

Backache

What is Backache?

Back pain is a common problem that affects most people at some point in their life. Backache describes pain experienced in the lower back or lumber region that can feel like an ache, tension or stiffness. Pain in the lower back is referred to as lumbago. The pain can be acute, occurring suddenly and of severe intensity, or chronic (lasts for more than 3 months).

Signs and Symptoms

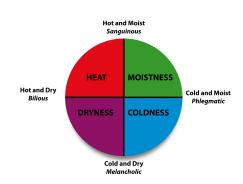
Muscle pain in the lower back, which can radiate into the backside and back of the legs; shooting or stabbing pain; muscle tension in the lower back, resulting in the feeling of stiffness; limited flexibility and range of motion of the back especially when leaning forward and bending back; pain is worse on movement; severe backache may cause the back to tilt to one side, causing a limp or a change in posture.

Causes and Risk Factors

There are multiple causes of backache including: muscle or ligament strain which results from incorrect lifting of heavy objects; from arthritis which causes the joint spaces to narrow; from osteoporosis, which results in brittle and porous bones; and also direct exposure to cold. Historically, people wore vests to keep the back warm and dry. In today's times the lower back area is very often exposed. When we perspire, the evaporation of the sweat brings about coldness which reduces the blood flow to the lower back, so leading to backache.

The Tibb View of Backache

According to Tibb, backache is associated with qualities of **coldness with dryness**. The reduced heat and decreased blood supply can lead to chronic inflammation and chronic backache. Although persons with a melancholic dominant/sub-dominant temperament are predisposed to backache, other temperamental types are also at risk from lack of exercise and being overweight.



Management of Backache

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** such as banana, mutton, ginger, olive oil, turmeric, and honey, **followed by Hot & Dry foods** like egg, garlic, chicken and mustard.
- Eat less of Cold & Moist foods such as rice, broccoli, milk and cucumber and the least amount of Cold & Dry food - like citrus fruit, yogurt and beef should be eaten.
- Drink lukewarm water until symptoms subside. Consume plenty of fruit and vegetables.
- Avoid red meat. It is acidic, so contributes towards pain and inflammation.
- Avoid dehydrating drinks (coffee, tea, alcoholic drinks), and sugar-rich fizzy drinks.
- Follow a detox programme, consisting only of vegetables and fruit, herbal teas and water.

Other Lifestyle Advice

- Practice light exercise, like walking daily. However, if this aggravates the pain, stop walking until there is better resolution of the symptoms.
- Exercises to strengthen the core back muscles are advised. Pilates should be considered to strengthen abdominal and muscles.
- Apply a heat pack over the affected area.
- Keep the area warm by wearing a vest or other appropriate clothing which covers the lower back area.
- At night, sleep with a pillow between your knees.
- Avoid lifting heavy objects. When the condition resolves practice proper bending and lifting techniques. Bend with the knees keeping the object as close to the body as possible before lifting.

Herbal remedies

- Add ¼ ½ tsp turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink twice daily.
- Detox Add Epsom salts to bathwater to soothe inflamed muscles.

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						