

# Bronchitis

## What is bronchitis?

Bronchitis is inflammation of the lining of the bronchial tubes or airways, which carry air to and from the lungs. Bronchitis may be either acute or chronic.

## Signs and Symptoms

Painful coughing and wheezing; throat and chest pains; feeling feverish and generally unwell; poor concentration; excessive production of thick, sticky and/or pus-containing sputum; difficulty in breathing or breathlessness which interferes with daily activities.

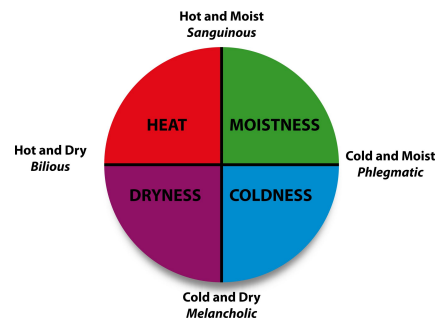
Although a single episode of bronchitis usually isn't cause for concern, it can lead to pneumonia in some people.

## What Causes Bronchitis?

Inflammation due to infection or irritation of the airways is the underlying cause. Risk factors include: cigarette smoking which dries and irritates the airways; exposure to air pollution, such as dust; and sudden changes in temperature such as moving from a hot environment to a cold one.

## The Tibb View on Bronchitis

According to Tibb, bronchitis is associated with qualities of **dryness**, either with **heat** or **coldness**. This results in painful inflammation and constriction of the airways. Individuals with a bilious/melancholic temperamental combination are more susceptible to developing bronchitis, due to their dominance of **dryness**.



## Treatment and Management of Bronchitis

Treatment and management is aimed at **reducing the excess dryness** associated with bronchitis, by implementing Tibb Lifestyle Factors that will **increase the qualities of moistness**. Treatment and management for bronchitis includes getting adequate rest, breathing in moist air and keeping hydrated. This assists Physis in addressing both the symptoms and the causes of bronchitis.

## Tibb Lifestyle Factors

### Food and Drink

- Eat **mostly Hot & Moist foods** – such as sweet potato, ginger, turmeric and brown bread **followed by Cold & Moist foods** – like carrots, cucumber, rice and pumpkin.
- Eat **less of Hot & Dry foods** – such as egg, garlic, chili and onion and the **least amount of Cold & Dry foods** – like beef, tomato, cabbage, and peanuts,
- Drink plenty of water either warm or at room temperature, or decaffeinated tea if preferred.

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

- Get plenty of bed rest, preferably with a humidifier in the room.
- For those who smoke, now is a good time to stop.
- Steam inhalation which are warm and moist, helps to cough up obstinate mucus.
- Do light exercises like stretching if fever is absent. Avoid exercising if fever present.
- Avoid inhaling passive smoking in social environments.

### **Medication**

#### ***Herbal Remedies***

- Use a vapour rub containing **camphor, eucalyptus, menthol, nutmeg oil, or turpentine oil**. Apply frequently during the day, and especially before sleep.

#### **Tibb Medication**

**Chest-eeze syrup** - This palatable product improves your breathing by thinning excess mucus, so helping to bring it up. It also reduces fever if present, and widens the breathing passages. It also helps dampen down coughing.

**Kofcare syrup** - This cough syrup reduces cough and mucus production, and soothes inflammation of the breathing passages.

**Septogard tablets or syrup** - Boosts the immune system to prevent and fight infection.

**Blackseed rub** - Contains several heating oils that ease breathing difficulties and relieve a tight chest.

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

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

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	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,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

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

## HOT & MOIST FOODS

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