

Depression

What is Depression?

Depression is a mood disorder which causes a constant feeling of sadness and a loss of interest in life. Depression affects the way one feels, think and behave and can make carrying out daily activities difficult.

Signs and Symptoms

Feeling of constant sadness or unhappiness; loss of interest in daily activities; an inability to feel pleasure; sleeping too much (hypersomnia) or lack of sleep (insomnia); loss of appetite or excessive eating; slow thinking, speaking or body movements; loss of concentration and memory; frequent onset of physical symptoms, such as backache and headaches; and thoughts of death and suicide.

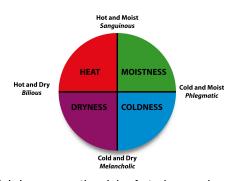
Causes and Risk Factors

There are a number of possible factors that contributes towards the development of depression. Depression is more prevalent in women, linked probably to an imbalance of brain chemicals or hormones. Depression is considered an inherited or temperamental condition, as it is more common in people whose biological relatives also have it. Traumatic events such as death of a loved one, divorce or financial problems can trigger depression.

Poor weather, especially in winter, can lead to a form of depression called Seasonal Affective Disorder.

The Tibb View of Depression

According to Tibb, depression is associated with qualities of **coldness**, with either **moistness** or **dryness**. **Phlegmatic** depression includes feelings of general unexplained sadness, withdrawal from society, excessive sleep and eating, and is more prevalent in people with **phlegmatic** temperaments. Melancholy common to people with a **melancholic** temperament includes a loss of pleasure in almost all activities, insomnia and a loss of appetite. **Phlegmatic** depression increases qualities of **coldness with moistness** and can be detrimental to the brain and the digestive system, as it results in sluggishness and mental dullness. Melancholy is harmful to the



brain and heart as it causes excessive coldness with dryness which increases the risk of strokes and heart attacks.

Management of Depression

Treatment and management is aimed at **reducing the excess coldness** either **associated with moistness** in the management of **phlegmatic** depression or **dryness** in the management of the **melancholic** form, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This will assist Physis in addressing both the symptoms and causes of depression.

Tibb Lifestyle Factors

Phlegmatic Depression Associated with Qualities of Coldness with Moistness: Food & Drink

- Eat **mostly Hot & Dry foods** such as eggs, chicken, oily fish, garlic and mustard, **followed by**Hot & Moist foods like ginger, black pepper, turmeric, lamb and dates.
- Eat less of Cold & Dry foods such as yogurt, citrus fruit, and beans, and the least amount of Cold & Moist foods like milk, cucumber, rice and watermelon.
- Eat complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid sugar and foods and drinks that contain high amounts of sugars like cool drinks, cakes and chocolates etc. These foods cause quick mood highs but results in feeling sluggish and depressed thereafter.

Other Lifestyle Advice

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind-body exercise such as meditation to counter stressful situations.

Herbal Remedy

- Add a pinch of saffron to meals daily.

Melancholy Associated with Qualities of Coldness with Dryness: Food and Drink

- Eat mostly Hot & Moist foods such as ginger, black pepper, turmeric, lamb and dates, followed
 by Hot & Dry foods like eggs, chicken, oily fish, garlic and mustard.
- Eat less of Cold & Moist foods such as milk, cucumber, rice and watermelon, and the least amount of Cold & Dry foods like yogurt, citrus fruit, and beans.
- Eat of complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid refined sugar, and foods and drinks that contain high amounts of sugar like cold drinks, cakes and chocolates. These foods cause quick highs but leave you feeling down, sluggish and depressed thereafter.

Other Lifestyle Advice

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind body exercise such as meditation to counter stressful situations.

Herbal Remedy

Take 1 tsp of cashew nut powder (crushed cashew nuts) in 1 glass of milk daily.

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						