

Hayfever or Allergic Rhinitis

What is Hayfever?

ay 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

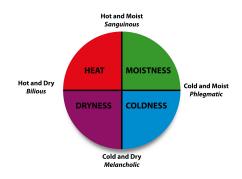
Ear infections in children; infection or inflammation of the sinuses; increasing asthma attacks; disturbed sleep.

What Causes Hayfever?

ayfever occurs when the immune system becomes hyper-sensitive. This triggers the release of antibodies towards these harmless substances. ater, 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. Bilious/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, follo ed y 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.

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	l l	mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce	1 1		
mussels	mushrooms	grape fruit		maize	1					worcestershire	1		
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn	ĺ					vinegar	[
pork	sauerkraut	pineapple,plums		poppy seeds							i l		
snails	tomatoes	prunes, pomegranate		samp	ĺ								
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas							u.				

Cold & Moist Foods

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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			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince			2								
	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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
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

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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)				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						