



A Science of Medicine  
The Art of Care

# Treatment in Tibb

## What is Tibb?

**Tibb** is a **complementary, traditional system of medicine** that has been used for centuries. It is recognized as the **origin of modern Conventional Medicine**. Over the years, Tibb has advanced to include the best of natural healing with scientific, modern medicine. Tibb is a complete system of healthcare that helps to keep healthy people well and **treat** those who are ill **effectively, affordably and holistically**.

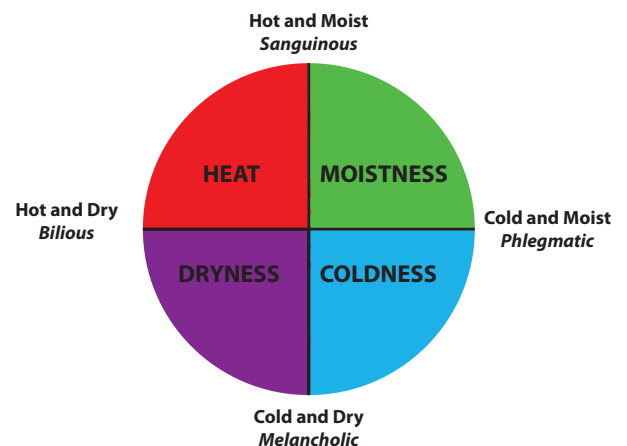
## The Holistic approach to Tibb

The holistic approach of treatment in Tibb is based on the **temperamental and humoral theory** of the founders of medicine Hippocrates, Galen and Ibn Sina.

The **temperamental theory** centres around the ideology that every individual is unique. This uniqueness (known as temperament) is a combination of a person's physical, mental, emotional and spiritual traits. Although each person is as unique as his/her fingerprint, Tibb divides people into a combination of four broad categories, **Sanguinous, Phlegmatic, Bilious and Melancholic** with a dominant and a sub-dominant temperament. Each temperament has qualities of heat, coldness, moistness and dryness with every combination having an overall quality.

The picture alongside describes temperament and qualities and shows that a person with a combination of a Sanguinous/Bilious temperament will have an overall quality of heat.

Similarly the Phlegmatic/Melancholic temperament will have an overall quality of coldness – this explains why some people feel hot while others always feel cold.



The **humoral theory** states that each individual also has a unique humoral balance made up of four humours. The humours, also known as **body fluids** are what flows in our blood vessels and provide nourishment to every cell, tissue and organ of the body. These humours share the same name and qualities as that of the four temperaments - **Sanguinous humour, Phlegmatic humour, Bilious humour and Melancholic humour**, also with a dominance of one of the humours e.g. a person with a dominant Sanguinous temperament will have more of the Sanguinous humour in their blood stream; similarly a person with a dominant Melancholic temperament will have more of the Melancholic humour.

Whilst a person's temperament is fixed, with an overall quality as mentioned above, the humours are constantly changing as a result of lifestyle factors which includes **air and breathing, food and drink, sleep and wakefulness, movement and rest, emotions, digestion and elimination**. Well managed lifestyle will ensure good health, if poorly managed disease occurs. **Health is maintained when the overall qualities of the humours are in line with the overall quality of the temperament of an individual.**



**Physis**, known as the **doctor within**, is responsible for maintaining this balance/homeostasis between the qualities of the temperament and the qualities of the humours. For example when the body gets too hot, sweat is produced and the evaporation thereof cools the body, thus restoring balance. Similarly, if someone has eaten something that doesn't agree with them, **Physis** attempts to eliminate through vomiting or diarrhoea.

**Physis** always attempts to restore homeostasis, preventing illness conditions. Unfortunately, when **Physis** is unable to deal with the accumulation of excess/abnormal humours i.e. toxins, disease results.

The Tibb approach to treatment is to **restore the humoral balance by eliminating the excess/ abnormal humours** – which is ultimately the cause of all illness conditions.

It is interesting to note that an imbalance in any of the humours can result in different signs and symptoms across many systems/parts of the body. For example excess/abnormal Phlegmatic humour can result in conditions such as colds and flu, a weak digestion, upper respiratory infection, a productive cough, etc. whereas an excess/abnormal Melancholic humour can lead to conditions such as arthritis, poor blood circulation, flatulence, anxiety, insomnia etc. Similarly excess/abnormal Billious humour can result in conditions such as hyperacidity, irritability, ulcers, inflammatory conditions etc. whereas an excess / abnormal Sanguinous humour can result in conditions such as nosebleeds, hypertension, diabetes etc.

**By targeting and eliminating the excess/abnormal humour, the Tibb approach addresses not only the symptoms but the causes of the illness at the humoral/cellular level.**

Treatment in Tibb is **aimed at restoring the ideal humoral balance by eliminating the excess / abnormal humours** with herbal infusions (teas) and medication that will facilitate the elimination via the two main eliminative routes of the body, the colon and/or the urinary tract. In addition, other treatment options include herbal medication, cupping, massage with special emphasis on lifestyle adjustment.



**The Tibb approach to treatment is based on the time tested temperamental and humoral theory which addresses not only the symptoms, but the very cause/s of illness conditions.**