

Diarrhoea

What is Diarrhoea?

Diarrhea is the condition of having three (3) or more loose or liquid bowel movements per day – may also be accompanied with gastro-enteritis. Diarrhoea is not a disease itself, but a symptom of several underlying diseases.

There are 3 types of Diarrhoea

- Acute watery diarrhoea lasts several hours or days
- Acute bloody diarrhoea also called dysentery
- Persistent diarrhoea lasts 14 days or longer

Signs and Symptoms

Frequent, loose and watery stools, often accompanied by vomiting, stomach cramps, thirst, abdominal pain; and moderate fever.

Complications

Dehydration; malnutrition; and death.

What Causes Diarrhoea?

Diarrhoea is caused when there is inflammation of the intestines which does not allow for the absorption of nutrients and liquid. Some of the causes include:

Infection: resulting from contaminated water, poor sanitation and improper hygiene.

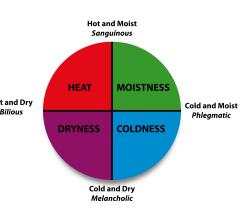
Food intolerance: from milk and dairy products, over eating, and consuming too many different foods. **Medication**: side effects from conventional medication.

From chronic illnesses: these include Irritable Bowel Syndrome, Inflammatory Bowel Disease including Crohn's disease and Ulcerative Colitis, chronic pancreatitis, celiac disease, colon cancers and certain tumours of the small intestines.

Incomplete digestion of food: eating meal upon meal can result in undigested food remaining in the gastrointestinal tract.

The Tibb View of Diarrhoea

According to Tibb, diarrhoea is a physis response to eliminate the contents of the colon from food that is undigested, spoilt or contaminated. Diarrhoea is in most cases associated with qualities of **excessive moistness** either **with coldness or heat** as the body eliminates toxic fluid. Excessive **moistness with coldness** results from too much cold & moist and hot & moist foods such as dairy products. This type of diarrhoea is common in children because of the innate quality of moistness. Diarrhoea with **qualities of moistness with heat** result from infections as well as from certain chronic diseases that increases heat, resulting in increased gastric motility. As there



are numerous causes that can lead to diarrhoea, all temperamental types can be affected.

Management of Diarrhoea

Treatment and management is aimed at reducing the excess gualities associated with diarrhoea, by implementing Tibb Lifestyle Factors that will increase the qualities of dryness and heat in patients with symptoms of excess moistness with cold, and dryness and cold in patients with excess moistness with heat. This will assist Physis in addressing both the symptoms, and the causes of diarrhoea.

Tibb Lifestyle Factors

Diarrhoea Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat mostly Hot & Dry foods such as avocado, chickpeas, cinnamon and cloves, followed by Cold & Dry foods - like yogurt, potatoes, and mealie meal.
- Eat less of Hot & Moist foods such as bread, pasta, almonds, and spinach and the least amount of Cold & Moist foods - like milk, margarine, rice, and squash.
- Avoid high fibre foods, which may stress the digestive system. Also fried, junk and processed foods.

Diarrhoea Associated with Qualities of Moistness with Heat: Food and Drink

- Eat mostly Cold & Dry foods such as yogurt, potatoes, and mealie meal followed by Hot & Dry foods - like avocado, chickpeas, cinnamon and cloves.
- Eat less of Cold & Moist foods such as cumin, cardamom, rice, and squash and the least amount of Hot & Moist foods - like bread, pasta, almonds, and spinach.
- Drink 3 cups of rice water daily. To make rice water, boil 1/2 cup of brown rice in 3 cups of water for forty five minutes. Strain out the rice and drink the water.

Other Lifestyle Advice

- Avoid solid food for a few hours until you feel better;
- Avoid dehydration. Drink water or a rehydration drink regularly, or liquids such as clear broth, weak tea, and clear fruit juices. Avoid very hot or cold liquids;
- Do not exercise strenuously until free of symptoms.

Herbal Remedy

- Mix cinnamon powder, cumin powder, ginger powder (1 part) and honey (3 parts) in hot water. Use 1tsp three times a day in adults and ½ tsp in children.
- If the diarrhoea does not have an offensive odour, or is the result of intake of antibiotics, then 1tbsp psyllium husk added to 5 tbsp Greek style yogurt and 2 tsp brown sugar. Mix thoroughly and eat. The yogurt will increase the probiotics in the digestive tract.

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					
	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

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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		1	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						