

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

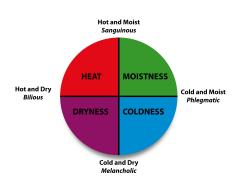
If gonorrhoea and chlamydia are not treated promptly, and necessary precautions not taken, infertility in both men and women may develop. STDs increase the risk of becoming infected with the Aids virus. The infection may spread via the blood stream and infect other areas of the body, including the joints.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

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						