

# Tuberculosis(TB)

## What is TB?

TB is an infectious disease caused by a bacteria, *Mycobacterium tuberculosis*. It affects many areas of the body, especially the lungs, but also the lymphatic glands, bones, bladder, and spine.

## Signs and Symptoms

Cough; fever; night sweats; loss of appetite; loss of weight; and weakness.

## Complications

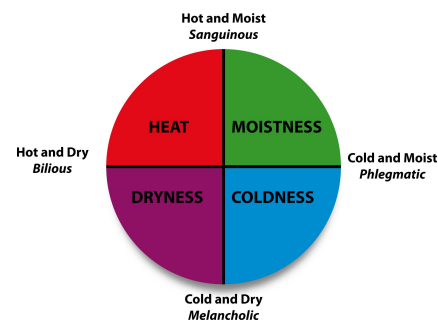
TB is often fatal without the proper treatment. Untreated TB of the lungs may spread through the blood stream to infect other areas of the body.

## What Causes TB?

TB is commonly spread from person to person through the air. When an infected person coughs, sneezes or spits, germs are propelled far into the air. If another person inhales these germs they will most likely become infected with TB also. TB bacteria are present in about one third of the world's population, but not all show symptoms of the disease. People who have a weak immune system, such as those who are malnourished, diabetic or chronic smokers, or who are affected by HIV, are at a greater risk of becoming ill with this disease.

## Tibb Perspective of TB

TB is associated with qualities of **heat with dryness**. The symptoms of TB, such as night sweats, high fever and loss of weight are linked to heat. TB is most frequently associated with inflammation of the lung tissue, resulting in the airways of the lungs becoming dry and hard from fibrosis. People with a dominant or sub-dominant bilious temperament are more predisposed to developing TB due to their innate qualities of heat and dryness.



## Management of TB

Management is aimed at **reducing excess heat with dryness** associated with TB, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. This assists Physis in addressing both the symptoms and causes of TB. The Tibb approach, together with TB medication, helps in the recovery of the TB patient.

## ***Tibb Lifestyle Factors***

### **Food and Drink**

- Eat mostly **Cold & Moist foods** - such as rice, cucumber, watermelon and pears, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Avoid heavily spiced, fried or grilled foods.
- Avoid sugary and refined foods.
- Drink plenty of fluids, such as herbal teas and soups.
- Avoid mucous forming foods, such as dairy products, processed foods, sugar, sweet fruits and white flour.

### **Other Lifestyle Advice**

- Do not smoke, and avoid second hand smoke. Cigarette smoke is very harmful;
- Increase the moisture in the air by using a humidifier or vapourizer.
- Clean everything frequently to prevent bacterial overgrowth.
- Avoid strenuous physical exercise until recovery;
- Rest in bed in the early stages, when the fever is present. Once the fever subsides and the condition improves, take alternate periods of rest with periods of moderate activity to prevent mucous secretions settling in the airways.
- Do not swallow mucous; rather spit it out into a disposable receptacle.

### **Herbal Remedy**

- Make an infusion with 1 tsp of sage and 3tsp of chamomile tea in a cup of boiling water. Drink this daily.



## 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											

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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									