



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE,
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

PHONE : + 91 4362 240096

contact@santhoshherbals.com | www.santhoshherbals.com

Suffering from Boil? Use Home Remedies

Boil is a bacterial infection that usually occurs in the hair follicle. It is a red, warm, painful dome shaped inflammation as a result of accumulation of dead tissues and pus. Aside from bacterial infection particularly the staphylococcus bacteria, boil is caused illness like flu and cold, poor immune system, poor hygiene, and poor nutrition; although boil can also occur to a healthy and hygienic individual. It is found on the face, underarms, back, buttocks, and shoulders. Group of boils is called carbuncles.

Symptoms sometimes come in the form of itching right before the development of lumps. The lymph nodes or glands begin to swell and there is a small and tender hump on the skin that gets larger each day. The area begins to turn red and the center is clear or there is a sign of fluid. It is often painful when touched.

Once you have boil anywhere in the body, you must not pop. Popping it will contaminate the area of the skin thus making it worse. Normally, regular boil will disappear by the end of the first week up to the 10th day. However, you can do several home remedies to speed up the healing process.

The best way to bring boil to its head is to take a regular warm shower for at least 2-3 times a day. The heat of the water will help the boil to open on its own and drain. Always make sure that the boil is clean. Avoid touching it; this will prolong the healing of the boil. Before bedtime, apply clean cloth or cotton balls on the boil to make sure the drained fluid is secure. Once the head is open, apply a mixture of 1 cup of hot water and a tablespoon of salt on the boil. This will wash away the pus surrounding the boil.

Here are other advisable treatments for boil you can do at your home:

Bread: On boiling water, put a piece of regular bread. Remove it when it is soft. Apply it to the boil on a temperature tolerable to the skin. This will bring out the head of the boil faster.

Carrot and wheat germ: On a 1 tbsp of wheat germ oil, mix a grated raw carrot and apply it on the affected area.

Honey: There are several ways to prepare honey as a home remedy for boil. One is to mix honey with oil. Two is to soak in to honey fresh figs. Three is to combine wheat germ and honey. And four is plain warm honey. Apply one of these on the affected area and the boil will come to its head.

Honey can also be mixed with equal amount of fresh cod liver oil, orange juice, and fresh lemon juice. Take at least a tablespoon of it three times a day.

Herbs: Wild pansy, catnip, dock, chickweed, burdock, or yarrow. The leaves of these herbs are effective healing treatment for boil. Soften any of these leaves by steaming. Make sure you get it from clean source. Apply it on the boil.

Linseed: On a boiling water, place crushed fresh linseed to create a paste. Put it on the affected area of the skin and cover it with clean cloth.

Iodine: To prevent the boil from further development, apply iodine on the area on and around the boil at least 3 times a day. This will also prevent the boil from further infection.

Lemon: Cut the lemon in half and place it on the boil.

Comfrey: Combine comfrey with garlic and honey. Apply it on the *boil*.