

Hayfever or Allergic Rhinitis

What is Hayfever?

Hay fever, also called allergic rhinitis, is the result of an allergic response to outdoor or indoor allergens, such as pollen, dust mites or pet dander.

Signs and symptoms

Itchy eyes, nose, and palate watery discharge from nose and eyes sneezing nasal congestion sinus pressure and facial pain discoloured bluish-black skin under the eyes and a decreased sense of taste or smell.

Complications

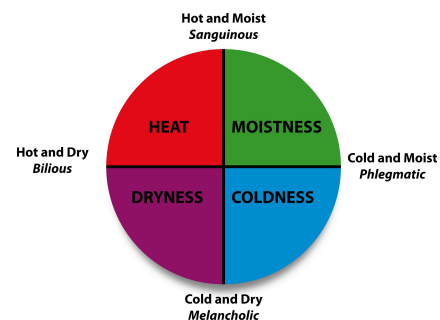
Ear infections in children; infection or inflammation of the sinuses; increasing asthma attacks; disturbed sleep.

What Causes Hayfever?

Hayfever occurs when the immune system becomes hyper-sensitive. This triggers the release of antibodies towards these harmless substances. Later, when there is further exposure to these substances, the immune system releases chemicals like histamine which leads to the signs and symptoms typically associated with hay fever.

The Tibb View on Hayfever

Hay fever results from an excess of the quality of **heat, with either moistness or dryness**. This leads to irritation and inflammation of the epithelial membranes lining the nose and throat. Biliary/Sanguinous temperamental combinations are most susceptible to developing hayfever due to their innate qualities of heat.



Management of Hayfever

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

Tibb Lifestyle Factors

Hayfever associated with Qualities of Heat with Moistness:

Food and Drink

- Eat **mostly Cold & Dry foods** – such as beef, fish, cauliflower and mushrooms, **followed by Cold & Moist foods** - such as carrots, pumpkin, rice and milk. Eat **less of Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic and the **least amount of Hot & Moist foods** - like bread, pasta, bananas, and wheat cereals.
- Increase the consumption of fruits, vegetables, grains, raw nuts, and seeds.
- Eat yogurt and soured or fermented products three times a week. This significantly reduces the incidence of hay fever attacks, especially in people with a dominant or sub-dominant bilious temperament.
- Foods which are rich in magnesium, such as kidney beans, soya beans, brown rice and peas are very beneficial and protective during the allergy season.
- Avoid cake, chocolate, coffee, dairy products (except yogurt), processed foods, pies, fizzy drinks, sugar, tobacco, white flour products, junk foods and synthetic juices.

Hayfever associated with Qualities of Heat with Dryness:

Food and Drink

Eat **mostly Cold & Moist foods** such as carrots, pumpkin, rice, and milk, **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 of Hot & Dry foods** – like like chicken, oily fish, green pepper, eggs, and garlic.

Herbal Remedies

- Take 1gram of licorice root powder three times a day for seven days. However, avoid this if you have high blood pressure.
- Soak 1tbsp of poppy seeds and about seven almonds in 200ml of water overnight. In the morning, liquidise and drink.

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
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce
	lobsters			leek			walnuts	gram flour		green/red chilli				(see herbs)
	mackerel			onion				mustard seeds		fenureek				
	oily fish			red pepper				papad		lavender				
	pilchards			yellow pepper						nutmeg				
	prawns									oregano				
	sardines									paprika				
			parsley											
		rocket, rosemary												
		saffron												
		tarragon												

Hot & Moist Foods

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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)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni								mint, sage		
				dill seeds								soya sauce		
				thyme, turmeric										
					watercress									
					white pepper									