

Bronchitis

What is Bronchitis?

Bronchitis is inflammation of the lining of the bronchial tubes or airways, which carry air to and from the lungs. Bronchitis may be either acute or chronic.

Signs and Symptoms

Painful coughing and wheezing; throat and chest pains; feeling feverish and generally unwell; poor concentration; excessive production of thick, sticky and/or pus-containing sputum; difficulty in breathing or breathlessness which interferes with daily activities.

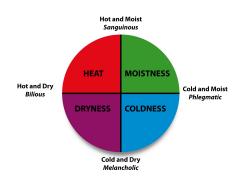
Although a single episode of bronchitis usually isn't cause for concern, it can lead to pneumonia in some people.

What Causes Bronchitis?

Inflammation due to infection or irritation of the airways is the underlying cause. Risk factors include: cigarette smoking which dries and irritates the airways; exposure to air pollution, such as dust; and sudden changes in temperature such as moving from a hot environment to a cold one.

The Tibb View on Bronchitis

According to Tibb, bronchitis is associated with qualities of **dryness**, either with **heat** or **coldness**. This results in painful inflammation and constriction of the airways. Individuals with a bilious/melancholic temperamental combination are more susceptible to developing bronchitis, due to their dominance of **dryness**.



Management of Bronchitis

Treatment and management is aimed at **reducing the excess dryness** associated with bronchitis, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. Treatment and management for bronchitis includes getting adequate rest, breathing in moist air and keeping hydrated. This assists Physis in addressing both the symptoms and the causes of bronchitis.

Tibb Lifestyle Factors

Food and Drink

- Eat mostly Hot & Moist foods such as sweet potato, ginger, turmeric and brown bread followed
 by Cold & Moist foods like carrots, cucumber, rice and pumpkin.
- Eat less of Hot & Dry foods such as egg, garlic, chili and onion and the least amount of Cold & Dry foods – like beef, tomato, cabbage, and peanuts,
- Drink plenty of water either warm or at room temperature, or decaffeinated tea if preferred.

Other Lifestyle Advice

- Get plenty of bed rest, preferably with a humidifier in the room.
- For those who smoke, now is a good time to stop.
- Steam inhalation which are warm and moist, helps to cough up obstinate mucus.
- Do light exercises like stretching if fever is absent. Avoid exercising if fever present.
- Avoid inhaling passive smoking in social environments.

Herbal Remedy

- Use a vapour rub containing **camphor**, **eucalyptus**, **menthol**, **nutmeg oil**, **or turpentine oil**. Apply frequently during the day, and especially before sleep.

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

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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			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						