

Sexually Transmitted Diseases

What is Sexually transmitted Diseases?

Sexually transmitted Diseases include gonorrhoea, chlamydia, genital warts and pubic lice. They arise from infections, or infestation in the case of lice. Both males and females are affected.

What is Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice?

Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice are sexually transmitted infections or infestations (in the case of Pubic Lice) that can infect both males and females.

Signs and Symptoms of Gonorrhoea/Chlamydia/Genital Warts and Pubic Lice

Gonorrhoea and chlamydia are often present without symptoms.

However, some of the symptoms may include: painful passage of cloudy, yellow-green, pus-laden urine, especially in men; pus-like discharge from the penis; pain or swelling in one testicle; yellow-green vaginal discharge; vaginal bleeding, especially after sexual intercourse; abdominal pain; pelvic pain; red, painful, itchy sores with discharge in the anus; genital warts, with small, flat cauliflower-like bumps or lesions in the genital or anal area; and intense itching in the pubic area as a result of pubic lice infestation of lower body hair.

Complications

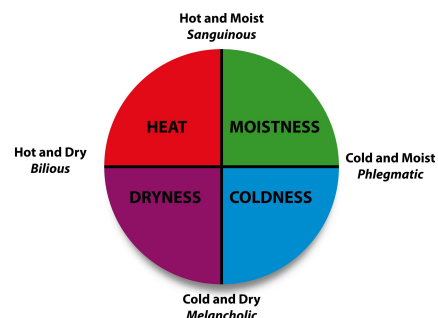
If gonorrhoea and chlamydia are not treated promptly, and necessary precautions not taken, infertility in both men and women may develop. STDs increase the risk of becoming infected with the Aids virus. The infection may spread via the blood stream and infect other areas of the body, including the joints. The virus responsible for genital warts may contribute towards the onset of cervical and other types of cancer.

What causes these STD's?

Gonorrhoea and chlamydia result from infections by bacteria, and genital warts from infections by viruses. These micro-organisms are transmitted during unprotected sexual activity, and may be passed on from mother to child during delivery. Pubic lice are carried from one person to another by direct physical contact, and by shared clothing and bedding.

The Tibb View of STD's

These STDs are linked to qualities of **heat with moistness**, as the micro-organisms thrive in an environment of heat and moistness usually existing in the genital and anal areas. Symptoms of inflammation, especially pain, redness and swelling, and the presence of discharge in both men and women are associated with these qualities. As STDs are caused by infections, all temperamental types can be affected.



Management of STD's

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, tripe, broccoli and yogurt, **followed by Cold & Moist foods** - like rice, cucumber, lettuce and carrots.
- Eat **less of Hot & Dry foods** - such as onions, egg, peppers and alcohol, and the **least amount of Hot & Moist foods** - such as mutton, cheese and sugar.
- Reduce consumption of coffee, tea, alcohol, smoking and fizzy drinks; and processed foods.
- Drink a glassful of water hourly.

Other Lifestyle Advice

- **Detox:** Take a 20 minute hot Sitz bath to which 20g of alum powder or a cupful of apple cider vinegar has been added. Woman should sit with her knees up and apart so that the water can enter the vagina.
- For those affected with pubic lice, Vaseline is safe to apply to the eyelashes and eyebrows. Tea tree oil may be diluted with olive or almond oil and massaged onto the areas suspected to be infested by lice.
- A paste of castor oil and baking soda, applied onto genital warts three times daily is advised.

Prevention

- Both partners should be tested for infection before engaging in sexual activity.
- Both sexual partners should seek professional advice. .
- Practice safe sex by always using a condom. Abstinence is the only sure way to prevent infection by gonorrhoea and chlamydia.
- Having a monogamous relationship reduces the risk of contracting an STD. Having multiple sex partners increases the risk.
- A douche in the vagina should not be used, as this increases susceptibility to contracting an STD.
- If pubic lice infestation is suspected, all contaminated sheets, clothing, towels and blankets should be thoroughly washed to prevent spreading.
- Regularly removing off the pubic hair is advised to remove lice.

