

Nausea and Vomiting

What is Nausea and Vomiting?

Nausea is a sensation of discomfort in the upper abdomen, accompanied by an urge to vomit.

Vomiting describes the forceful expulsion of the contents of the stomach via the mouth or sometimes the nose. Nausea and vomiting are involuntary actions which protect the person from noxious substances when taken by mouth. They are caused by numerous factors, such as unsuitable food, toxins and certain illnesses.

Signs and Symptoms

Faintness; physical weakness; vertigo; headache; profuse sweating; indigestion; retching; difficulty keeping food down; dehydration is a major concern with vomiting excessively.

Complications

Recurrent and persistent vomiting may result in: dehydration, electrolyte disturbances, inflammation of the oesophagus (oesophagitis) or stomach (gastritis).

What Causes Nausea and Vomiting?

Nausea and vomiting are important mechanisms which serve to protect the person's body. Their action helps to remove ingested toxins quickly before damage ensues. Risk factors include:

Emotional factors, such as anxiety, stress and irritability.

Environmental factors, such as irregular body motions, cooking smells, and cigarette smoke.

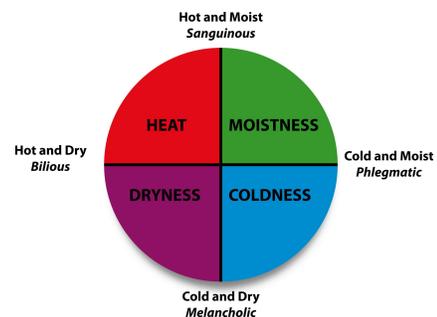
Chemicals, drugs and toxins, such as anti-cancer drugs (chemotherapy), excess alcohol intake, unpleasant odours, and toxins in food.

Clinical disorders, such as anorexia, bulimia, onset of a heart attack, and several gastro-intestinal disorders.

Food, such as excessive intake of cold and moist food, and undigested food.

The Tibb View of Nausea and Vomiting

According to Tibb, there are two distinct causes of nausea and vomiting. One is related to excessive or undigested food. This type of nausea and vomiting is associated with qualities of **moistness with cold**. The other is linked to excessive production of bile due to stress and excessive heat which is associated with qualities of **heat with dryness**. As there are numerous causes all temperamental types can be affected.



Treatment and Management of nausea and vomiting

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

Tibb Lifestyle Factors

Nausea and Vomiting Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit.
- Eat **less of Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.

Nausea and Vomiting Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.

Other Lifestyle Factors for Vomiting associated with both Moistness with Cold and Heat with Dryness

- Avoid high-fibre, fried, junk and processed foods, as these may stress the digestive system.
- If infection is the source of nausea and vomiting, follow the BRAT diet for the duration of vomiting (Banana, Rice, Apple sauce and Toast)
- Once the nausea and vomiting subsides follow a high- fibre diet, containing grains and vegetables.
- Confront and resolve any persistent worries or anxieties with Tibb Deep Breathing exercises or Tibb meditation
- Drink clear fruit juices, water and black tea
- Eat small, frequent meals as this is better tolerated

Medication

Herbal Remedies

- Replace body fluid lost from repeated vomiting by increasing fluid intake. Make a rehydration solution using five cups of boiled water with eight tsp of sugar and one teaspoon of salt (or ½ teaspoon of salt for children).
- Drink a glass of warm, flat coke several times a day.
- Add 10 grams each of tamarind and prunes to a glass of water. Soak for 60 min, strain, add salt to taste. Drink the water daily.
- Mint leaves (one cupful) soaked in boiling water for several minutes. Drink when cooled down.

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/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix