

Urinary Tract Infection (UTI)

What is a UTI?

A UTI is an infection in any part of the urinary system: kidneys, the ureters, bladder and urethra. Most infections involve the lower part of the urinary tract; that is, the bladder and the urethra.

Types of UTI's and Signs & Symptoms:

Each type of UTI shows specific signs and symptoms, depending on which part of the urinary tract is infected.

Kidneys (acute pyelonephritis)

Pain in the upper back and side; high fever; tremor and chills; nausea and vomiting.

Bladder (cystitis)

Lower abdomen discomfort; pelvic pressure; frequent, painful urination; blood in urine.

Urethra (urethritis)

Urination with burning sensation.

Complications

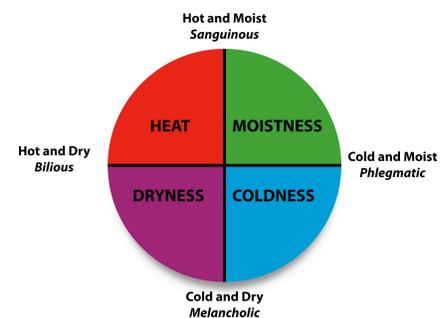
Recurrent infections; permanent kidney damage; pregnant women may deliver low birth weight babies.

What Causes UTI's?

The usual cause of a UTI is infection from bacteria migrating from outside into the urethra, which then begin to multiply in the bladder. Most UTIs mainly affect the bladder and urethra of women, due to having a shorter urethra, which allows easier access.

The Tibb View of UTI's

Bladder infections are associated with qualities of **moistness with heat** as they more commonly result in women, who are innately more moist than men. The pubic area also has qualities of moistness with heat and when these qualities are out of balance it provides an ideal environment for bacteria to grow. Women with a dominant or sub-dominant sanguinous temperament are more susceptible to developing UTIs due to their innate dominance of heat and moistness.



Treatment and Management of UTI

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - like beef, fish, cauliflower and mushrooms, **followed by Hot & Dry Foods** - such as bittergourd, avocado, chickpeas and garlic.
- Eat **less of Cold & Moist foods** - such as carrots, pumpkin, rice and butternut, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Avoid coffee, tea, alcohol, smoking, tea and fizzy drinks, and additive-rich processed foods.
- Drink 200ml pure, fresh water every hour.

Other Lifestyle Factors

- **Exercise:** Swimming is recommended. Dry the intimate areas thoroughly afterwards, and dress in dry cotton underwear.
- **Detox:** Take a 20 minute hot Sitz bath with 20g alum powder or a cup of apple cider vinegar added. Women should sit with her knees up and apart so that the water can enter the vagina. You can alternate this with a bath made with two cloves of crushed garlic added.
- **Elimination:** Emptying the bladder regularly, at least every two to three hours during the day. Keep the genital and anal areas clean and dry. Women should wipe from front to back after urination or bowel movement.
- **Habits:** Urination should be carried before and after exercise and sexual intercourse, and appropriate cleansing carried out.
- **Hygiene:** White cotton, not artificial fibre, underwear is advised. Packaged douches, bubble baths, tampons, sanitary towels or toilet paper containing fragrance should be avoided, as they can be irritating and cause inflammation. Sanitary towels instead of tampons should be used if urinary tract infections occur frequently.

Medication

Herbal Remedies

- Cranberry juice. This prevents offending bacteria from sticking to the bladder wall.
- Alkaline drink. Add ¼tsp of baking soda to a glass of water, and drink once a day when symptoms appear.

Tibb Medication

Renotone tablets - This product possesses anti-microbial, anti-inflammatory and antispasmodic activity.

Septogard tablets or syrup - This product boosts the immune system to prevent and fight infection. Septogard is associated with qualities of **heat**. An increase of heat is needed to activate the immune response.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>