

# Coughing

## What is the reason for coughing?

Coughing protects the airways from irritants which can cause inflammation. However, too much coughing can damage the breathing passages, and make sleep and daily activities difficult.

## Types of Coughing

There are two main types of coughing:

- **Wet coughs**, which usually occur with colds or respiratory infections.
- **Dry coughs**, which are usually due to chemical irritants, pollutants, fumes or dust.

## What Causes Coughing?

Coughing is the body's way of removing foreign material or excess mucus from the lungs and upper airway passages. This occurs due to sudden exposure to a cold environment resulting in irritation and inflammation of the airways, or of reacting to an irritated airway.

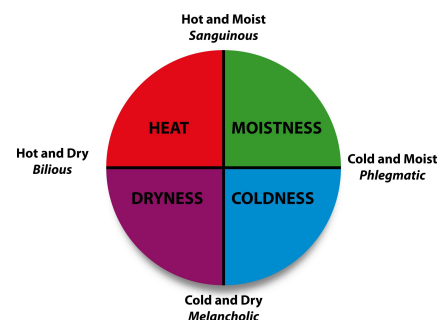
Excessive intake of cold foods and drinks (like refrigerated milk and beverages) can trigger coughing. Risk factors for coughing include: irritants in the breathing passages; air pollutants like smoke from cigarette and wood-burning stoves; lung infection due to microbes. Diseases like tuberculosis and cold typically produce coughing.

Several breathing disorders result in coughing, such as asthma, bronchitis, and post-nasal drip. Other disorders like anxiety, heartburn, ear problems and early heart failure feature coughing as a symptom.

Certain conventional drugs, like ACE inhibitors for hypertension often have coughing as a side effect.

## The Tibb View on Coughing

According to Tibb, wet coughing is associated with qualities of **coldness with moistness** as phlegm is present. On the other hand, dry coughing is associated with qualities of **coldness with dryness**, where phlegm is notably absent. People with a **phlegmatic** dominant/sub-dominant temperament are more likely to develop a wet cough, whereas those with a **melancholic** dominant/sub-dominant temperament are more likely to develop a dry cough.



## Treatment and Management of Coughs

Treatment and management is aimed at **reducing the excess coldness** either associated with **moistness** in the management of a **wet cough** or **dryness** in the management of a **dry cough**, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This assists Physis in addressing both the symptoms and causes of coughing.

## Tibb Lifestyle Factors

### Coughing Associated with Qualities of Coldness with Moistness (Wet Cough):

#### *Food and Drink*

- Eat **mostly Hot & Dry foods** - such as eggs, chicken, garlic and mustard, **followed by Hot & Moist foods** like ginger, black pepper, turmeric and honey.
- Eat **less Cold & Dry foods** - such as yogurt, citrus fruit and mealie meal, and the **least amount of Cold & Moist foods** - like rice, milk, cucumber, and watermelon.
- Drink lots of water. Try for at least 8 glasses of warm water daily, to replace fluid lost from coughing.

### Coughing Associated with Qualities of Coldness with Dryness (Dry Cough):

#### *Food and Drink*

- Eat **mostly Hot & Moist foods** – such as ginger, black pepper, lamb, and spinach, **followed by Hot & Dry foods** – like egg, chicken, garlic, and turmeric.
- Eat **less of Cold & Moist foods** – such as rice, milk, butter, and watermelon, and the **least amount of Cold & Dry foods** – like beef, yogurt, cabbage, and beans.
- Hot beverages, like tea with honey, and broths work well to soothe the throat affected by a dry cough.

#### *Other lifestyle factors*

- Pour hot water into a basin or bowl. You may add blackseed winter oil or any other ointment that contains menthol or eucalyptus. Throw a towel over your head and inhale the vapour. (Take caution when doing this).
- Take slow and deep breaths in and out through the nose for five minutes, several times daily.

## Medication

### *Herbal Remedies*

- Steep several slices of fresh **ginger** root in boiling water, add honey to taste.
- **Echinacea** (10 to 12 drops tincture, four times daily) can lessen the severity of a troublesome cough.
- Consuming **raw garlic** can help improve a cough.

## Tibb Medication

**Kofcare syrup** - This syrup reduces cough and soothes irritation and inflammation associated with dry coughs as it contains honey. Kofcare is associated with qualities of **heat with moistness** and aims to balance qualities of coldness with dryness which is linked to dry coughing.

**Chest-eeze syrup** - This dampens down coughing, and improves breathing by thinning excess mucus. Chest-eeze increase **heat** which decreases the viscosity of phlegm and dilates the airways.

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