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.

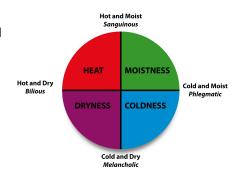
Chemicals, drugs and toxins, such as anti-cancer drugs (chemotherapy), excess alcohol intake, unpleasant odours, and toxins in food.

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 (Banana, Rice, Apple sauce and Toast)
- 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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							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)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						