

Sinusitis

What is sinusitis?

In sinusitis, the cavities (sinuses) around the nasal passages become inflamed, painful and swollen. Acute sinusitis often results from a cold or flu, and should resolve spontaneously. Sinusitis becomes chronic if the sinuses remain inflamed for at least eight weeks despite repeated attempts at treatment.

Signs and Symptoms

The main symptoms are: headache; a blocked nose; feelings of pain, pressure and heaviness around the head, especially in the jaws, eyes and face; a discharge of thick mucous from the nose; loss of the sense of smell; post-nasal drip, which disturbs sleep; a sore throat; a mild fever; and bad breath. Sinusitis often triggers coughing spasms, in an attempt to remove built-up mucous.

Complications

The following complications are associated with untreated sinusitis: bacterial infection of the sinuses and their surrounding bone tissues, and even the brain, as meningitis.

Also possible are: asthma flare-ups; visual problems; nasal polyps; and ear infections.

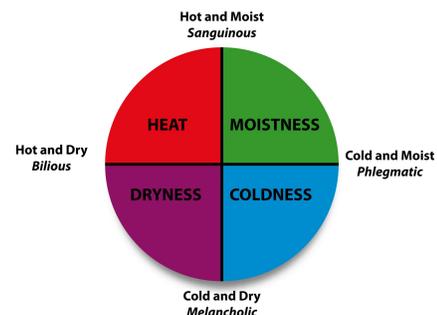
What Causes Sinusitis?

Sinusitis is caused when the mucous membrane of the nose, sinuses and throat becomes inflamed. Swelling obstructs the sinus openings and prevents mucous from draining normally. This results from a number of underlying conditions: upper respiratory tract infection linked to qualities of coldness with moistness, such as tonsillitis or a cold; improper diet, featuring excessive intake of cold and moist and hot and moist foods like dairy products and refined foods.

Long lasting sinusitis can be brought on by an allergy to pollen, various fungi animal dander; and dust.

The Tibb View of Sinusitis

According to Tibb, sinusitis is linked to qualities of **moistness either with heat or with coldness**. Sinusitis that worsens during the colder seasons is linked to **moistness with cold** and presents with thick mucous. Sinusitis which worsens during spring is linked to **moistness with heat** and may present with thin, runny mucous. As both heat and coldness are associated with sinusitis, people who have a phlegmatic, sanguinous or bilious temperament are mostly affected.



Treatment and Management of sinusitis

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

Tibb Lifestyle Factors

Sinusitis Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** – such as beef, fish, cauliflower and mushrooms, **followed by Hot & Dry foods** – like bittergourd, avocado, chickpeas and garlic and **Cold & Moist foods** - such as carrots, pumpkin, rice and milk, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Plenty of pure warm water should be drunk to facilitate the elimination of mucous.
- Eat plenty of fruit and vegetables, and protein-rich foods like beef and fish.
- Eat pepper-rich dishes, which contain capsaicin or cayenne.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yoghurt.

Sinusitis Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, green pepper, eggs and garlic, **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms.
- Eat **less of Hot & Moist foods** - such as bread, pasta, bananas and wheat cereals and the **least amount Cold & Moist foods** - like carrots, pumpkin, rice and milk.
- Consume hot liquids like soups and herbal teas regularly, as they increase mucous flow.
- Eat food which is rich in garlic and horse radish.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yoghurt.

Other Lifestyle Factors

- Irrigate the nasal passages regularly with saline drops or spray
- Install a steam humidifier in the bedroom, and put eucalyptus oil in the water.
- Apply moist heat pads for several minutes to the tender parts of the face.
- If the sinus areas of the face are sore, rub them gently. Press thumbs firmly on sides of nose for about 30 seconds.

Medication

Herbal remedies

- Take ¼ teaspoons each of aniseed, thyme, fenugreek, echinacea, and boil in one to two cups of water, until one cup remains. Strain, mix with two teaspoons of honey, and drink three times a day.
- Crush fresh ginger root and apply as a hot poultice to the forehead and nose areas. This stimulates circulation and mucous drainage.
- Place two drops of menthol or eucalyptus oil into a bowl of boiling hot water and inhale the steam several times daily.
- Nasal Irrigation - Mix a solution of one cup of warm preferably distilled water, ¼ teaspoon each of sea salt and bicarbonate of soda. Use a squeeze spray bottle to instill the solution into the nostrils, one side at a time. Repeat this procedure three to four times daily, for relief from stuffiness.

Tibb Medication

Sinugraine tablets - This product reduces excessive mucous secretion and prevents nasal and sinus congestion.

Blackseed Winter Oil - This has a powerful decongestant action, and helps to relieve the symptoms of sinusitis.

Septogard tablets or syrup - This product boosts the immune system to fight sinus infection better.

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