

# Headaches

## The Tibb View of Headaches

According to Tibb, headaches are a sign of an underlying imbalance in the body. There are four main types of headaches linked to the four different temperaments - Bilious Headache, Sanguinous headache, Phlegmatic headache and Melancholic headaches. Each of these headaches result from qualitative imbalances that present with specific signs and symptoms.

## Bilious Headache/Migraine

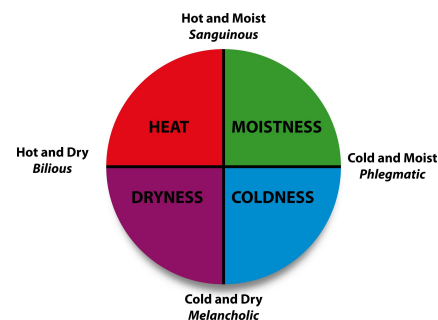
This headache starts from the left half of the cranium and left eye spreading throughout the head. This headache normally starts at sunrise and gradually increases in intensity by midday. The headache is accompanied by nausea and sometimes vomiting. There is also intolerance to noise and light. In the later part of the afternoon, some relief from the intensity of pain may be experienced.

## What Causes Bilious Headaches?

There are many factors that can contribute towards the development of a bilious headache. This includes: a hot environment or hot weather; inadequate sleep; excessive wakefulness; excessive intake of hot and spicy foods; and emotions such as stress, anger and irritability.

## The Tibb View of Bilious Headaches

Bilious headaches are due to **excess qualities of heat with dryness**. People with a dominant/sub-dominant bilious temperament are most likely to suffer with chronic bilious headaches/migraines due to their innate qualities of heat and dryness.



## Treatment and Management of bilious headache

Treatment and management is aimed at **reducing the excess heat with dryness** associated with bilious headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of bilious headaches.

## Tibb Lifestyle Factors

### Food and Drink

- Eat **mostly Cold and Moist foods** - such as carrots, cucumber, lettuce, watermelon and rice, **followed by Cold and Dry foods** - like yogurt, fish and citrus fruit and **Hot and Moist foods** - such as bread, pasta, sugar and cheese, and the **least amount of Hot and Dry foods** like - chicken, egg, garlic and onion.

### Other Lifestyle Factors

- Practice good sleep hygiene to ensure adequate rest and sleep at night.
- A high-fibre diet should be adopted to promote regular bowel movements. The use of a gentle laxative may be used every two weeks.
- Avoid strenuous exercise. Partake in light exercises like yoga and Pilates. Swimming is also an acceptable form of exercise.

## Medication

### Herbal Remedies

- Soak one tsp of lavender, two pinches of black pepper, ½ tsp coriander powder and about seven almonds in 150ml of hot water for 30 minutes. Liquidise and strain. Add 1tsp of honey and drink two to three times a day.

## Tibb Medication

**Stress-Away tablets or syrup** - This product is associated with the quality of **moistness** which dampens the heat associated with stress and anxiety.

## Sanguinous Headache

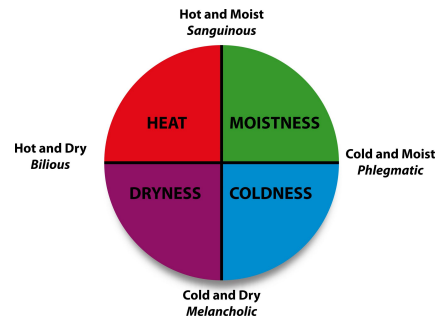
A sanguinous headache is the result from an increase in blood volume. The accumulation of this excess blood in the region of the head results in a sanguinous headache. Signs and symptoms include throbbing pain in the temple region; elevated blood pressure; dizziness; and heaviness behind the eyes.

## What Causes Sanguinous Headaches?

Hot and humid weather, improper diet and the excessive intake of hot and moist foods such as white flour products, sugar and salt, stress, and certain medications, such as oral contraceptives.

## The Tibb View of Sanguinous Headaches

Sanguinous headaches are due to an **excess of heat and moistness** resulting from an increase in blood volume that is common with sanguinous temperamental types. Sanguinous types are most likely to develop sanguinous headaches due to their inherent qualities of heat and moistness.



## Treatment and Management of sanguinous headache

Treatment and management is aimed at **reducing the excess qualities** associated with sanguinous headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of sanguinous headaches.

## Tibb Lifestyle Factors

### Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, potato, yogurt and citrus fruit, **followed by Hot & Dry foods** - like eggs, garlic, chicken and onion, and **Cold & Moist foods** – such as cucumber, carrots, pears and rice, and the **least amount of Hot & Moist foods** – like mutton, salt, sugar, bread and pasta.
- Eat mostly broccoli, garlic, green leafy vegetables, melons and squash. Eat grains like brown rice.
- Drink two litres of lukewarm water daily.
- Avoid all animal fats, bacon, beef, liver, corned beef, dairy products, pork, sausages and smoked or processed meats.
- Skinless chicken and mutton should be consumed in moderation only.
- Avoid foods such as avocado, chocolate, beans, pickled herring and sour cream.
- Avoid fried foods, coffee, black tea, fizzy drinks, alcohol and tobacco.

## Medication

### Herbal Remedy

- Mix together 20g of lavender powder, 50g of cardamom powder, 20g of coriander powder and 10g of fine black pepper. Take 1g of this powder 3-4 times a day. During an attack, take 0.5g every 15 minutes for 4-6 doses.

## Tibb Medication

**Stress-Away tablets or syrup** - This product is associated with the quality of **moistness** which dampens the heat associated with stress and anxiety.

## Phlegmatic Headache/Migraine

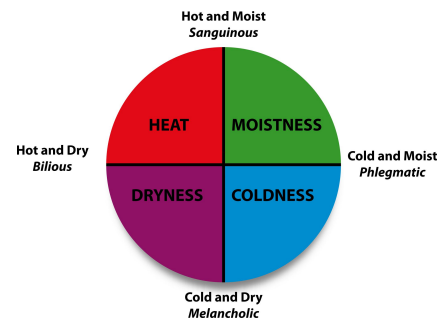
This headache starts above the eyebrows, moving horizontally all the way around to the back of the head like a band, and then spreads throughout the head. It starts in the late afternoon or early evening and worsens during the night. The intensity lessens after sunrise and during the day.

## What Causes Phlegmatic Headaches?

Causes may include a cold and rainy environment, winter seasons, excessive intake of cold and moist foods such as dairy products, and the use of air conditioning.

## The Tibb View on Phlegmatic Headaches

Phlegmatic headaches are associated with the **qualities of moistness with coldness**. People with a phlegmatic dominant/sub-dominant temperament are most susceptible to the development of phlegmatic headaches due to their innate qualities of coldness and moistness.



## Treatment and Management of phlegmatic headache/migraine

Treatment and management is aimed at **reducing the excess moistness with coldness** associated with phlegmatic headaches, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of phlegmatic headache.

## Tibb Lifestyle Factors

### Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit and **Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.
- Drink plenty of fresh warm water; Consume hot liquids like soups and herbal teas, which promote the elimination of phlegm.
- Eat plenty of fruit and vegetables.
- Eat food which is rich in garlic and horseradish. Also pepper-rich dishes, which contain capsaicin or cayenne. Eat plenty of protein, especially chicken, fish and meat.
- Avoid wheat, sugar-rich and salty foods, and ice-cold drinks.
- Restrict dairy or milky foods, except yoghurt.

### Other Lifestyle Factors

- Avoid exposure to cold environments and rainy weather.
- Avoid day time napping.

## Medication

### **Herbal Remedies**

Boil 2tsp of lavender, ¼ tsp of fenugreek seeds, ¼ tsp of cinnamon, 2 crushed cloves in 2 cups of water. Boil down until one cup remains. Strain and add 1tsp of honey and drink while still warm. Repeat this two to three times a day, especially at the onset of an attack.

## Tibb Medication

**Sinugraïne tablets** - This product reduces congestion in the head and sinuses due to excessive phlegm. Sinugraïne is linked to qualities of Heat with Dryness.

## Melancholic Headache

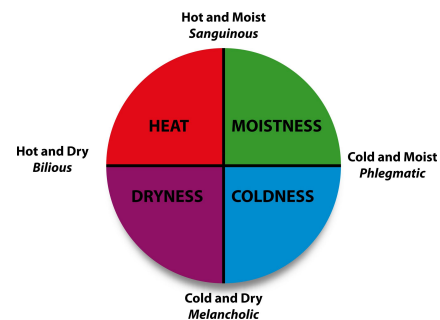
Melancholic headaches present with the following symptoms: pain at the back of the skull, with a pulling of the neck muscles; a dull feeling in the head; flatulence and stomach wind; indigestion; hiccoughs; constipation; or irregular liquid bowel movements.

## What Causes Melancholic Headaches?

These headaches are caused by an excessive intake of cold and dry foods like sour products, cold and dry weather, excess tea, coffee and alcohol. Fermentation of food in the gut produces gas due to insufficient heat in the body.

## The Tibb View of Melancholic Headaches

Melancholic headache is due to an **excess of the qualities dryness with cold**. People with a dominant/sub-dominant melancholic temperament are predisposed to developing this type of headache due to their innate coldness and dryness.



## Treatment and Management of melancholic headache

Treatment and management is aimed at **reducing the excess dryness with cold** associated with melancholic headache, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of melancholic headaches.

## Tibb Lifestyle Factors

### **Food and Drink**

- Eat **mostly Hot & Moist foods** - such as banana, brown bread, sweet potato and mutton, **followed by Cold & Moist foods** - like carrots, butternut, rice and milk, and **Hot & Dry foods** - such as egg, bittergourd, avocado and garlic, and the **least amount of Cold & Dry foods** - like yogurt, beans, beef and lemon.
- Avoid the excessive intake of coffee, tea, smoking and alcohol.

### **Other Lifestyle Factors**

- A cleansing enema should be used on a monthly basis, especially in cases of headache where constipation and indigestion occur as well.

## Medication

### **Herbal Remedy**

- Add 1 teaspoon of fennel seeds with one cup of boiling water. Drink after cooling and straining.

## **Tibb Medication**

**Laxotabs tablets** - product softens faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are unlikely. Laxotabs are associated with qualities of moistness with heat as it helps combat the dryness with coldness associated with melancholic headaches.

**Gastrone tablets** - This product eliminates gas associated with melancholic headaches.

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