

Diarrhoea

What is diarrhoea?

Diarrhea is the condition of having three (3) or more loose or liquid bowel movements per day – may also be accompanied with gastro-enteritis. Diarrhoea is not a disease itself, but a symptom of several underlying diseases.

There are 3 types of diarrhoea

- Acute watery diarrhoea – lasts several hours or days
- Acute bloody diarrhoea – also called dysentery
- Persistent diarrhoea – lasts 14 days or longer

Signs and Symptoms

Frequent, loose and watery stools, often accompanied by vomiting, stomach cramps, thirst, abdominal pain; and moderate fever.

Complications

Dehydration; malnutrition; and death.

What Causes Diarrhoea?

Diarrhoea is caused when there is inflammation of the intestines which does not allow for the absorption of nutrients and liquid. Some of the causes include:

Infection: resulting from contaminated water, poor sanitation and improper hygiene.

Food intolerance: from milk and dairy products, over eating, and consuming too many different foods.

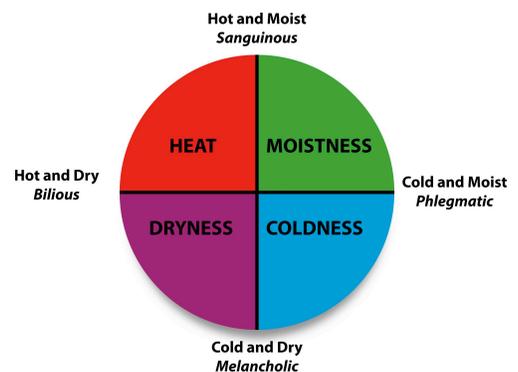
Medication: side effects from conventional medication.

From chronic illnesses: these include Irritable Bowel Syndrome, Inflammatory Bowel Disease including Crohn's disease and Ulcerative Colitis, chronic pancreatitis, celiac disease, colon cancers and certain tumours of the small intestines.

Incomplete digestion of food: eating meal upon meal can result in undigested food remaining in the gastrointestinal tract.

The Tibb View of Diarrhoea

According to Tibb, diarrhoea is a physis response to eliminate the contents of the colon from food that is undigested, spoilt or contaminated. Diarrhoea is in most cases associated with qualities of **excessive moistness** either **with coldness or heat** as the body eliminates toxic fluid. Excessive **moistness with coldness** results from too much cold & moist and hot & moist foods such as dairy products. This type of diarrhoea is common in children because of the innate quality of moistness. Diarrhoea with **qualities of moistness with heat** result from infections as well as from certain chronic diseases that increases heat, resulting in increased gastric motility. As there are numerous causes that can lead to diarrhoea, all temperamental types can be affected.



Treatment and Management of Diarrhoea

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

Tibb Lifestyle Factors

Diarrhoea Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** – such as avocado, chickpeas, cinnamon and cloves, **followed by Cold & Dry foods** - like yogurt, potatoes, and mealie meal.
- Eat **less of Hot & Moist foods** – such as bread, pasta, almonds, and spinach and the **least amount of Cold & Moist foods** - like milk, margarine, rice, and squash.
- Avoid high fibre foods, which may stress the digestive system. Also fried, junk and processed foods.

Diarrhoea Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** – such as yogurt, potatoes, and mealie meal **followed by Hot & Dry foods** - like avocado, chickpeas, cinnamon and cloves.
- Eat **less of Cold & Moist foods** – such as cumin, cardamom, rice, and squash and the **least amount of Hot & Moist foods** – like bread, pasta, almonds, and spinach.
- Drink 3 cups of rice water daily. To make rice water, boil ½ cup of brown rice in 3 cups of water for forty five minutes. Strain out the rice and drink the water.

Other Lifestyle Advice

- Avoid solid food for a few hours until you feel better;
- Avoid dehydration. Drink water or a rehydration drink regularly, or liquids such as clear broth, weak tea, and clear fruit juices. Avoid very hot or cold liquids;
- Do not exercise strenuously until free of symptoms.

Medication

Herbal Remedy for diarrhoea associated

- Mix cinnamon powder, cumin powder, ginger powder (1 part) and honey (3 parts) in hot water. Use 1tsp three times a day in adults and ½ tsp in children.
- If the diarrhoea does not have an offensive odour, or is the result of intake of antibiotics, then 1tbsp psyllium husk added to 5 tbsps Greek style yogurt and 2 tsp brown sugar. Mix thoroughly and eat. The yogurt will increase the probiotics in the digestive tract.

Tibb Medication

Gastrone tablets - Helps the digestive process, and possesses anti-spasmodic and anti-flatulent activity.

Bonnycare syrup – In children this assists and supports the digestive function, and aids in conditions such as constipation, diarrhoea and flatulence.

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/>