

# 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.

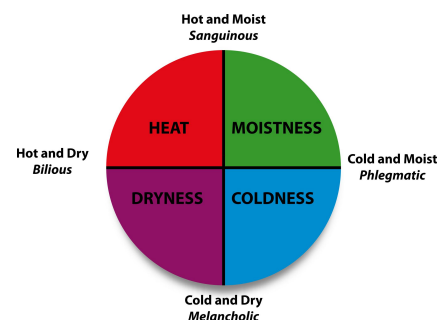
Excessive intake of cold foods and drinks (like refrigerated milk and beverages) can trigger coughing. Risk factors for coughing include: irritants in the breathing passages; air pollutants like smoke from cigarette and wood-burning stoves; lung infection due to microbes. Diseases like tuberculosis and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



## 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)						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									