

Sciatica

What is Sciatica?

Sciatica is pain due to shock or damage to the major leg nerve, the sciatic nerve. This is located in the back and outer side of both legs. However, sciatica generally affects only one side of the body.

Signs and Symptoms

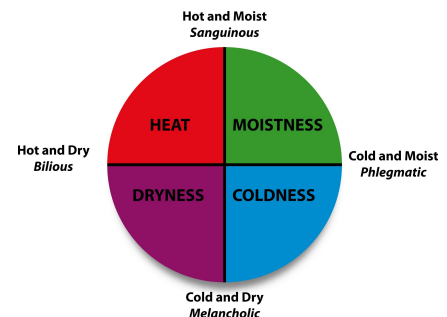
Pain radiating from the lower back, through the back of the thigh, and down through the leg. Depending on where the sciatic nerve is damaged, the pain may also radiate to the foot and even the toes. Other symptoms are: stiffness in the back, leg and foot; decreased sensation or numbness affecting the back of the calf or sole of the foot; tingling, burning or abnormal sensations; weakness of the knee or foot; difficulty in walking; inability to move the foot and bend the knee (in severe cases).

Causes and Risk Factors

Sciatica may develop due to several causes: a slipped disc; local pressure due to a poorly administered intra-muscular injection; prolonged pressure on or entrapment of the nerve; direct trauma due to fracture of the pelvis and gunshot wounds. Risk factors include improper lifting of heavy objects; poor posture; exposure of the lower back to cold weather or low temperatures, and excessive intake of cold & dry foods.

The Tibb View of Sciatica

According to Tibb, sciatica is associated with the qualities of **coldness with dryness**, which are aggravated by the exposure of the lower back to coldness. Overuse and improper bending and lifting techniques create excessive heat which eventually leads to dryness and then cold. Insufficient heat due to decreased blood supply to the lower back can result in chronic inflammation which causes nerve entrapment. All temperamental types can be affected.



Treatment and Management of Sciatica

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with sciatica, 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 sciatica.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as spinach, dates, mango, and tumeric, **followed by Hot & Dry foods** - like oily celery, green or red peppers, avocados and parsley.
- Eat **less of Cold & Moist foods** - such as milk, pineapples, and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomatoes, sour milk, and beans.
- Eat mostly fruit and vegetables during an acute attack.
- Drink 2-3 litres of warm water daily.
- Limit the intake of tea, coffee, cauliflower, dried beans, lentils, fish, eggs and peas.
- Avoid all red meat for at least 15 days.
- Avoid all fried foods and roasted nuts.

Other Lifestyle Factors

- Rest in order to take the weight off the affected area until the symptoms subside.
- Once the acute attack has subsided, practice stretching exercises like yoga as this may help relieve nerve compression.
- Two to three days after the onset of the acute attack, apply a hot pack to relieve pain in the affected area.
- Avoid lifting heavy objects. When the condition resolves, practice proper bending and lifting techniques. For example, before lifting, bend down at the knees, and keep the load as close to the body as possible.

Medication

Herbal Remedies

- Add ¼ - ½ teaspoon of turmeric to 1 cup of hot milk. Add a pinch of black pepper and honey to taste. Drink twice daily.
- **Detox** - Add Epsom salts to bathwater to help remove toxins and soothe inflamed muscles.

Tibb Medication

Rumaflam tablets or ointment - This product has pain-killing and anti-inflammatory properties.

Rumaflam is associated with qualities of **heat**, which combats the coldness associated with sciatica

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