

Gallstones

What are Gallstones?

Gallstones are hardened deposits of bile and other material that forms in the gallbladder. Gallstones can range in size from a grain of sand to that of a golf ball.

Signs and Symptoms

Gallstones may present with no signs and symptoms, depending on the size; a colicky pain in the upper right side of the abdomen that may radiate to the right shoulder; intensifying pain in the abdomen just below the breast bone; and pain between the shoulder blades.

Complications

Inflammation of the Gallbladder: Inflammation may result when a gallstone becomes lodged in the neck of the gallbladder.

Blockage of the Bile Duct: Gallstones may lodge in the common bile duct, resulting in jaundice or an infection of the bile duct.

Blockage of the Pancreatic Duct: A gallstone may lodge in the pancreatic duct, increasing the risk of developing inflammation of the pancreas.

What Causes Gallstones?

Bile is responsible for dissolving cholesterol. If the liver secretes too much cholesterol for the bile to dissolve, the cholesterol hardens and form stones. Gallstones may also form if too much of the chemical bilirubin is produced. Bilirubin is responsible for breaking down red blood cells. Too much of it is produced in certain illness conditions, especially liver cirrhosis.

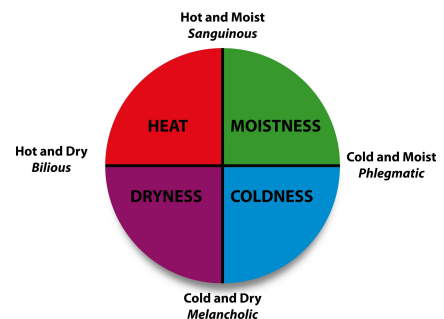
If the gallbladder fails to empty completely or often enough, bile may become very concentrated, and this contributes to the formation of gallstones.

Risk factors include being female; being obese or overweight; being over the age of 60; eating a rich, high fat, low fibre diet; rapid weight loss; and diabetes.

Certain medications such as cholesterol-lowering medication and hormone therapy also increase the risk of developing gallstones.

The Tibb View on Gallstones

Gallstones are linked to qualities of **coldness with dryness** as digestive fluid solidifies to form stones. Individuals, especially women, as their predominantly phlegmatic temperament are more likely to develop gallstones, due to their innate quality of coldness. Irregular eating patterns and skipping meals, which are associated features of the phlegmatic temperament, result in an imbalance of chemicals in the gallbladder. This frequently goes on to form gallstones.



Management of Gallstones

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with gallstones, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Lifestyle changes such as exercising and eating a healthy diet are strongly advised.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as olive oil, turmeric, dates and mutton, **followed by Hot & Dry foods** - like oily fish, garlic, chicken and mustard seeds.
- Eat **less of Cold & Moist foods** - such as litchis, watermelon, cucumber, milk and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomato, yogurt and citrus fruits.
- Avoid sour foods and drinks.
- Avoid animal products, especially pork.
- Avoid fried fatty, sugary or refined foods.
- Avoid all hydrogenated and hardened fats, and oils such as margarine, lard and butter.
- Drink juices such as pear, beet, and apple for 3 days.
- Boiled/steamed chicken and fish should be preferred over red meat.
- Avoid cold and icy foods and drinks.
- Drink at least two to three litres of warm water a day.

Other Lifestyle Advice

- Colonic cleansing or irrigation is recommended to assist in eliminating waste from the body.
- Daily moderate exercise such as moderate walking is advised.

Herbal Remedy

- Take 3 tablespoons of olive oil with the juice of a lemon (3 tablespoons) before bed and upon wakening. Stones are often passed in the stools with this technique. Substitute lemon with grapefruit if desired.

Detox Programme

1. Drink at least four glasses of apple juice daily. Freshly juiced or packaged apple juice is OK.
2. During treatment, eat normally, but avoid red meats, dairy and fried foods completely.
3. On *Day 1*, take 1 tablespoon olive oil plus 1 tablespoon of lemon juice at bedtime.
4. On *Day 2*, carry on with the apple juice. Take 2 tablespoons olive oil plus the same amount of lemon juice at bedtime.
5. On *Day 3*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
6. On *Day 4*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
7. On *Day 5*, carry on with the apple juice. Take 4 tablespoons olive oil plus the same amount of lemon juice at bedtime.
8. On *Day 6*, carry on with the apple juice. Take 5 tablespoons olive oil plus the same amount of lemon juice at bedtime.
9. On *Day 7*, carry on with the apple juice till midday, then take a light lunch. At 6 pm, take a teaspoon of Epsom Salts (magnesium sulphate) with a glass of warm water.
At 8 pm, repeat the same. Epsom Salts open the gallbladder ducts.
At 10 pm, take a half-cup olive oil with same amount of lemon juice. Mix it well and drink it.
After this, sleep or at least lie down on the right side and rest. Do not engage in physical activity.
To avoid nausea and vomiting suck grapefruit with salt or chew mint leaves.
The next morning, you will pass a loose stool.
Check the stool for toxins, worms, and green coloured gallstones.

