

Osteoarthritis

What is Osteoarthritis?

Osteoarthritis is inflammation of one or more joints, usually as a result of wear and tear.

Signs & Symptoms

Joint pain; joint swelling; joint stiffness, especially in the early morning; grating sensation in the joint on movement.

Complications

Joint pain and stiffness may become severe enough to make daily tasks difficult. Some people are no longer able to work as a result of the pain and stiffness. In some cases, joints may become twisted and deformed.

What Causes Osteoarthritis?

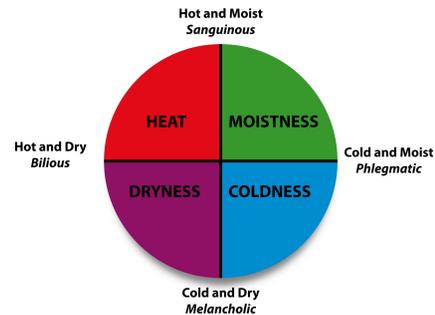
Osteoarthritis results from the natural deterioration of body joints, usually starting in the late 40's, due to general wear-and-tear. The cushions (cartilages) between the joints' bones begin to break up, so bone-on-bone contact develops. Osteoarthritis is aggravated by being overweight, excessive weight carrying, and some hormonal changes. Osteoarthritis can start earlier in athletes and in people performing high-impact exercises over the long term.

The Tibb View of Osteoarthritis

According to Tibb, osteoarthritis is associated with qualities of **coldness with dryness**, as it is generally worse during the colder seasons or colder times of the day.

Arthritic stiffness often worsens during periods of inactivity which exert a cooling effect on the body. With increased age, or over-use, the excessive heat created in the joint space due to movement can result in dryness. Increasing age also results in a slowing down of the body's metabolism, causing less blood to flow to the peripheral areas of the body. Blood brings about a balance of heat and moistness to the joints.

Individuals with a melancholic dominant/sub-dominant temperament are more predisposed to developing osteoarthritis. However, due to an improper diet and lifestyle, any temperament may develop arthritis. People with a bilious temperament may develop osteoarthritis due to over-use, as these individuals are highly competitive and often unaware of, or ignore, their limits. Those with a sanguinous temperament, who are prone to over-eating and sedentary lifestyles, may also develop arthritis due to a build-up of metabolic wastes.



Treatment and Management of Osteoarthritis

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

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as dates, olive oil honey, turmeric and brown bread, **followed by Hot & Dry foods** - like celery, red pepper, garlic and oily fish.
- Eat **less of Cold & Moist foods** - such as rice, watermelon, cucumber and broccoli, and the **least amount of Cold & Dry foods** - like beans, beef, citrus fruit and yogurt.
- Increase body moisture by eating plenty of fruit and vegetables.
- Drink two to three litres lukewarm water a day.
- Avoid dehydrating drinks (such as coffee, tea and alcoholic drinks), and sugar-rich fizzy drinks.

Other Lifestyle Advice

- **Breathing:** Early morning breathing exercises will help relax the joint-supporting muscles
- **Exercise:** Light to moderate aerobic or stretching exercises, such as a daily walk in the mornings and evenings. Cut down on strenuous exercise, as this damages the joint cartilage
- **Sleep:** Try for good quality sleep as this supports Physis. Listen to your body, and take adequate rest.
- **Meditation:** A Short meditation session will help deal with symptoms, especially pain
- **Elimination:** Boost regular bowel movements by eating high-fibre grains, such as brown rice, whole-wheat and oats.
- Massaging the affected joints also helps to increase the heat in that area, and so bring about increased blood circulation.

Medication

Herbal Remedies

- **Herbal:** Infuse a few slices of fresh ginger root in a cup of boiling water. Allow it to stand with the top covered for 30 minutes before drinking.
- **Detox:** Add Epsom salts to bathwater to help remove toxins and soothe inflamed joints.

Tibb Medication

Rumaflam tablets and ointment - This herbal medicine has pain-killing properties, and helps to reduce inflammation and swelling. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease in a balanced way.

Blackseed rub - Contains blackseed and other heating oils that will provide relief for aching muscles.

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