

Traditional Chinese Medicine, Ayurvedic Medicine and Parasites

These two forms of medicine are very ancient, over 5000 years old and 3000 years old respectively. Both evolved in close proximity to each other, as China is directly north of India. Both rely on herbal mixtures and diet as the primary pillar of their medicinal system.

Now in TCM (Traditional Chinese Medicine) there is something called "damp-heat" which is prevalent in western nations. You can essentially exchange the term damp-heat with inflammation. They noticed that they could see the inflammation by looking at the tongue (which should be pink) and checking the pulse. They discovered through their 5000 year medicinal history that certain conditions would arise with diet that could be reversed by changing diet and using certain herbs. You guessed it, many of those herbs that clear away "damp-heat" are anti-parasitical. They have been using herbs like wormwood to clear away damp heat for thousands of years.

Back to Ayurvedic Medicine, while this has a shorter history it is still impressive nonetheless. They have a similar term to damp-heat called "Pitta Dosha" and under Ayurvedic medicine they believe it creates heat in the body. Again think of it as inflammation. So how do you get rid of this inflammation you ask. You don't eat heat (inflammation) producing foods for a time until the digestion issues are resolved. You also take herbs that help remove the inflammation.

For the TCM they are as follows

Inflammatory, Damp-Heat provoking foods to avoid include: alcohol, greasy or oily foods, all deep fried foods, cheese, sugar, highly processed, foods, fatty meats, all dairy, eggs, shrimp, peanuts, chillies, cinnamon, garlic, mustard, coffee, excessive amounts of salt, chocolate, frozenfoods like ice cream or smoothies, iced drinks including ice water

For the Ayurvedic system they are as follows

Inflammatory, Pitta-provoking foods to avoid include: Nightshades (tomatoes, white potatoes, peppers, eggplant), Spinach and chard, Hot-spicy foods, Citrus fruit (except lime), Fermented foods such as vinegar and kombucha, Salty, sour and pungent foods, Fatty, fried foods, Heating oils such as peanut, sesame, safflower and almond oil, Red meat, Coffee (even decaf), Caffeine, tobacco and alcohol, Refined sugar, Refined grains (aged basmati is alright), Processed foods, Additives and preservatives, Allergenic foods (this will be different for everyone but common examples include soy, dairy, wheat, gluten, eggs, shell fish and nuts)

Do you notice any similarities?

<https://eastmountain.ca/16dampheat.pdf>

<https://svasthaayurveda.com/ask-ayurveda-how-can-i-reduce-inflammation-in-my-body/>

Foods to eat in TCM to clear away "Damp-Heat": rice, rye, millet, wheat, barley, celery, carrots, spinach, swiss chard, eggplants, chinese cabbage, tomatoes, broccoli, peas, cauliflower, asparagus, watercress, arugula, lettuce, radish, daikon radish, alfalfa sprouts, shitake mushrooms, chrysanthemum leaves, bamboo shoots, amaranth leaves, purslane,

lemon, cranberries, watermelon, persimmons, mung beans, to fu, tempeh, aduki beans, kelp, green tea, chrysanthemum tea (unsweetened), peppermint tea, water, small amounts of juices (diluted)

Foods to eat in Ayurvedic Medicine to clear away "Pitta-Dosha": Ghee, Coconut oil, Coconut, water, Cilantro (click here for our Cilantro Juice Recipe!), Lime, Cucumber, Cooling spices such as coriander, fennel, fresh ginger, pippali and cardamom, Bitter greens such as kale, collards and dandelion greens, Sweet juicy fruits such as dates, apples, avocado, red grapes, ripe mango and coconut, Aloe Vera juice, Pomegranate juice

Again do you notice any similarities? Any differences? Now let's look at herbs.

Herbs which clear away Damp-Heat according to TCM: gentian, scutellaria (Chinese), goldenseal, barberry, Oregon grape, Phellodendron, Coptis, goldenseal, bitter root, centaury, boldo, cascara,, fumitory, greater celandine, sophora, wormwood

Herbs which clear away Pitta-Dosha according to Ayurvedic Medicine: Manjistha (Rubia cordifolia), Neem (Azadirachta indica), Amla (Emblica officinalis), Giloy (Tinospora cordifolia), Tumeric, Haridra (Curcuma longa)

Again do you notice any similarities? Any differences?

- The foods to avoid are all globohomo, high amounts of fats (especially since our livers are messed up from PUFAs, High fructose corn syrup), things that stimulate your nerves, things a person with damp-heat/ pitta-dosha likely can't digest well because their digestion system is messed up. As well these foods for the most part feed parasites.
- The foods to eat are mostly bitter vegetables, bitter spices, some fruits and grains all in their whole form. All stuff that is easy to digest while the body heals. It doesn't mean you can't eat meat, but digestion and healing is most important. These foods for the most part also do not feed parasites.
- The vast majority of herbs to consume for damp-heat / pitta-dosha are all bitter, kill parasites and help the body to heal from its condition. They improve liver function, digestion, the bowels, circulation, cleaning the blood and so on.

I didn't put this together as a tutorial as to what to do if a person has parasites, damp-heat or pitta-dosha. Which it most certainly can be used as. But rather to give a person who is interested in cleansing themselves an idea of what to eat, what not to eat and what herbs to take. So that even if a lot of the foods/herbs mentioned aren't available in their area they will know what to do respective to their location in the world. God Bless and Good Success.

<https://eastmountain.ca/16dampheat.pdf>

<https://planetherbs.com/blogs/lesleys-blog/lesleys-blog-herbs-that-clear-heat-4-of-6-goldenseal-coptis-oregongrape-barberry/>

<https://www.whiterabbitinstituteofhealing.com/herbs/wormwood/>

<https://svasthaayurveda.com/ask-ayurveda-how-can-i-reduce-inflammation-in-my-body/>

<http://blog.blessayurveda.com/5-effective-herbs-in-ayurveda-for-blood-purification/>

Signs and Symptoms of damp-heat in TCM

high cholesterol, cancer, metabolic disorders, chronic fatigue syndrome, MS, fibromyalgia, eczema, allergies, environmental illness, heaviness, puffiness of the skin, swelling or water retention, distended abdomen, phlegm discharge, nodular masses, loose bowels, sluggish energy and/or easily gain weight, dizziness, suppurating sores, weeping eczema, thrush/yeast infections

Signs and Symptoms of Pitta-Dosha in Ayurvedic Medicine

Acid Reflux, heartburn, Bloating after meals, stomach ulcers, skin inflammation/acne/ rashes, eczema, dermatitis, psoriasis, hormonal imbalances, cystic hormonal acne, digestive issues, food intolerances, auto-immune disorders, moodiness, poor skin

Signs and Symptoms of Parasites

Anemia or iron deficiency (worms can create enough blood loss to cause anemia or iron deficiency), digestive problems, Appetite/Satiety Changes, Bruxism(teeth grinding), Persistent digestive problems (cramps, bloating, gas, etc.), Chronic Fatigue, Joint and Muscle Pain, Past Food Poisoning, Skin ailments such as hives, rashes, weeping eczema, itchy dermatitis, acne, ulcers, sores, lesions, etc., Sleep Problems, Traveler's Diarrhea, Mood disorders, Strong cravings for processed and sugary foods, Recurring yeast infections like Candida, Bleeding gums, Headaches, Anxiety, Nervousness, Sexual dysfunction, Unhealthy food cravings, Hungry all the time, Sore/stiff joints, Breathing problems, Itching – especially around mouth, nose and anus, Memory problems

Notice the similarities of the symptoms? Has it become clear or is it becoming clear yet?

<https://www.shineholistic.co.uk/blog/dampness-traditional-chinese-medicines-approach/>

<https://buddhica.com/symptoms-of-pitta-imbalance/>

<https://www.amymyersmd.com/article/intestinal-parasites-symptoms/>

<https://blog.paleohacks.com/signs-you-have-a-parasite-and-what-to-do-about-it/>