

Colds and Flu

What is a Cold?

Common Cold (*Coryza*) is an acute condition that affects only the upper respiratory tract (mainly the nose). It is the most common respiratory disorder in many parts of the world.

Signs and Symptoms of a Cold

Runny nose (with *clear* mucus); blocked nose; sneezing; sore throat; watery eyes; cough; headache (sometimes); and slight fever (sometimes).

What is the Flu?

Flu (*Influenza*) is also an acute and contagious condition that affects the respiratory system. It is often confused with the common cold, but flu is much more severe. Flu usually lasts for four to five days, but the complications can be longer lasting and more serious, especially with lung infections such as bronchitis and pneumonia.

Signs and Symptoms of Flu

Fever and extreme coldness (chills/shivering/shaking); body aches (especially joints and throat); nasal congestion (with *yellow – green* mucus); runny nose; cough; headaches; fatigue; watery eyes; and diarrhea (usually in children).

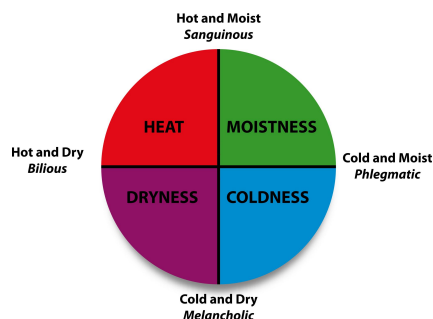
What Causes Colds and Flu?

The common cold and flu are due to infection from certain viruses.

Risk factors include exposure to cold and rainy weather, and an immature immune system, especially in children.

The Tibb View on Colds and Flu

According to Tibb, colds and flu are associated with **coldness with moistness** as they typically develop in cold months of the year. Symptomatically colds and flu presents with excessive mucous production such as a runny or congested nose, and productive coughing. Due to the weakened immune system, Physis is unable to prevent the virus infection, but actively fights it in order to restore the body back to health within 4 days (for a cold) or 21 days (for the flu). Although all temperamental types can be affected with colds and flu, people with a phlegmatic dominant/sub-dominant temperament are more at risk due to their innate qualities of coldness and moistness.



Management of Colds and Flu

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** – such as chicken, oily fish, garlic and onion, **followed by Hot & Moist foods** – like flavoured with spices like ginger, turmeric and black pepper.
- Eat **less of Cold & Dry foods** – such as lemon, oranges and yogurt and the **least amount of Cold & Moist foods** - like milk, cucumber and rice.
- Avoid dairy products, margarine, fried foods and all sugars;
- Avoid solid foods for three days.
- Sip hot chicken, beef or mutton soup spiced with garlic, ginger, black pepper and salt for three days.
- Drink at least 2 litres of warm water per day.

Other Lifestyle Advice

- Remain as active as possible unless you have a fever in which case bed rest is strongly advised.
- Avoid exposure to cold and wet weather.
- Use steam inhalations to promote drainage and ease pressure. Use a pot of hot water and add a few drops of eucalyptus or rosemary oil. Put your face over the pot and cover with a towel. Breathe in deeply. Do this several times a day for 5-10 minutes.
- Massaging the chest and throat with a heating ointment such as Vicks, Puma balm or Blackseed Rub will ease congestion and help eliminate phlegm.
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Herbal Remedy

- 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix in 2 tsp of honey and drink. Repeat the same 3 times a day.
- Ginger and honey tea: Grate 2 cm piece of ginger to a pot of 2 cups of water. Bring to the boil, then add 1tbsp of honey. Drink it whilst hot.

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			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	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	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)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									