

# 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 results 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 sore on the genital region which may act as an entryway for HIV.

## Signs and Symptoms

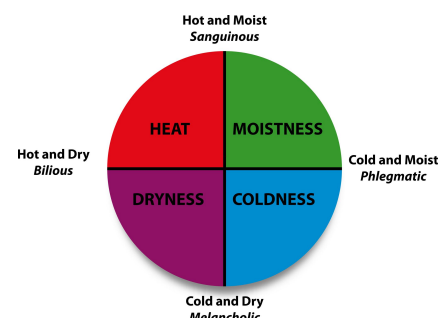
Sore throat (*coldness with moistness*); mouth ulcers (*moistness*); diarrhea (*moistness*); thrush (*moistness*); weight loss (*coldness with dryness*); fever and night sweats (*hot & dry*); dry cough (*dryness*); shortness of breath (*dryness*); swollen glands (*TB – heat*; weight loss (*heat towards 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, diarrhea, 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

Treatment and 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** – 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 Advice**

- 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.

#### *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 Advice**

- Do not smoke and avoid secondhand smoke. Cigarette smoke is very harmful.
- Add moisture to the air by using a humidifier, or vapourizer. 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, alternate periods of rest with periods of moderate activity to prevent secretions settling in the lungs.
- Do not swallow mucous.

**Herbal Remedy**

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



## Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

## Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									