

# Menorrhagia/ Polymenorrhoea

## What is Menorrhagia?

Menorrhagia describes abnormally heavy menstrual bleeding which requires you to change your sanitary pad at least once every hour.

## What is Polymenorrhoea?

Polymenorrhoea refers to an abnormally long menstrual period. Intervals between periods are less than 23 days. The intensity of menstrual bleeding is often normal.

## Signs and Symptoms

Bleeding through one or more sanitary pads or tampons every hour for several consecutive hours; the use of double sanitary pads to avoid bleeding through; getting up at night to change sanitary pads; passing large blood clots with menstrual flow; restricting daily activities due to heavy menstrual flow; symptoms of anemia, such as tiredness, fatigue or shortness of breath; and bleeding that last for more than a week.

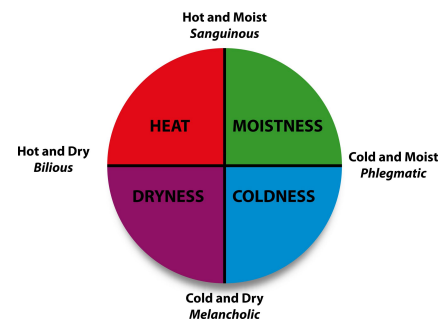
## Causes and Risk Factors

Menorrhagia may arise either from a disturbance of the normal hormonal pattern, or from a physical abnormality of the uterus, such as a congenital defect or from the presence of fibroids (*fibromyomata*) or polyps. Fibroids are benign tumours composed of fibrous tissue and smooth muscle which develop in the wall of the uterus, usually close to the inner cavity. Polyps are groups of cells that form the endometrium, which are normally flushed out during a period. These bundles of cells remain in the uterus, develop a stalk, and attach to the inner uterine cavity.

Menorrhagia may occur from the use of an intrauterine device, or as a side effect of drugs which inhibit blood clotting. Teenage girls who have recently started menstruating and older women approaching menopause are most likely to develop heavy or prolonged bleeding.

## The Tibb View of Menorrhagia and Polymenorrhoea

According to Tibb, these menstrual disorders are associated mostly with **excessive heat** and is aggravated by a lifestyle that promotes heat like stress, anger, hot and spicy foods and a hot environment. People with a Bilius dominant or subdominant temperament are more predisposed to develop menstrual disorders due to an excess of heat.



## Treatment and Menorrhagia and Polymenorrhoea

Treatment and management is aimed at either **reducing the excess heat** associated with menorrhagia and polymenorrhoea, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness**. This assists Physis in addressing both the symptoms and the causes of menorrhagia and polymenorrhoea.

## **Tibb Lifestyle Factors**

### ***Food and Drink***

- Eat **mostly Cold & Moist foods** – such as rice, cucumber, lettuce and carrots, **followed by Cold & Dry foods** – like yogurt, citrus fruit, beans and beef.
- Eat **less of Hot & Moist foods** – such as white flour products, sugar, cheese and salt, and the **least amount of Hot & Dry foods** – like eggs, chicken, garlic and alcohol.
- Eat a well balanced diet consisting of 50% raw fruits and vegetables, whole grains, raw nuts and seeds, and fish.
- Eat apricots, prunes, papaya, asparagus, avocado, banana, and broccoli.
- Consume soured products like sour milk, yogurt and cottage cheese.
- Avoid coffee, tea and carbonated beverages.
- Drink two to three litres of water daily.
- Avoid heavily spiced foods and alcohol.

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

- Ensure you get an adequate nights rest by practicing good sleep habits.
- Do light to moderate exercise daily like walking and swimming. Do not partake in excessive/strenuous activities.
- Practice slow and deep breathing exercises in the morning and before retiring to bed at night.

## **Medication**

### ***Herbal Remedy***

- Take 4 tbsp of flax seeds. Soak them in 1 cup of water overnight. Strain and drink this water the next morning.

## **Tibb Medication**

**Gynaecare Syrup** - Restores hormonal balance in women with fluctuating hormonal levels. It also enhances fertility and regulates the menstrual cycle.

**Livotibb** - Acts as a tonic to the liver.

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