

Backache

What is backache?

Back pain is a common problem that affects most people at some point in their life. Backache describes pain experienced in the lower back or lumbar region that can feel like an ache, tension or stiffness. Pain in the lower back is referred to as lumbago. The pain can be acute, occurring suddenly and of severe intensity, or chronic (lasts for more than 3 months).

Signs and Symptoms

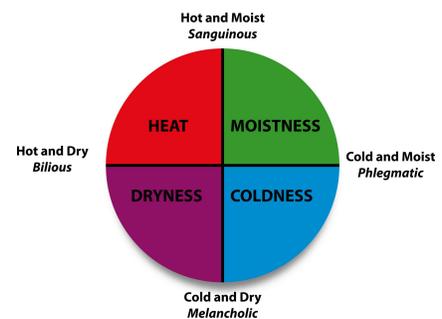
Muscle pain in the lower back, which can radiate into the backside and back of the legs; shooting or stabbing pain; muscle tension in the lower back, resulting in the feeling of stiffness; limited flexibility and range of motion of the back especially when leaning forward and bending back; pain is worse on movement; severe backache may cause the back to tilt to one side, causing a limp or a change in posture.

Causes and Risk Factors

There are multiple causes of backache including: muscle or ligament strain which results from incorrect lifting of heavy objects; from arthritis which causes the joint spaces to narrow; from osteoporosis, which results in brittle and porous bones; and also direct exposure to cold. Historically, people wore vests to keep the back warm and dry. In today's times the lower back area is very often exposed. When we perspire, the evaporation of the sweat brings about coldness which reduces the blood flow to the lower back, so leading to backache.

The Tibb View of Backache

According to Tibb, backache is associated with qualities of **coldness with dryness**. The reduced heat and decreased blood supply can lead to chronic inflammation and chronic backache. Although persons with a melancholic dominant/sub-dominant temperament are predisposed to backache, other temperamental types are also at risk from lack of exercise and being overweight.



Treatment and Management of backache

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** – such as banana, mutton, ginger, olive oil, turmeric, and honey, **followed by Hot & Dry foods** – like egg, garlic, chicken and mustard.
- Eat **less of Cold & Moist foods** - such as rice, broccoli, milk and cucumber and the **least amount of Cold & Dry food** - like citrus fruit, yogurt and beef should be eaten.
- Drink lukewarm water until symptoms subside. Consume plenty of fruit and vegetables.
- Avoid red meat. It is acidic, so contributes towards pain and inflammation.
- Avoid dehydrating drinks (coffee, tea, alcoholic drinks), and sugar-rich fizzy drinks.
- Follow a detox programme, consisting only of vegetables and fruit, herbal teas and water.

Other Lifestyle Factors

- Practice light exercise, like walking daily. However, if this aggravates the pain, stop walking until there is better resolution of the symptoms.
- Exercises to strengthen the core back muscles are advised. Pilates should be considered to strengthen abdominal and muscles.
- Apply a heat pack over the affected area.
- Keep the area warm by wearing a vest or other appropriate clothing which covers the lower back area.
- At night, sleep with a pillow between your knees.
- Avoid lifting heavy objects. When the condition resolves practice proper bending and lifting techniques. Bend with the knees keeping the object as close to the body as possible before lifting.

Medication

Home remedies

- Add ¼ - ½ tsp turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink twice daily.
- **Detox** - Add Epsom salts to bathwater to soothe inflamed muscles.

Tibb Medication

Rumaflam tablets and ointment – Have pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat** which combats the coldness associated with joint, muscle and bone disease.

Blackseed rub - Contains blackseed and other heating oils that will provide relief for aching muscles.

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