

# Nausea and Vomiting

## What is Nausea and Vomiting?

*Nausea* is a sensation of discomfort in the upper abdomen, accompanied by an urge to vomit.

*Vomiting* describes the forceful expulsion of the contents of the stomach via the mouth or sometimes the nose. Nausea and vomiting are involuntary actions which protect the person from noxious substances when taken by mouth. They are caused by numerous factors, such as unsuitable food, toxins and certain illnesses.

## Signs and Symptoms

Faintness; physical weakness; vertigo; headache; profuse sweating; indigestion; retching; difficulty keeping food down; dehydration is a major concern with vomiting excessively.

## Complications

Recurrent and persistent vomiting may result in: dehydration, electrolyte disturbances, inflammation of the oesophagus (oesophagitis) or stomach (gastritis).

## What Causes Nausea and Vomiting?

Nausea and vomiting are important mechanisms which serve to protect the person's body. Their action helps to remove ingested toxins quickly before damage ensues. Risk factors include:

**Emotional factors**, such as anxiety, stress and irritability.

**Environmental factors**, such as irregular body motions, cooking smells, and cigarette smoke.

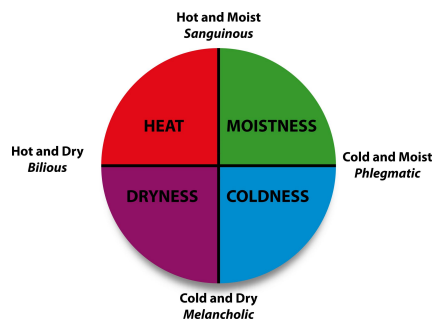
**Chemicals, drugs and toxins**, such as anti-cancer drugs (chemotherapy), excess alcohol intake, unpleasant odours, and toxins in food.

**Clinical disorders**, such as anorexia, bulimia, onset of a heart attack, and several gastro-intestinal disorders.

**Food**, such as excessive intake of cold and moist food, and undigested food.

## The Tibb View of Nausea and Vomiting

According to Tibb, there are two distinct causes of nausea and vomiting. One is related to excessive or undigested food. This type of nausea and vomiting is associated with qualities of **moistness with cold**. The other is linked to excessive production of bile due to stress and excessive heat which is associated with qualities of **heat with dryness**. As there are numerous causes all temperamental types can be affected.



## Management of Nausea and Vomiting

Management is aimed at **reducing the excess qualities** associated with nausea and vomiting, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness and heat** in patients with **excess moistness with cold**, and increase **qualities of moistness and cold** in patients with **excess heat and dryness**. This assists Physis in addressing both the symptoms and the causes of nausea and vomiting.

## **Tibb Lifestyle Factors**

### ***Nausea and Vomiting Associated with Qualities of Moistness with Cold:***

#### **Food and Drink**

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.

### ***Nausea and Vomiting Associated with Qualities of Heat with Dryness:***

#### **Food and Drink**

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.

### **Other Lifestyle Advice for Vomiting associated with both Moistness with Cold and Heat with Dryness**

- Avoid high-fibre, fried, junk and processed foods, as these may stress the digestive system.
- If infection is the source of nausea and vomiting, follow the BRAT diet for the duration of vomiting (**B**anana, **R**ice, **A**pple sauce and **T**oast)
- Once the nausea and vomiting subsides follow a high- fibre diet, containing grains and vegetables.
- Confront and resolve any persistent worries or anxieties with Tibb Deep Breathing exercises or Tibb meditation
- Drink clear fruit juices, water and black tea
- Eat small, frequent meals as this is better tolerated

### **Herbal Remedies**

- Replace body fluid lost from repeated vomiting by increasing fluid intake. Make a rehydration solution using five cups of boiled water with eight tsp of sugar and one teaspoon of salt (or ½ teaspoon of salt for children).
- Drink a glass of warm, flat coke several times a day.
- Add 10 grams each of tamarind and prunes to a glass of water. Soak for 60 min, strain, add salt to taste. Drink the water.
- Mint leaves (one cupful) soaked in boiling water for several minutes. Drink when cooled down.



