsed and ground
 1 cup **dark brown sugar** (ghor)
 ½ cup **almonds**, coarsely chopped
 ⅔ cup **coconut**
 3 tablespoons **poppy seeds**
 (khus-khus)
 6 tablespoons slivered
almonds
 2 tablespoons finely chopped **pistachio nuts**
 ½ cup **ghee**

Method

1. Make sure that the ginger is very fine and not stringy
2. Heat ghee and sugar
3. When sugar melts, stir in ginger braising on a low heat until it is evenly browned, and all the water has dried out
4. Add almonds, coconut, poppy seeds and simmer for ± 15 minutes on the same low heat
5. Cool and flatten mixture in a pyrex dish
6. Cover with slivered almonds and pistachio nuts and cut into diamond shapes
7. Eat at breakfast

Tea Recipes

CHEST TEA

Ingredients

25 grams **cinnamon**
 25 grams **cloves**
 25 grams **celery seed** (ajmo)
 50 grams **fenugreek seeds** (methi)

Method

1. Crush all ingredients into a powder
2. Add ½ teaspoon of the powder to 2 cups of water and boil until 1 cup remains
3. Strain and mix with honey (to taste)
4. Drink warm

Turmeric Infusion

- Mix 3 tablespoons of turmeric, with 1 teaspoon each of cayenne pepper, cinnamon, and ginger powder, together with ½ teaspoon black pepper. Take ¼ teaspoon of the mixture in 1 cup of boiling water with honey daily.

Chamomile tea

- Available in supermarkets. Has heating qualities.

Herbal medication for health maintenance

Blackseed

Extensive research has been done on the benefits of blackseed, either on its own or mixed with honey, for the treatment of Covid-19, with excellent results.

Blackseed (*Nigella Sativa*) is a potent immune booster and natural antioxidant and antiviral agent, that has been shown to protect lung tissue by reducing the rate of fibrosis.

As blackseed has Hot & Dry qualities, and honey is moistening, when used in combination there is a resultant increase in heat and moisture in the body. Finely crushed blackseed and honey is mixed together in the ratio of: 1 part finely crushed blackseed, to 1 ½ or 2 parts of honey.

Taking blackseed with honey will not only boost your immune system, but also heal lung tissue and reduce inflammation.

Recommended use

- Blackseed capsules: 1 capsule daily - to be taken with meals, as the Hot & Dry qualities may negatively affect people with a Biliary hot temperament; **or**
- Blackseed oil: 1 teaspoon daily – also to be taken with meals as mentioned above; **or**
- Blackseed and honey: ¼ to ½ teaspoon daily – can be added to cereal or taken as is with meals.
- Blackseed rub: Apply as soon as a slightest indication of a scratchy or sore throat. The rub can be applied on the chest, behind the ears, forehead (sinuses), nose and under the feet.

Septogard tablets/syrup or lozenges

Septogard is an excellent immune booster and may be taken daily or in higher doses as soon as the slightest indication of a sore throat or infection sets in.

Herbal medication and procedures to overcome the signs and symptoms of Covid-19

The protocol below should be implemented immediately when any of the signs and symptoms of Covid-19 present. In addition to the medication and procedures listed below diet is extremely important.

- Avoiding foods that may be difficult to digest and highly refined, processed foods.
- Increasing the intake of Soups and herbal teas.

Other Lifestyle Factors as mentioned earlier needs to be taken into account and completely avoiding Lifestyle Factors that will increase Cold & Dry qualities. The primary aim of the protocol is to avoid breathing difficulties, inflammation and fibrosing (hardening) of the lungs.

Recommended dose of blackseed with honey:

- Blackseed with Honey: One (1) teaspoon blackseed with honey should be taken 3 times daily.

To overcome the breathing difficulties the following options are available:

- Add ¼ to ½ teaspoon of blackseed rub or vicks vaporub in boiling water, cover with a towel and inhale the vapour at least 2-3 times daily.
- Apply blackseed oil diluted in olive oil (1-5) to the chest and back, to prevent tight chest, dyspnoea and shortness of breath.
- 3-4 drops of blackseed oil can be inserted in each nostril to relieve congestion if any is present.

Cough mixture to assist with dry cough associated with Covid-19:

- Mix 1 cup warm water, ¼ teaspoon ginger, cloves, mustard, cayenne pepper & turmeric, 1 finely crushed garlic, 1 teaspoon lemon juice, 1 teaspoon honey. Drink 2 teaspoons after meals 3 times daily.

Gargling:

- Mix 1 or 2 teaspoons apple cider vinegar, with 1 teaspoon salt in 1 cup of warm water. Gargle for at least 20-30 seconds, 2 or 3 times a day.

Also increase intake of herbal teas under the section of the tea recipes as well as breathing exercises and Septogard as mentioned earlier.

For more information on the Tibb principles of Physis, Temperament, Humours and Lifestyle Factors you can refer to the following books available for free download "4 Temperaments 6

Lifestyle Factors”, “Cooking for your body type”, “Healing with Tibb”. Alternately you could follow the video links on the Institute website (www.tibb.co.za).

RECOMMENDED FOODS:

HEATING FOODS	WITH DRYNESS	WITH MOISTNESS
MEATS	Chicken, oily fish (salmon, mackerel, pilchards, sardines), prawns' lobster,	Mutton, lamb, liver, turkey, venison, goat, goose,
VEGETABLES	Onion, red pepper, yellow pepper, green pepper, celery, leek, bitter gourd,	Sweet potato, spinach, spring onions, turnips, asparagus, olives, artichokes,
FRUITS	Avocado, grapes,	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Cashews, pecan nuts, hazel nuts, walnuts,	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Chickpeas, celery seeds, fenugreek seeds, mustard seeds, gram flour, papad,	Bread, rye bread, wheat, flour, pasta, macaroni, bulgar wheat, sunflower seeds, dill seeds,
DAIRY PRODUCTS	Eggs	Cheese, cream cheese, clarified butter, fresh cream, condensed milk,
OILS	Mustard oil	Olive oil, sunflower oil, castor oil,
HERBS & SPICES	Garlic, cinnamon, fenugreek, nutmeg, oregano, green/red chilli, paprika, parsley, rocket, rosemary, saffron, aniseed, cloves, tarragon, lavender,	Ginger, turmeric, fennel, cayenne pepper, black pepper, white pepper, chives, green masala, marjoram, mint, sage, soya sauce, thyme, watercress, bay leaves,
DRINKS	Grape juice, herbal teas (see Herbs and Spices – above), alcohol,	Green tea, hot water, juices (see fruit), herbal teas (see Herbs and Spices – above),
FLAVOURANTS	Pungent and bitter flavourants	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce	Mayonnaise,
CONFECTIONARY & DESSERTS		Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS		Oats, puffed wheat, muesli, bran flakes, bran, taystee wheat,
DISHES	Spicy dishes	Sweet/salty dishes

FOODS TO AVOID:

COOLING FOODS	WITH DRYNESS	WITH MOISTNESS
MEATS	Beef, biltong (beef), ostrich, fish (snoek, tuna), tripe, mussels, oysters, snails, knuckles, crab,	Rabbit, duck,
VEGETABLES	Potato, tomato, cabbage, cauliflower, brussel sprouts, brinjal (eggplant), peas, green beans, mushrooms, sauerkraut,	Beetroot, baby marrow, butternut, broccoli, carrots, cucumber, squash, lady fingers (okra), lettuce, pumpkin, radish, sprouts, soya beans, tofu, zucchini,
FRUITS	All sour fruit, (lemon, grapefruit, lime, naartjies, oranges, pineapple), dried fruit (sultanas, prunes), green apples, cherries, coconut, granadilla, plums, pomegranate, raspberries, strawberries,	Apricot, figs, melons, paw-paw, pears, prickly pears, mulberries, cranberries, quince, spanspek, sweet apples, kiwi fruit, litchis,
NUTS	Peanuts,	Macadamia,
GRAINS & SEEDS	Corn, lentils, mielies, bean (all types), barley, couscous, popcorn, poppy seeds, samp sesame seeds,	Pumpkin seeds, rice, rice cakes, semolina, cucumber seeds, linseed seeds, melon seeds,
DAIRY PRODUCTS	Sour milk, yoghurt, sour cream,	Cow's milk, butter, goats milk, buttermilk, rice milk, soya milk, margarine,
OILS	Coconut oil, corn oil, sesame oil	
HERBS & SPICES	Basil, tamarind,	Cumin, cardamom, coriander, vanilla,
DRINKS	Coffee, tea (black), sour fruit juices,	Water, rooibos, milk shakes, sugar cane juice,
FLAVOURANTS		Fructose, glucose, rose syrup,
CONDIMENTS & SPREADS	Peanut butter, tomato ketchup, vinegar, balsamic vinegar, pickles, worcestershire sauce,	
CONFECTIONARY & DESSERTS		Custard, ice cream, sago,
CEREALS	Cornflakes, mielie meal, maltabella, millet	Pronutro, rice krispies,
DISHES	Sour dishes	