

Osteoarthritis

What is Osteoarthritis?

Osteoarthritis is inflammation of one or more joints, usually as a result of wear and tear.

Signs & Symptoms

Joint pain; joint swelling; joint stiffness, especially in the early morning; grating sensation in the joint on movement.

Complications

Joint pain and stiffness may become severe enough to make daily tasks difficult. Some people are no longer able to work as a result of the pain and stiffness. In some cases, joints may become twisted and deformed.

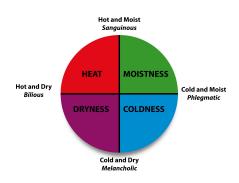
What Causes Osteoarthritis?

Osteoarthritis results from the natural deterioration of body joints, usually starting in the late 40's, due to general wear-and-tear. The cushions (cartilages) between the joints' bones begin to break up, so bone-on-bone contact develops. Osteoarthritis is aggravated by being overweight, excessive weight carrying, and some hormonal changes. Osteoarthritis can start earlier in athletes and in people performing high-impact exercises over the long term.

The Tibb View of Osteoarthritis

According to Tibb, osteoarthritis is associated with qualities of **coldness with dryness**, as it is generally worse during the colder seasons or colder times of the day.

Arthritic stiffness often worsens during periods of inactivity which exert a cooling effect on the body. With increased age, or overuse, the excessive heat created in the joint space due to movement can result in dryness. Increasing age also results in a slowing down of the body's metabolism, causing less blood to flow to the peripheral areas of the body. Blood brings about a balance of heat and moistness to the joints.



Individuals with a melancholic dominant/sub-dominant temperament are more predisposed to developing osteoarthritis. However, due to an improper diet and lifestyle, any temperament may develop arthritis. People with a bilious temperament may develop osteoarthritis due to over-use, as these individuals are highly competitive and often unaware of, or ignore, their limits. Those with a sanguinous temperament, who are prone to over-eating and sedentary lifestyles, may also develop arthritis due to a build-up of metabolic wastes.

Management of Osteoarthritis

Management is aimed at **reducing the excess coldness with dryness**, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of osteoarthritis.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** such as dates, olive oil honey, turmeric and brown bread, **followed by Hot & Dry foods** like celery, red pepper, garlic and oily fish.
- Eat less of Cold & Moist foods such as rice, watermelon, cucumber and broccoli, and the least amount of Cold & Dry foods - like beans, beef, citrus fruit and yogurt.
- Increase body moisture by eating plenty of fruit and vegetables.
- Drink two to three litres lukewarm water a day.
- 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 joint-supporting muscles
- Exercise: Light to moderate aerobic or stretching exercises, such as a daily walk in the mornings and evenings. Cut down on strenuous exercise, as this damages the joint cartilage
- Sleep: Try for good quality sleep as this supports Physis. Listen to your body, and take adequate rest.
- Meditation: A Short meditation session will help deal with symptoms, especially pain
- **Elimination:** Boost regular bowel movements by eating high-fibre grains, such as brown rice, whole-wheat and oats.
- Massaging the affected joints also helps to increase the heat in that area, and so bring about increased blood circulation.

Herbal Remedies

- Herbal: Infuse a few slices of fresh ginger root in a cup of boiling water. Allow it to stand with the top covered for 30 minutes before drinking.
- **Detox:** Add Epsom salts to bathwater to help remove toxins and soothe inflamed joints.

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						