

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.

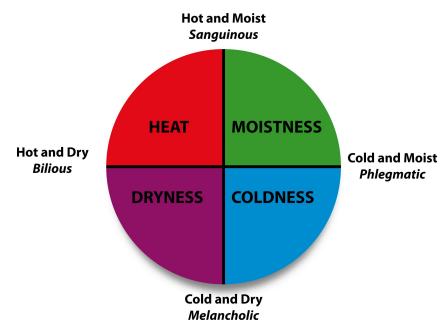
Although a single episode of bronchitis usually isn't cause for concern, it can lead to pneumonia in some people.

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.

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						popad	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								