

## **Flatulence**

#### What is Flatulence?

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

### Signs and Symptoms

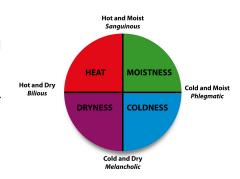
Excessive or unwelcome passage of gas from the anus; embarrassing wind breaking during coughing, sneezing or laughing, or during exertion; disagreeable and uncomfortable bloating of the abdomen due to gas accumulation; a feeling of urgency similar to the one signaling the need to defaecate; and the most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

# **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						