

Boils

What are Boils?

Boils, or furuncles, are painful pus-filled bumps that form under the skin when bacteria infect and inflame one or more of the hair follicles.

Signs & Symptoms

A small hard swelling (abscess) containing pus forms on the face, neck, scalp, armpit or buttock. The swelling becomes itchy, painful to the touch, and inflamed. Swellings become visible on the lymph nodes on the neck, or in the armpit or groin.

Complications

The main complication associated with boils is tissue scarring. However, if they are not treated properly the infection can spread to other areas of the skin, as well as into the blood stream. In this case there may be serious consequences.

What Causes Boils?

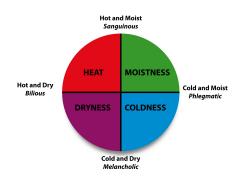
Boils are caused by blockage of the skin pores or deep in the hair follicles, usually due to poor hygienic habits. This provides a welcomed environment for bacteria, *Staphylococcus aureus*, to thrive, invade tissues and cause infections.

Risk factors for the development of boils include chronic illness conditions and compromised Immunity as in diabetes. This makes it more difficult for the body to fight infection, making it susceptible to developing boils.

Stress, increases heat in the body and this can increase the risk of developing boils.

The Tibb View on Boils

According to Tibb, boils are associated with qualities of **excessive heat** which makes the skin susceptible to infection and results in painful inflammation. Boils are more common in individuals with a sanguinous/bilious temperamental combination, where the quality of **heat** is dominant.



Management of Boils

Treatment and management is aimed at **reducing the excess heat** associated with boils, by implementing Tibb Lifestyle Factors that **increase the quality of coldness**. This assists Physis in addressing both the symptoms and the causes of boils.

Tibb Lifestyle Factors Food and Drink

- Eat mostly Cold & Moist foods such as carrots, cucumber, lettuce, and rice, followed by Cold & Dry foods - like citrus fruit, yogurt, fish and beans.
- Eat less of Hot & Dry foods such as eggs, chickpeas, onion and chili, and the least amount
 of Hot & Moist foods like sugar, white flour products, cheese, and mutton.
- · Drink at least two litres of water daily.
- Select a high fibre diet of fruit and vegetables to encourage regular bowel movements.
- Eat plenty of raw/steamed vegetables and fruits.
- Avoid heavily spiced, fried foods, as well as sugary and refined foods.
- Avoid cashew nuts, pecan nuts, peanuts, eggs, cheese, pickles, processed meats and chocolates.
- Partake in a cleansing fast monthly to rid the body of accumulated toxins.
- Drink rooibos tea with lemon juice, instead of milky tea and coffee.

Other Lifestyle Advice

- Clean the skin around the boils with hydrogen peroxide (10 vols).
- Repeated attacks of boils can be prevented by cleansing the skin area regularly with antiseptic liquid.
- After the boil has drained, apply a mixture of blackseed honey to prevent further infection and promote healing.
- Shower instead of bathing. This reduces the chance of the boils spreading to other parts of the body.
- When dealing with boils, keep the hands scrupulously clean.
- Adhere to strict hygienic measures if you are involved in food handling and preparation.
- Reduce stress by performing slow and deep breathing exercises daily.

Herbal Remedies

- Apply a hot compress to the affected area. This will encourage a head to form on the boil, and help it to drain.
- Cover the boil with a thin cloth envelope containing a slice of onion or tomato, or a crushed garlic clove, or a used cold teabag.

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

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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		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

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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						