

Muscle Pains and Cramps

What are Muscle Pains and Cramps?

Almost everybody suffers with muscles pains and cramps, but these usually resolve within a few days. However, sometimes they can last for much longer. Muscle pain (myalgia) ranges from mild to severe, and can affect any part of the body, especially the legs, back, arms and neck.

Signs and Symptoms

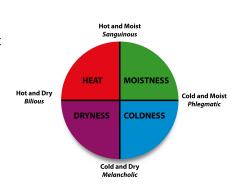
Sudden muscle cramp, especially of the legs during sleep; muscle pain or soreness, especially after exercise; and a muscle strain which may last several days.

What Causes Muscle Pains and Cramps

The most common causes of muscle pain are tension, stress, overuse, and minor injuries. Muscle cramps may occur because of disharmony in the skeletal muscles, often due to deficiency of mineral like calcium. People taking the conventional drugs statins to reduce high cholesterol often complain about muscle pain. Lactic acid build-up from over-exercising can also result in muscle pain.

The Tibb View of Muscle Pains and Cramps

According to Tibb, muscle pain and cramp is associated with qualities of dryness with cold. Chronic muscle pain may result when the person's skeletal muscle is overused. This overuse increases the quality of heat, which over time increases dryness and eventually cold. Insufficient heat due to decreased blood supply to the muscles can result in chronic inflammation of the muscles. When blood flow to the skeletal muscle is impaired, pain usually results. Although all temperamental types can be affected with muscle pain and cramps, people with a melancholic dominant/sub-dominant temperament are more at risk due to their innate qualities of coldness and dryness.



Management of Auscle Pain and Cramps

Management is aimed at **reducing the excess dryness with cold** qualities associated with muscle pain and cramp, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness.** This assists Physis in addressing both the symptoms and the causes of muscle pains and cramps.

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.
- Drink lukewarm water, which often helps to relieve symptoms, especially pain and soreness.
- Consume plenty of fruit and vegetables to increase moistness.
- Avoid dehydrating drinks (such as coffee, tea and alcoholic drinks), and sugar-rich fizzy drinks.

Other Lifestyle Advice

- **Breathing:** Early morning breathing exercises will help relax the affected muscles.
- Exercise: Rest the affected limb horizontally to allow inner healing to take place. Carry out gentle stretching exercises of the affected limb when warmed up. Do not return to physical activity until cramps have gone.
- **Resting:** Cut down physical activity by resting the muscles of the affected limbs horizontally.
- Meditation: Short meditation session will help deal with lasting symptoms, especially pain
- Elimination: Boost regular bowel movements by eating high-fibre grains (e.g. brown rice, whole-wheat, oats)
- **General:** Keep warm generally, using heating pads if necessary, especially at night.

Herbal Remedies

- **Herbal** Add ¼ ½ teaspoon of turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink this twice daily.
- **Detox** Add Epsom salts to bathwater to help remove toxins and soothe inflamed muscles.

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

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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			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						