

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.

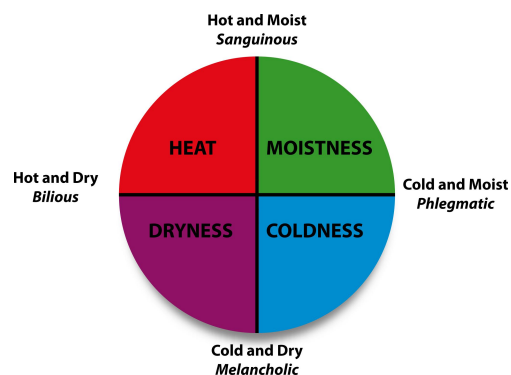
From chronic illnesses: these include Irritable Bowel Syndrome, Inflammatory Bowel Disease including Crohn's disease and Ulcerative Colitis, chronic pancreatitis, celiac disease, colon cancers and certain tumours of the small intestines.

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 qualities** 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 ½ 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 1 tsp 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.

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)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									