

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

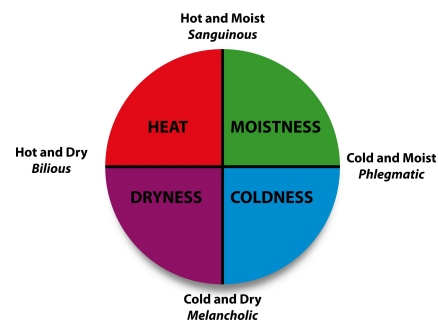
Feeling of constant sadness or unhappiness; loss of interest in daily activities; an inability to feel pleasure; sleeping too much (hypersomnia) or lack of sleep (insomnia); loss of appetite or excessive eating; slow thinking, speaking or body movements; loss of concentration and memory; frequent onset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

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		hazel nuts			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							
			dill seeds				soya sauce								taystee wheat
							thyme, turmeric								weetbix
					watercress										
					white pepper										