

# Depression

## What is depression?

Depression is a mood disorder which causes a constant feeling of sadness and a loss of interest in life. Depression affects the way one feels, think and behave and can make carrying out daily activities difficult.

## Signs and Symptoms

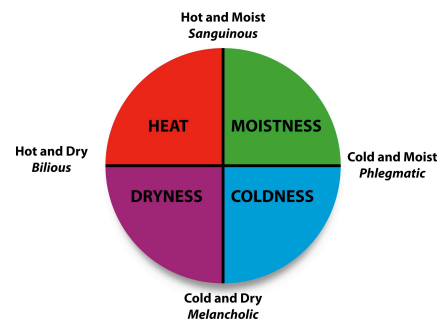
Feeling of constant sadness or unhappiness; loss of interest in daily activities; an inability to feel pleasure; sleeping too much (hypersomnia) or lack of sleep (insomnia); loss of appetite or excessive eating; slow thinking, speaking or body movements; loss of concentration and memory; frequent onset of physical symptoms, such as backache and headaches; and thoughts of death and suicide.

## Causes and Risk Factors

There are a number of possible factors that contributes towards the development of depression. Depression is more prevalent in women, linked probably to an imbalance of brain chemicals or hormones. Depression is considered an inherited or temperamental condition, as it is more common in people whose biological relatives also have it. Traumatic events such as death of a loved one, divorce or financial problems can trigger depression. Poor weather, especially in winter, can lead to a form of depression called Seasonal Affective Disorder.

## The Tibb View of Depression

According to Tibb, depression is associated with qualities of **coldness**, with either **moistness** or **dryness**. **Phlegmatic** depression includes feelings of general unexplained sadness, withdrawal from society, excessive sleep and eating, and is more prevalent in people with **phlegmatic** temperaments. Melancholy common to people with a **melancholic** temperament includes a loss of pleasure in almost all activities, insomnia and a loss of appetite. **Phlegmatic** depression increases qualities of **coldness with moistness** and can be detrimental to the brain and the digestive system, as it results in sluggishness and mental dullness. Melancholy is harmful to the brain and heart as it causes excessive coldness with dryness which increases the risk of strokes and heart attacks.



## Treatment and Management of Depression

Treatment and management is aimed at **reducing the excess coldness** either **associated with moistness** in the management of **phlegmatic** depression or **dryness** in the management of the **melancholic** form, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This will assist Physis in addressing both the symptoms and causes of depression.

## **Tibb Lifestyle Factors**

### **Phlegmatic Depression Associated with Qualities of Coldness with Moistness:**

#### ***Food and Drink***

- Eat **mostly Hot & Dry foods** - such as eggs, chicken, oily fish, garlic and mustard, **followed by Hot & Moist foods** - like ginger, black pepper, turmeric, lamb and dates.
- Eat **less of Cold & Dry foods** - such as yogurt, citrus fruit, and beans, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and watermelon.
- Eat complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid sugar and foods and drinks that contain high amounts of sugars like cool drinks, cakes and chocolates etc. These foods cause quick mood highs but results in feeling sluggish and depressed thereafter.

#### ***Other Lifestyle Factors***

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind-body exercise such as meditation to counter stressful situations.

## **Medication**

### ***Herbal Remedies***

- Add a pinch of saffron to meals daily.

## **Tibb Medication**

**Stress Away tablets or syrup** - This assists in the management of mood disorders like depression and anxiety. Stress-away is associated with qualities of **moistness with heat** which is needed to promote the proper functioning of the brain.

**Completone tablets** - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness with moistness.

### **Melancholy Associated with Qualities of Coldness with Dryness:**

#### ***Food and Drink***

- Eat **mostly Hot & Moist foods** - such as ginger, black pepper, turmeric, lamb and dates, **followed by Hot & Dry foods** - like eggs, chicken, oily fish, garlic and mustard.
- Eat **less of Cold & Moist foods** - such as milk, cucumber, rice and watermelon, and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, and beans.
- Eat of complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid refined sugar, and foods and drinks that contain high amounts of sugar like cold drinks, cakes and chocolates. These foods cause quick highs but leave you feeling down, sluggish and depressed thereafter.

#### ***Other Lifestyle Factors***

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind body exercise such as meditation to counter stressful situations.

## **Medication**

### ***Herbal Remedies***

- Take 1 tsp of cashew nut powder (crushed cashew nuts) in 1 glass of milk daily.

## **Tibb Medication**

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**Completone tablets** - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness with moistness.

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](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/>