

Depression

What is depression?

Depression is a mood disorder which causes a constant feeling of sadness and a loss of interest in life. Depression affects the way one feels, think and behave and can make carrying out daily activities difficult.

Signs and Symptoms

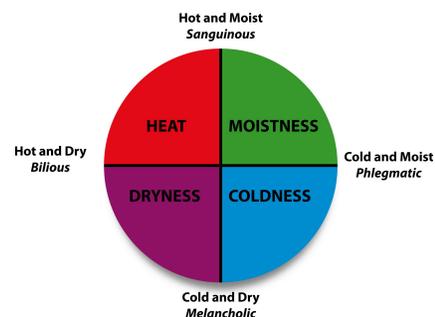
Feeling of constant sadness or unhappiness; loss of interest in daily activities; an inability to feel pleasure; sleeping too much (hypersomnia) or lack of sleep (insomnia); loss of appetite or excessive eating; slow thinking, speaking or body movements; loss of concentration and memory; frequent onset of physical symptoms, such as backache and headaches; and thoughts of death and suicide.

Causes and Risk Factors

There are a number of possible factors that contributes towards the development of depression. Depression is more prevalent in women, linked probably to an imbalance of brain chemicals or hormones. Depression is considered an inherited or temperamental condition, as it is more common in people whose biological relatives also have it. Traumatic events such as death of a loved one, divorce or financial problems can trigger depression. Poor weather, especially in winter, can lead to a form of depression called Seasonal Affective Disorder.

The Tibb View of Depression

According to Tibb, depression is associated with qualities of **coldness**, with either **moistness** or **dryness**. **Phlegmatic** depression includes feelings of general unexplained sadness, withdrawal from society, excessive sleep and eating, and is more prevalent in people with **phlegmatic** temperaments. Melancholy common to people with a **melancholic** temperament includes a loss of pleasure in almost all activities, insomnia and a loss of appetite. **Phlegmatic** depression increases qualities of **coldness with moistness** and can be detrimental to the brain and the digestive system, as it results in sluggishness and mental dullness. Melancholy is harmful to the brain and heart as it causes excessive coldness with dryness which increases the risk of strokes and heart attacks.



Treatment and Management of Depression

Treatment and management is aimed at **reducing the excess coldness** either **associated with moistness** in the management of **phlegmatic** depression or **dryness** in the management of the **melancholic** form, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness** or **heat and moistness** respectively. This will assist Physis in addressing both the symptoms and causes of depression.

Tibb Lifestyle Factors

Phlegmatic Depression Associated with Qualities of Coldness with Moistness:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as eggs, chicken, oily fish, garlic and mustard, **followed by Hot & Moist foods** - like ginger, black pepper, turmeric, lamb and dates.
- Eat **less of Cold & Dry foods** - such as yogurt, citrus fruit, and beans, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and watermelon.
- Eat complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid sugar and foods and drinks that contain high amounts of sugars like cool drinks, cakes and chocolates etc. These foods cause quick mood highs but results in feeling sluggish and depressed thereafter.

Other Lifestyle Factors

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind-body exercise such as meditation to counter stressful situations.

Medication

Herbal Remedies

- Add a pinch of saffron to meals daily.

Tibb Medication

Stress Away tablets or syrup - This assists in the management of mood disorders like depression and anxiety. Stress-away is associated with qualities of **moistness with heat** which is needed to promote the proper functioning of the brain.

Completone tablets - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness with moistness.

Melancholy Associated with Qualities of Coldness with Dryness:

Food and Drink

- Eat **mostly Hot & Moist foods** - such as ginger, black pepper, turmeric, lamb and dates, **followed by Hot & Dry foods** - like eggs, chicken, oily fish, garlic and mustard.
- Eat **less of Cold & Moist foods** - such as milk, cucumber, rice and watermelon, and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, and beans.
- Eat of complex carbohydrates. This helps stimulate serotonin, a mood enhancer.
- Avoid refined sugar, and foods and drinks that contain high amounts of sugar like cold drinks, cakes and chocolates. These foods cause quick highs but leave you feeling down, sluggish and depressed thereafter.

Other Lifestyle Factors

- Exercise regularly by partaking in exercises like walking, swimming or any other exercise that you might enjoy.
- Practice mind body exercise such as meditation to counter stressful situations.

Medication

Herbal Remedies

- Take 1 tsp of cashew nut powder (crushed cashew nuts) in 1 glass of milk daily.

Tibb Medication

Stress Away tablets or syrup - This assists in the management of mood disorders like depression and anxiety. Stress-away is associated with qualities of **moistness with heat** which is needed to promote the proper functioning of the brain.

Completone tablets - This assists in the management of mental and physical exhaustion. Completone is associated with **heat** which is needed to improve general vitality and overcome depression with associated qualities of coldness with moistness.

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