

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?

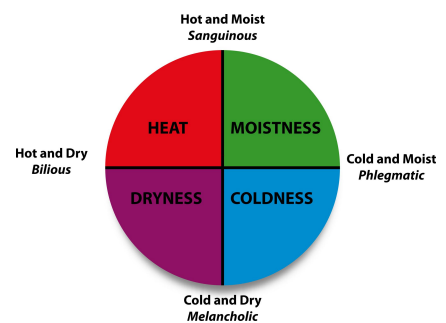
Boils are caused by blockage of the skin pores or deep in the hair follicles, usually due to poor hygienic habits. This provides a welcomed environment for bacteria, *Staphylococcus aureus*, to thrive, invade tissues and cause infections.

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.

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 meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes	
	celery	grapes		hazel nuts			chickpeas	cinnamon		grape juice				mustard sauce
	green pepper			pecan nuts			fenugreek seeds	cloves, garlic		herbal teas (see herbs)				peri-peri sauce
	lobsters			leek			walnuts	gram flour		green/red chilli				
	mackerel			onion				mustard seeds		fenugreek				
	oily fish			red pepper				papad		lavender				
	pilchards			yellow pepper						nutmeg				
	prawns									oregano				
	sardines									paprika				
					parsley									
				rocket, rosemary										
				saffron										
				tarragon										

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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 (see fruits)	salt		chocolate	honey smaks			
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli			
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel	green masala				vermicelli		nutri-k	
mutton	sweet potato	papaya		sunflower seeds				marjoram							nutrific
turkey	turnips			wheat	fresh cream			mint, sage							oats
				macaroni				soya sauce							puffed wheat
			dill seeds				thyme, turmeric							taystee wheat	
							watercress							weetbix	
							white pepper								