

Urinary Tract Infection (UTI)

What is a UTI?

A UTI is an infection in any part of the urinary system: kidneys, the ureters, bladder and urethra. Most infections involve the lower part of the urinary tract; that is, the bladder and the urethra.

Types of UTI's and Signs & Symptoms:

Each type of UTI shows specific signs and symptoms, depending on which part of the urinary tract is infected.

Kidneys (acute pyelonephritis)

Pain in the upper back and side; high fever; tremor and chills; nausea and vomiting.

Bladder (cystitis)

Lower abdomen discomfort; pelvic pressure; frequent, painful urination; blood in urine.

Urethra (urethritis)

Urination with burning sensation.

Complications

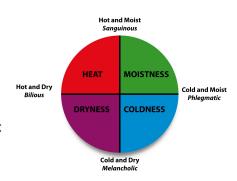
Recurrent infections; permanent kidney damage; pregnant women may deliver low birth weight babies.

What Causes UTI's?

The usual cause of a UTI is infection from bacteria migrating from outside into the urethra, which then begin to multiply in the bladder. Most UTIs mainly affect the bladder and urethra of women, due to having a shorter urethra, which allows easier access.

The Tibb View of UTI's

Bladder infections are associated with qualities of **moistness with heat** as they more commonly result in women, who are innately more moist than men. The pubic area also has qualities of moistness with heat and when these qualities are out of balance it provides an ideal environment for bacteria to grow. Women with a dominant or sub-dominant sanguinous temperament are more susceptible to developing UTIs due to their innate dominance of heat and moistness.



Management of UTI

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

Tibb Lifestyle Factors Food and Drink

- Eat **mostly Cold & Dry foods** like beef, fish, cauliflower, yogurt and mushrooms, **followed by Hot & Dry Foods** such as bittergourd, avocado, chickpeas and garlic.
- Eat less of Cold & Moist foods such as carrots, pumpkin, rice and butternut, and the least amount of Hot & Moist foods like bread, pasta, bananas and wheat cereals.
- Avoid coffee, tea, alcohol, smoking, fizzy drinks, and additive-rich processed foods.
- Drink 200ml pure, fresh water every hour.

Other Lifestyle Advice

- **Exercise:** Swimming is recommended. Dry the intimate areas thoroughly afterwards, and dress in dry cotton underwear.
- **Detox:** Take a 20 minute hot Sitz bath with 20g alum powder or a cup of apple cider vinegar added. Women should sit with her knees up and apart so that the water can enter the vagina. You can alternate this with a bath made with two cloves of crushed garlic added.
- **Elimination:** Emptying the bladder regularly, at least every two to three hours during the day. Keep the genital and anal areas clean and dry. Women should wipe from front to back after urination or bowel movement.
- Habits: Urination should be carried before and after exercise and sexual intercourse, and appropriate cleansing carried out.
- Hygiene: White cotton, not artificial fibre, underwear is advised. Packaged douches, bubble baths, tampons, sanitary towels or toilet paper containing fragrance should be avoided, as they can be irritating and cause inflammation. Sanitary towels instead of tampons should be used if urinary tract infections occur frequently.

Herbal Remedies

- Cranberry juice. This prevents offending bacteria from sticking to the bladder wall.
- Alkaline drink. Add ¼tsp of baking soda to a glass of water, and drink once a day when symptoms appear.

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						