

# 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.

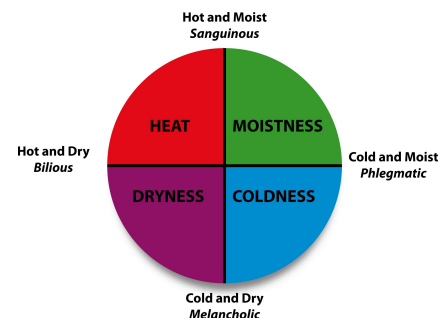
## Causes and Risk Factors

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 on 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.



## Management of Menorrhagia and Polymenorrhoea

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 Advice**

- 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.

### **Herbal Remedy**

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

## Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes		
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella			
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal			
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet			
knuckles	green beans	granadilla										tomato sauce			
mussels	mushrooms	grape fruit										maize			worcestershire
ostrich	peas	lemon, lime										mielies			sauce
oysters	potatoes	naartjies, oranges										popcorn	vinegar		
pork	sauerkraut	pineapple,plums					poppy seeds								
snails	tomatoes	prunes, pomegranate				samp									
snoek		raspberries		sesame seeds											
tripe		strawberries													
tuna		sultanas													

## Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter								
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
tofu													
zucchini													

## Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes
	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice		mustard sauce			
	chicken	green pepper	pecan nuts	fenugreek seeds			cloves, garlic	herbal teas (see herbs)		peri-peri sauce			
	lobsters	leek	walnuts	gram flour			green/red chilli						
	mackerel	onion		mustard seeds			fenugreek						
	oily fish	red pepper		papad			lavender						
	pilchards	yellow pepper					nutmeg						
	prawns						oregano						
	sardines						paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

## Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
								thyme,turmeric			weetbix		
								watercress					
							white pepper						