

Asthma

What is Asthma?

Asthma is a condition of the lungs that causes the bronchi (airways) to narrow. The airways are tubes that carry air into and out of the lungs. When the airways narrow, less air can flow into the lungs. This results when the airways are obstructed with phlegm, inflamed with heat or become hard and brittle with coldness with dryness. For the lungs to function well, a balance of **heat, moistness and dryness** needs to be maintained. If not breathing difficulties arise. Asthma may affect all age groups, except newborn babies, and typically develops during early childhood. An asthma attack can be fatal if not treated appropriately. One long term complications of asthma is permanent narrowing of the airways.

Types of Asthma

Tibb has identified 3 main types of asthma:

- **Allergic asthma:** due to excess of **heat**.
- **Phlegmatic asthma:** due to an excess of **coldness with moistness** causing an increased phlegm production.
- **Melancholic asthma:** due to an excess of **coldness with dryness** causing hardened, fibrosed airways.

Allergic Asthma

Signs and Symptoms

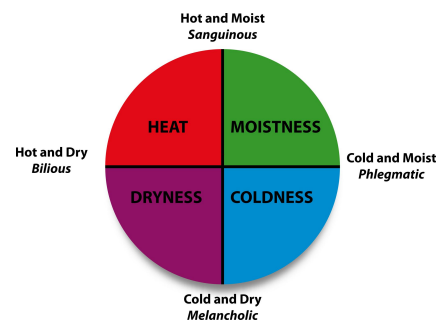
Breathing difficulties; itchy and red watery eyes; allergic rhinitis with post-nasal drip.

What Causes Allergic Asthma?

Allergic asthma is caused by an irritation of the mucous membrane by airborne toxins.

The Tibb View on Allergic Asthma

According to Tibb, this condition is linked to **excessive heat with either moistness or dryness**. This excessive heat results in the hyper-sensitization of the immune system which causes inflammation of the mucous membrane when exposed to certain airborne stimuli. Individuals with a bilious/sanguinous temperament are more inclined to develop allergic asthma, due to the dominance of heat associated with this temperamental combination.



Management of Allergic Asthma

Treatment and management is aimed at **reducing the excess heat** associated with allergic asthma by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness**. This will assist Physis in addressing both the symptoms and the causes of allergic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, rice and pumpkin, **followed by Cold & Dry foods** – like yogurt, potatoes, apples and mielies.
- Eat **less of Hot & Moist foods** – such as white flour products, sugar, and cheese, and the **least amount of Hot & Dry foods** – like garlic, chicken, eggs and onions.
- Cut out hyper-allergenic foods from the diet, such as eggs, dairy, nuts and wheat products.
- Avoid any known triggers. Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods;
- Eat foods with low allergenic properties, such as apples, apricots, barley, beets, carrots, lettuce, millet, plums, rice, sweet potatoes and tapioca.

Other Lifestyle Advice

- Keep warm at all times as the cold can cause broncho-constriction.
- Partake in regular moderate exercise during the day.

Herbal Remedies

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seed, cover for 20 minutes.
- Strain and mix with two teaspoons honey. Drink 3 times a day and also during an attack.
- Blackseed (Nigella Sativa) is excellent for respiratory conditions. Make a tea by pouring one cup of boiling water over 1 tbsp of blackseed letting the mixture steep for about 10 minutes. Keep the tea covered until you are ready to drink so as not to lose the aroma.
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Phlegmatic Asthma

Signs and Symptoms

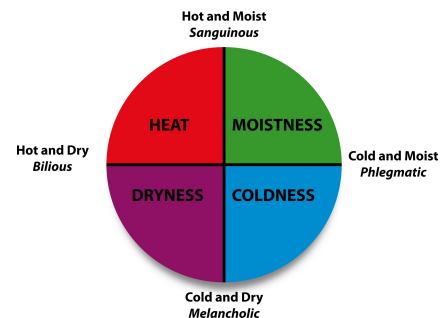
Coughing; wheezing; a feeling of tightness in the chest; difficulty in breathing.

What Causes Phlegmatic Asthma?

Risk factors for the development of phlegmatic asthma includes genetic factors or a phlegmatic dominant or sub-dominant temperament, having a low birth weight, respiratory infections, and exposure to cold air.

The Tibb View on Phlegmatic Asthma

According to Tibb, phlegmatic asthma is associated with **excessive coldness with moistness** resulting from an accumulation of phlegm that may be thick and/or sweet. Symptoms often worsen in cold conditions. Children are more likely to develop phlegmatic asthma as well as people with phlegmatic dominant or sub-dominant temperaments due to the innate coldness and moistness linked to these individuals.



Management of Phlegmatic Asthma

Treatment and management is aimed at **reducing the excess coldness with moistness** associated with phlegmatic asthma by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This will assist Physis in addressing both the symptoms and the causes of phlegmatic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** – such as chicken, oily fish, celery and garlic, **followed by Hot & Moist foods** – like olive oil, ginger, turmeric and spinach.
- Eat **less of Cold & Dry foods** – such as citrus fruit, yogurt and beans, and the **least amount of Cold & Moist foods** – like milk, cucumber, broccoli and sprouts.
- Soak fruits in hot water for a few minutes before eating.
- Include garlic and onions in the diet.
- Eat plenty of raw fruits and steamed vegetables.
- Avoid simple sugars and white flour products. Avoid dairy products, as these increase the coldness and moistness in the body.
- Avoid cold foods and drinks and eating or drinking foods straight from the refrigerator. Allow it to reach room temperature before consumption.

Other Lifestyle Advice

- Keep warm at all times as the cold can cause broncho-constriction.
- Partake in regular moderate exercise during the day.

Herbal Remedies

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seeds, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day and also during an attack.
- Blackseed (*Nigella Sativa*) is excellent for respiratory conditions. Make tea by pouring one cup of boiling water over 1 tbsp of blackseed letting the mixture steep for about 10 minutes. Keep the tea covered until you are ready to drink so as not to lose the aroma.

Melancholic Asthma

Signs and Symptoms

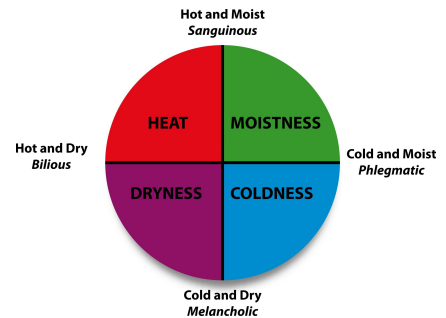
Marked breathing difficulty; mucus or phlegm expectorant is absent; coughing is rare.

What Causes Melancholic Asthma?

Genetic factors; or a melancholic dominant/sub-dominant temperament; certain medication; smoking and exposure to cold air.

The Tibb View on Melancholic Asthma

According to Tibb, melancholic asthma occurs from **excessive coldness with dryness** causing the bronchi to become thick and hard. Melancholic asthma may result from chronic phlegmatic asthma or as a result of the use of certain medications and smoking, both of which causes phlegm to harden. A person with a dominant/sub-dominant melancholic temperament is more inclined to develop melancholic asthma.



Management of Melancholic Asthma

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with melancholic asthma by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This will assist Physis in addressing both the symptoms and the causes of melancholic asthma.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** – such as ginger, turmeric, spinach and olive oil, **followed by Hot & Dry foods** -like chicken, oily fish, celery and garlic.
- Eat **less of Cold & Moist foods** – such as milk, cucumber, broccoli and sprouts, and the **least of Cold & Dry foods** – like yogurt, citrus fruit, and beans.
- Soak fruits in hot water for a few minutes before eating.
- Include garlic and onions in the diet.
- Eat plenty of raw fruits and steamed vegetables.
- Avoid simple sugars and white flour products.
- Avoid cold foods and drinks and eating, or consuming foods straight from the refrigerator. Allow it to reach room temperature before consumption.
- Avoid gas-producing foods such as the brassicas (broccoli, cauliflower and cabbage) and large amounts of bran. Gas can irritate an asthmatic condition by putting pressure on the diaphragm.

Other Lifestyle Advice

- Keep warm at all times as cold surroundings can trigger broncho-constriction.
- Quit smoking, as this increases dryness
- Partake in regular moderate exercise.
- Avoid exposure to cold & dry conditions.

Herbal Remedy

- Take one cup of very hot water and add one teaspoon of powdered fenugreek seeds, cover for 20 minutes. Strain and mix with two teaspoons honey. Drink 3 times a day, and also during an attack.

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 vinegar		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice				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 sauce			
ostrich	peas	lemon, lime		mielies						vinegar			
oysters	potatoes	naartjies, oranges		popcorn									
pork	sauerkraut	pineapple, plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

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	chilli sauce			spicy dishes
	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice		mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

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 juice	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	water					
	cucumber	litchis, melons		rice cakes	butter								
	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 & 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 (for babies)		ginger, fennel	herbal teas (see herbs)			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds			green masala					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						