

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

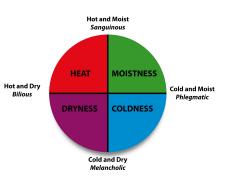
TB is often fatal without the proper treatment. Untreated TB of the lungs may spread through the blood stream to infect other areas of the body.

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.

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

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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					
	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

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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		1	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						