

Coughing

What is the reason for Coughing?

Coughing protects the airways from irritants which can cause inflammation. However, too much coughing can damage the breathing passages, and make sleep and daily activities difficult.

Types of Coughing

There are two main types of coughing:

- Wet coughs, which usually occur with colds or respiratory infections.
- Dry coughs, which are usually due to chemical irritants, pollutants, fumes or dust.

What Causes Coughing?

Coughing is the body's way of removing foreign material or excess mucus from the lungs and upper airway passages. This occurs due to sudden exposure to a cold environment resulting in irritation and inflammation of the airways, or of reacting to an irritated airway.

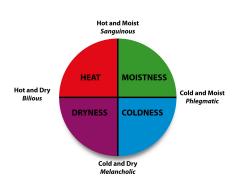
Excessive intake of cold foods and drinks (like refrigerated milk and beverages) can trigger coughing. Risk factors for coughing include: irritants in the breathing passages; air pollutants like smoke from cigarette and wood-burning stoves; lung infection due to microbes. Diseases like tuberculosis and cold typically produce coughing.

Several breathing disorders result in coughing, such as asthma, bronchitis, and post-nasal drip. Other disorders like anxiety, heartburn, ear problems and early heart failure feature coughing as a symptom.

Certain conventional drugs, like ACE inhibitors for hypertension often have coughing as a side effect.

The Tibb View on Coughing

According to Tibb, wet coughing is associated with qualities of **coldness with moistness** as phlegm is present. On the other hand, dry coughing is associated with qualities of **coldness with dryness**, where phlegm is notably absent. People with a **phlegmatic** dominant/sub-dominant temperament are more likely to develop a wet cough, whereas those with a **melancholic** dominant/sub-dominant temperament are more likely to develop a dry cough.



Management of Coughs

Treatment and management is aimed at **reducing the excess coldness** either associated **with moistness** in the management of a **wet cough** or **dryness** in the management of a **dry cough**, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This assists Physis in addressing both the symptoms and causes of coughing.

Tibb Lifestyle Factors

Coughing Associated with Qualities of Coldness with Moistness (Wet Cough): Food and Drink

- Eat mostly Hot & Dry foods such as eggs, chicken, garlic and mustard, followed by Hot & Moist foods like ginger, black pepper, turmeric and honey.
- Eat less Cold & Dry foods such as yogurt, citrus fruit and mealie meal, and the least amount of Cold & Moist foods like rice, milk, cucumber, and watermelon.
- Drink lots of water. Try for at least 8 glasses of warm water daily, to replace fluid lost from coughing.

Coughing Associated with Qualities of Coldness with Dryness (Dry Cough): Food and Drink

- Eat mostly Hot & Moist foods such as ginger, black pepper, lamb, and spinach, followed by
 Hot & Dry foods like egg, chicken, garlic, and turmeric.
- Eat less of Cold & Moist foods such as rice, milk, butter, and watermelon, and the least amount
 of Cold & Dry foods like beef, yogurt, cabbage, and beans.
- Hot beverages, like tea with honey, and broths work well to soothe the throat affected by a dry cough.

Other Lifestyle Advice

- Pour hot water into a basin or bowl. You may add eucalyptus and rosemary aromatherapy oils or any other ointment that contains menthol or eucalyptus. Throw a towel over your head and inhale the vapour. (Take caution when doing this).
- Take slow and deep breaths in and out through the nose for five minutes, several times daily.

Herbal Remedies

- Steep several slices of fresh **ginger** root in boiling water, add honey to taste.
- Echinacea (10 to 12 drops tincture, four times daily) can lessen the severity of a troublesome cough.
- Consuming raw garlic can help improve a cough.

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						