

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

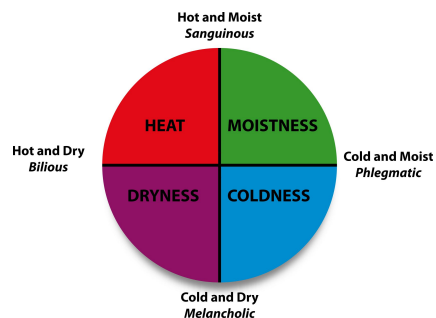
Recurrent infections; permanent kidney damage; pregnant women may deliver low birth weight babies.

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.

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			fenugreek seeds	cloves, garlic		herbal teas (see herbs)				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli							
	onion						mustard seeds	fenugreek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										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 (see fruits)	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel	green masala				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds				marjoram						nutrific
turkey	turnips			wheat	fresh cream			mint, sage						oats
				macaroni				soya sauce						puffed wheat
			dill seeds				thyme, turmeric					taystee wheat		
							watercress					weetbix		
							white pepper							