

Headaches

The Tibb View on Headaches

According to Tibb, headaches are a sign of an underlying imbalance in the body. There are four main types of headaches linked to the four different temperaments - Bilious Headache, Sanguinous headache, Phlegmatic headache and Melancholic headaches. Each of these headaches result from qualitative imbalances that present with specific signs and symptoms.

Bilious Headache/Migraine

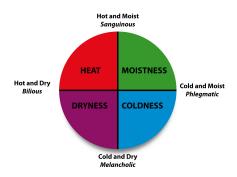
This headache starts from the left half of the cranium and left eye spreading throughout the head. This headache normally starts at sunrise and gradually increases in intensity by midday. The headache is accompanied by nausea and sometimes vomiting. There is also intolerance to noise and light. In the later part of the afternoon, some relief from the intensity of pain may be experienced.

What Causes Bilious Headaches?

There are many factors that can contribute towards the development of a bilious headache. This includes: a hot environment or hot weather; inadequate sleep; excessive wakefulness; excessive intake of hot and spicy foods; and emotions such as stress, anger and irritability.

The Tibb View on Bilious Headaches

Bilious headaches are due to excess qualities of heat with dryness. People with a dominant/sub-dominant bilious temperament are most likely to suffer with chronic bilious headaches/migraines due to their innate qualities of heat and dryness.



Management of Bilious Headaches

Treatment and management is aimed at **reducing the excess heat with dryness** associated with bilious headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of bilious headaches.

Tibb Lifestyle Factors Food and Drink

Eat mostly Cold & Moist foods - such as carrots, cucumber, lettuce, watermelon and rice, followed by Cold & Dry foods - like yogurt, fish and citrus fruit and Hot & Moist foods - such as bread, pasta, sugar and cheese, and the least amount of Hot & Dry foods like - chicken, egg, garlic and onion.

Other Lifestyle Advice

- Practice good sleep hygiene to ensure adequate rest and sleep at night.
- A high- fibre diet should be adopted to promote regular bowel movements. The use of a gentle laxative may be used every two weeks.
- Avoid strenuous exercise. Partake in light exercises like yoga and Pilates. Swimming is also an acceptable form of exercise.

Herbal Remedy

- Soak one tsp of lavender, two pinches of black pepper, ½ tsp coriander powder and about seven almonds in 150ml of hot water for 30 minutes. Liquidise and strain. Add 1tsp of honey and drink two to three times a day.

Sanguinous Headaches

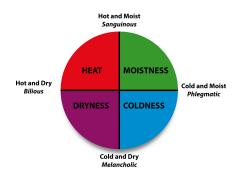
A sanguinous headache is the result from an increase in blood volume. The accumulation of this excess blood in the region of the head results in a sanguinous headache. Signs and symptoms include throbbing pain in the temple region; elevated blood pressure; dizziness; and heaviness behind the eyes.

What Causes Sanguinous Headaches?

Hot and humid weather, improper diet and the excessive intake of hot and moist foods such as white flour products, sugar and salt, stress, and certain medications, such as oral contraceptives.

The Tibb View on Sanguinous Headaches

Sanguinous headaches are due to an **excess of heat and moistness** resulting from an increase in blood volume that is common with sanguinous temperamental types. Sanguinous types are most likely to develop sanguinous headaches due to their inherent qualities of heat and moistness.



Management of Sanguinous Headaches

Treatment and management is aimed at **reducing the excess qualities** associated with sanguinous headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of sanguinous headaches.

Tibb Lifestyle Factors Food and Drink

- Eat mostly Cold & Dry foods such as beef, potato, yogurt and citrus fruit, followed by Hot & Dry foods - like eggs, garlic, chicken and onion, and Cold & Moist foods – such as cucumber, carrots, pears and rice, and the least amount of Hot & Moist foods – like mutton, salt, sugar, bread and pasta.
- Eat mostly broccoli, garlic, green leafy vegetables, melons and squash. Eat grains like brown rice.
- Drink two litres of lukewarm water daily.
- Avoid all animal fats, bacon, beef, liver, corned beef, dairy products, pork, sausages and smoked or processed meats.
- Skinless chicken and mutton should be consumed in moderation only.
- Avoid foods such as avocado, chocolate, beans, pickled herring and sour cream.
- Avoid fried foods, coffee, black tea, fizzy drinks, alcohol and tobacco.

Herbal Remedy

 Mix together 20g of lavender powder, 50g of cardamom powder, 20g of coriander powder and 10g of fine black pepper. Take 1g of this powder 3-4 times a day. During an attack, take 0.5g every 15 minutes for 4-6 doses.

Phlegmatic Headache/Migraine

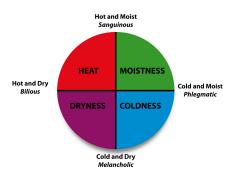
This headache starts above the eyebrows, moving horizontally all the way around to the back of the head like a band, and then spreads throughout the head. It starts in the late afternoon or early evening and worsens during the night. The intensity lessens after sunrise and during the day.

What Causes Phlegmatic Headaches?

Causes may include a cold and rainy environment, winter seasons, excessive intake of cold and moist foods such as dairy products, and the use of air conditioning.

The Tibb View on Phlegmatic Headaches

Phlegmatic headaches are associated with the **qualities of moistness with coldness**. People with a phlegmatic dominant/sub-dominant temperament are most susceptible to the development of phlegmatic headaches due to their innate qualities of coldness and moistness.



Management of Phlegmatic Headache/Migraine

Treatment and management is aimed at **reducing the excess moistness with coldness** associated with phlegmatic headaches, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of phlegmatic headache.

Tibb Lifestyle Factors Food and Drink

- Eat mostly Hot & Dry foods such as chicken, chickpeas, avocado, and cinnamon, followed by Cold & Dry foods like beef, tomato, potato and citrus fruit and Hot & Moist foods such as white flour products, sugar, bananas and cheese, and the least amount of Cold & Moist foods like milk, cucumber, rice and pears.
- Drink plenty of fresh warm water; Consume hot liquids like soups and herbal teas, which promote the elimination of phlegm.
- Eat plenty of fruit and vegetables.
- Eat food which is rich in garlic and horseradish. Also pepper-rich dishes, which contain capsaicin or cayenne. Eat plenty of protein, especially chicken, fish and meat.
- Avoid wheat, sugar-rich and salty foods, and ice-cold drinks.
- Restrict dairy or milky foods, except yoghurt.

Other Lifestyle Advice

- Avoid exposure to cold environments and rainy weather.
- Avoid day time napping.

Herbal Remedies

Boil 2tsp of lavender, ¼ tsp of fenugreek seeds, ¼ tsp of cinnamon, 2 crushed cloves in 2 cups of water.

Boil down until one cup remains. Strain and add 1tsp of honey and drink while still warm. Repeat this two to three times a day, especially at the onset of an attack.

Melancholic Headaches

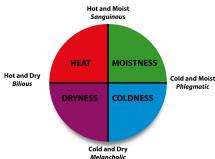
Melancholic headaches present with the following symptoms: pain at the back of the skull, with a pulling of the neck muscles; a dull feeling in the head; flatulence and stomach wind; indigestion; hiccoughs; constipation; or irregular liquid bowel movements.

What Causes Melancholic Headaches?

These headaches are caused by an excessive intake of cold and dry foods like sour products, cold and dry weather, excess tea, coffee and alcohol. Fermentation of food in the gut produces gas due to insufficient heat in the body.

The Tibb View on Melancholic Headaches

Melancholic headache is due to an **excess of the qualities dryness with cold**. People with a dominant/sub-dominant melancholic temperament are predisposed to developing this type of headache due to their innate coldness and dryness.



Management of Melancholic Headaches

Treatment and management is aimed at **reducing the excess dryness with cold** associated with melancholic headache, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of melancholic headaches.

Tibb Lifestyle Factors Food and Drink

- Eat mostly Hot & Moist foods such as banana, brown bread, sweet potato and mutton, followed by Cold & Moist foods like carrots, butternut, rice and milk, and Hot & Dry foods such as egg, bittergourd, avocado and garlic, and the least amount of Cold & Dry foods like yogurt, beans, beef and lemon.
- Avoid the excessive intake of coffee, tea, smoking and alcohol.

Other Lifestyle Advice

- A cleansing enema should be used on a monthly basis, especially in cases of headache where constipation and indigestion occur as well.

Herbal Remedy

- Add 1 teaspoon of fennel seeds with one cup of boiling water. Drink after cooling and straining.

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		lentils						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		1			
	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											
	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

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						