

Diarrhoea

What is diarrhoea?

Diarrhea is the condition of having three (3) or more loose or liquid bowel movements per day – may also be accompanied with gastro-enteritis. Diarrhoea is not a disease itself, but a symptom of several underlying diseases.

There are 3 types of diarrhoea

- Acute watery diarrhoea – lasts several hours or days
- Acute bloody diarrhoea – also called dysentery
- Persistent diarrhoea – lasts 14 days or longer

Signs and Symptoms

Frequent, loose and watery stools, often accompanied by vomiting, stomach cramps, thirst, abdominal pain; and moderate fever.

Complications

Dehydration; malnutrition; and death.

What Causes Diarrhoea?

Diarrhoea is caused when there is inflammation of the intestines which does not allow for the absorption of nutrients and liquid. Some of the causes include:

Infection: resulting from contaminated water, poor sanitation and improper hygiene.

Food intolerance: from milk and dairy products, over eating, and consuming too many different foods.

Medication: side effects from conventional medication.

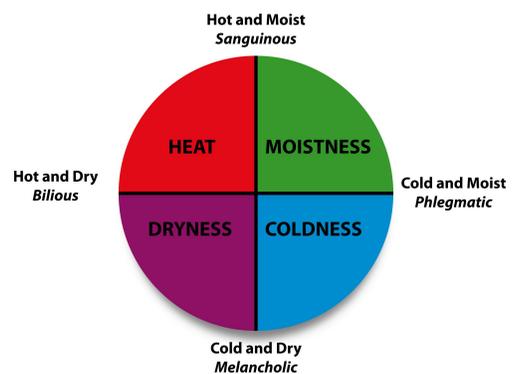
From chronic illnesses: these include Irritable Bowel Syndrome, Inflammatory Bowel Disease including Crohn's disease and Ulcerative Colitis, chronic pancreatitis, celiac disease, colon cancers and certain tumours of the small intestines.

Incomplete digestion of food: eating meal upon meal can result in undigested food remaining in the gastrointestinal tract.

The Tibb View of Diarrhoea

According to Tibb, diarrhoea is a physis response to eliminate the contents of the colon from food that is undigested, spoilt or contaminated. Diarrhoea is in most cases associated with qualities of **excessive moistness** either **with coldness or heat** as the body eliminates toxic fluid. Excessive **moistness with coldness** results from too much cold & moist and hot & moist foods such as dairy products. This type of diarrhoea is common in children because of the innate quality of moistness.

Diarrhoea with **qualities of moistness with heat** result from infections as well as from certain chronic diseases that increases heat, resulting in increased gastric motility. As there are numerous causes that can lead to diarrhoea, all temperamental types can be affected.



Treatment and Management of Diarrhoea

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

Tibb Lifestyle Factors

Diarrhoea Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** – such as avocado, chickpeas, cinnamon and cloves, **followed by Cold & Dry foods** - like yogurt, potatoes, and mealie meal.
- Eat **less of Hot & Moist foods** – such as bread, pasta, almonds, and spinach and the **least amount of Cold & Moist foods** - like milk, margarine, rice, and squash.
- Avoid high fibre foods, which may stress the digestive system. Also fried, junk and processed foods.

Diarrhoea Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** – such as yogurt, potatoes, and mealie meal **followed by Hot & Dry foods** - like avocado, chickpeas, cinnamon and cloves.
- Eat **less of Cold & Moist foods** – such as cumin, cardamom, rice, and squash and the **least amount of Hot & Moist foods** – like bread, pasta, almonds, and spinach.
- Drink 3 cups of rice water daily. To make rice water, boil ½ cup of brown rice in 3 cups of water for forty five minutes. Strain out the rice and drink the water.

Other Lifestyle Advice

- Avoid solid food for a few hours until you feel better;
- Avoid dehydration. Drink water or a rehydration drink regularly, or liquids such as clear broth, weak tea, and clear fruit juices. Avoid very hot or cold liquids;
- Do not exercise strenuously until free of symptoms.

Medication

Herbal Remedy for diarrhoea associated

- Mix cinnamon powder, cumin powder, ginger powder (1 part) and honey (3 parts) in hot water. Use 1 tsp three times a day in adults and ½ tsp in children.
- If the diarrhoea does not have an offensive odour, or is the result of intake of antibiotics, then 1tbsp psyllium husk added to 5 tbsp Greek style yogurt and 2 tsp brown sugar. Mix thoroughly and eat. The yogurt will increase the probiotics in the digestive tract.

Tibb Medication

Gastrone tablets - Helps the digestive process, and possesses anti-spasmodic and anti-flatulent activity.

Bonnycare syrup – In children this assists and supports the digestive function, and aids in conditions such as constipation, diarrhoea and flatulence.

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