

Infantile Colic

What is Infantile Colic?

Colic is usually defined as the situation where an otherwise well-fed, healthy baby cries for more than three hours a day, at least three times weekly, for more than three weeks.

Signs and Symptoms

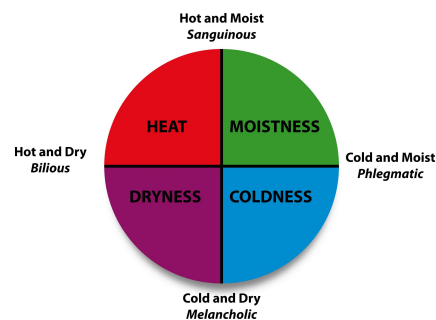
During a colic episode the baby cries at the same time every day, usually in the late afternoon or evening; crying may be intense and inconsolable; changes in posture may be evident, such as curled up legs, clenched fist and tensed abdominal muscles.

What Causes Infantile Colic?

The exact cause of colic remains unknown. However, many digestive system complaints have been linked to infantile colic. These include constipation, diarrhoea, acid reflux, indigestion, lactose intolerance and flatulence.

The Tibb View on Infantile Colic

According to Tibb, Colic is associated with qualities of **coldness and moistness**. This results in an immature digestive process, with improper digestion of milk and other foods. Heat is needed to facilitate the proper functioning of digestion, as the excessive coldness associated with colic decreases the heat available. Infantile colic can affect infants of all temperaments.



Management of Colic

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

Tibb Lifestyle Advice

- **Feeding:** Breast milk is preferable, unless the infant is lactose intolerant.
- **Abdominal massage:** This should be practiced as often as possible, especially before crying episodes are expected. The massage should follow a clockwise motion, starting on the right lower abdomen. The use grape seed oil or olive oil for the massage is advised.
- **Baby exercises:** Gently move the legs around in a bicycle motion. Raise both knees to meet the chest whilst the infant lies down. This assists the movement of faeces or gas along the digestive tract.
- **Routine:** A sleep and eating routine is advised to ensure that the infant is getting the necessary amount of sleep and food for his/her age.