

Flatulence

What is Flatulence?

Flatulence is the result of excess intestinal gas being passed through the anus from the lower intestine.

Signs and Symptoms

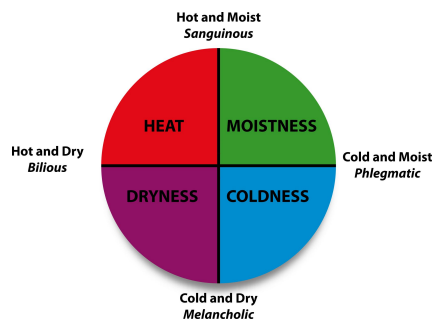
Excessive or unwelcome passage of gas from the anus; embarrassing wind breaking during coughing, sneezing or laughing, or during exertion; disagreeable and uncomfortable bloating of the abdomen due to gas accumulation; a feeling of urgency similar to the one signaling the need to defaecate; and the most serious (embarrassing) complication is breaking out in public.

What Causes Flatulence?

Flatulence is a by-product from the normal intestinal flora's (bacteria) action of hard to digest foods that passes into the colon such as beans. Food sensitivities or intolerance, as with ingesting foods containing gluten or lactose can also cause excessive buildup of intestinal gas, which is sometimes painful. Ailments such as IBS often feature excessive flatulence as a symptom.

The Tibb View of Flatulence

According to Tibb, the qualities associated with flatulence are **dependent on the underlying cause**. Eating gas-forming, cold and dry foods like beans, produces flatulence linked to qualities of **dryness with cold**. Although people with a melancholic dominant/sub-dominant temperament are most inclined to suffer with flatulence, other temperamental types can also suffer from it, due to a faulty diet or a poor lifestyle.



Management of Flatulence

Treatment and management is aimed at **reducing the excess dryness with cold** associated with flatulence, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. Treating the underlying condition and avoiding certain foods should also be adopted. This assists Physis in addressing both the symptoms and the causes of flatulence.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** – like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** – such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Try to eat more fresh vegetables, fruit and whole meal bread, as these will increase roughage in the diet.
- Drink at least 6-8 glasses of warm water per day.
- Use rice instead of potatoes, corn or noodles wherever possible.
- Avoid gas-promoting foods, especially apricots, beans, cabbage, brussels sprouts, broccoli, cauliflower, lentils, onions and radishes.
- Avoid food combinations that upset your stomach, such as consuming fruit with a heavy meal or milk with fermented products.

Herbal Remedies

- Add 1 teaspoon of fennel seeds to 1 cup of boiling water. Drink after cooling and straining.
- Adding the spices cumin, coriander, caraway and turmeric when preparing meals counteracts intestinal gas production.

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									