

Sore Throat and Tonsillitis

What is a Sore Throat?

A sore throat (pharyngitis) is characterized by pain, scratchiness and irritation of the throat due to inflammation. It is worse when swallowing.

What is Tonsillitis?

Tonsillitis is inflammation of the tonsils, which are located on either side of the back of the throat. In most cases it is due to a bacterial or viral infection.

Signs and Symptoms

Sore throat; difficulty or painful swallowing; swollen neck glands; fever; swollen, red tonsils; white patches on the surface.

Complications

Recurrent tonsillitis may lead to chronic tonsillitis. This can cause breathing difficulties, sleep apnea, and abscesses on the tonsils...

What Causes Sore Throats and Tonsillitis?

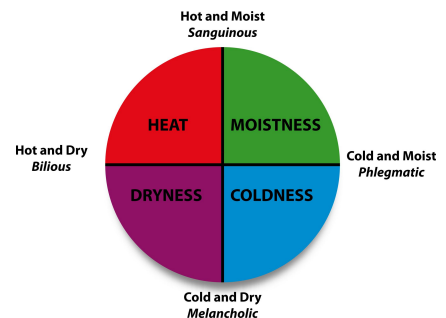
Sore throat is most commonly caused by the same viruses that bring on the common cold and flu. Less commonly it is caused by bacteria. Other causes include allergies; dry weather or dry climate; tobacco smoke or other chemical irritants; muscle strain which results from screaming or shouting. Acid reflux (GORD) from the stomach can result in a sore and scratchy throat.

Tonsillitis is most often brought on by respiratory viruses, but sometimes bacterial infections are the cause. The tonsils are the immune system's first line of defense against bacteria and viruses that enter the mouth. This function makes the tonsils particularly vulnerable to infection and inflammation.

The Tibb View on Sore Throat and Tonsillitis

According to Tibb, sore throat and tonsillitis are linked to **qualities of moistness either with heat or with coldness**.

Due to the affected person's weakened immune system, Physis is unable to prevent an infection by the viruses or bacteria, but actively fights it in order to restore good health. People with phlegmatic or sanguinous temperaments are most at risk of developing sore throats and tonsillitis. Children are particularly vulnerable for developing tonsillitis, due to their innate moistness.



Treatment and Management of sore throat and tonsillitis

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

Tibb Lifestyle Factors

Sore Throat and Tonsillitis Associated with Qualities of Moistness with Coldness:

Food and Drink

- Eat **mostly Hot and Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold and Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot and Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold and Moist foods** - like squash, butter, cucumber and pears.

Sore Throat and Tonsillitis Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold and Dry foods** - like beef, potato, and yogurt, **followed by Hot and Dry foods** - such as chicken, avocado, bittergourd and chickpeas.
- Eat **less of Cold and Moist foods** - like squash, butter, cucumber and pears, and the **least amount of Hot and Moist foods** - such as bread, pasta, sugar and bananas.

Dietary Advice for Sore Throat and Tonsillitis linked to both Moistness with Coldness and Moistness with Heat

- Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods.
- Steamed vegetables and proteins should be preferred as a diet.
- Avoid cold water and cold foods like dairy products;
- Drink at least two litres of pure warm water a day.

Other Lifestyle Factors

- Gargle frequently with warm salty water. Dissolve ½ tsp of salt in one cup of warm water, and gargle with it three times daily to help reduce swelling, relieve pain and remove mucus.
- Apply a hot compress to the throat area.
- Use a humidifier at home. Moist air stimulates blood flow to the mucous membranes, promoting healing.
- Take advantage of the sore throat to give up smoking.

Medication

Herbal Remedies

- For relief of pain inhale essential oils of bergamot, lavender, tea tree, thyme, benzoin and lemon.
- Take two grams each of chamomile, Echinacea and golden seal. Boil in 1 ½ cups of water until 1 cup remains. Strain and add 1tsp of honey. Drink warm three to four times a day.
- Apply a paste of honey and turmeric powder to the tonsils if possible. Repeat four to five times a day.
- Gargle with 1tsp Himalayan salt in a glass of warm water.

Tibb Medication

Septogard tablets/syrup or lozenges - This product boosts the immune system to prevent and fight infection.

Tibb throat and Cough lozenges - These soothe a dry, painful throat and relieve irritation.

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