



Management of Busoor (Boils) in the light of Unani system of Medicine: A Review Article

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Abstract: Boil (Busoor) is a common skin disorder that affects both adolescents and adults. Boil affects about 85% of teenagers and may continue to adulthood. There are about two million visits to physicians per year for teenagers and the direct cost of acne treatment in the US exceeds \$1 billion per year. Psychological, social, and emotional impairments that result from acne have been estimated to be equal and in some instances higher than that of diabetes, arthritis, epilepsy, and asthma. There is no ideal treatment for Boil (Busoor) until now. Conventional drugs are associated with recurrence of Boil and disastrous side effects on long-term usage. Unani medicines are gaining increased popularity due to their advantages, such as better patient tolerance, long history of use, fewer side effects, and relatively less expensive. Furthermore, they have provided good evidence for the treatment of a wide variety of difficult-to-cure diseases. More importantly, other than consumption as preventive or treatment remedy, they might be accompanied by synthetic drugs to reduce their side effects. Topical Unani drugs are an important part of the treatment strategy in dealing with Boil. Many Unani topical drugs with anti-inflammation, wound healing, and antibacterial activities are used in different ways in the treatment of acne and other infective diseases. The present paper presents a list of topical Unani drugs used in the prevention and treatment of Boil for centuries.

Keywords: Boil, herbal medicine, Unani medicine, Sign symptoms and prevention of Boil.

1. Introduction and Unani Background of Boil.

Boil (Busoor) is one of the most common skin disorders. It is a chronic, self-cured inflammatory disorder of pilocebaceous component that peaks at puberty; androgen production is abruptly increased in this stage. It has been predicted that 70% of the population has some clinically manifested acne at some stage in adolescence. It affects more than 80% of teenagers. It is the most frequent disorder treated by dermatologists. It is a pleomorphic disorder and can be noticed at any time during life. But most frequently, it presents among ages of 12–24 years which estimates 85% of population affected.

The highest occurrence is between 17 and 19 years of life, after which it decreases. The mean age of presentation to a dermatologist is 24 years. It is widespread in adolescents. Boil (Busoor) affects both males and females, even though males have a tendency to have more severe disease. Boil (Busoor) is a disease of pilocebaceous unit and is characterized by the development of open and close comedones, papules, pustules, nodules and cysts. It is a chronic inflammatory skin disease of sebaceous gland and pilosebaceous structure of skin. Arzani mentioned that these white eruptions appear on nose, forehead, shoulder and back. It resembles a milk drop, so named as *Busoor*. Usually it occurs in young males.

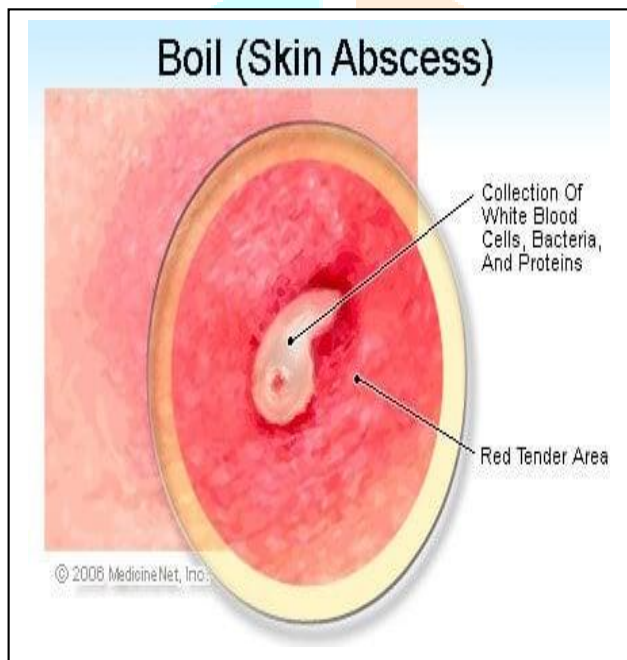


Fig.1 Boil (Busoor) A skin Abscess

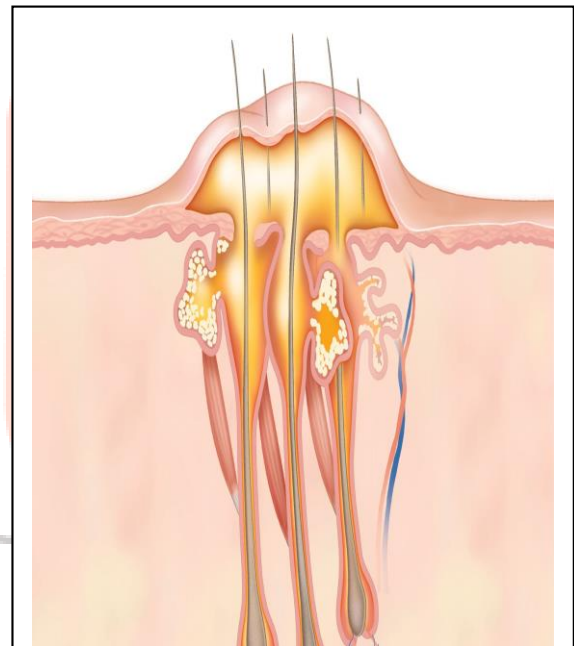


Fig.2 Anatomy of Boil Skin

According to Qarshi, it is a *Mutā'ddi* (infectious) disease in which small white eruptions appear on face, nose and cheeks. On pressing a cheesy material expresses out from it. Ibn Sīnā mentioned in *Al-Qānūn* that Boil (Busoor) are small white eruptions on the nose and cheeks, which look like condensed milk drop. According to Masīḥul Mulk, Hakīm Ajmal Khān, sometimes small pointed eruptions appear on face, neck, cheeks and nose. These eruptions are hard and red in color. When these eruptions become mature, they expel *kīl* and some amounts of pus. Usually these eruptions burst and become dry, leaving a black spot. Occurrence of acne is strongly related with depression and anxiety; it affects personality, emotions, self-image, esteem, and social segregation. Its considerable influence is likely linked to its characteristic appearance on the face and would help explain the increased idleness rate of adults with acne.

A boil or furuncle is a skin infection that begins in an oil gland or hair follicle. What causes boils? Boils are usually caused by usually caused by the bacteria *Staphylococcus aureus*. This is one of 30 kinds

of *Staphylococcus* better known simply as “staph.” Other bacteria or fungi found on the skin’s surface can also cause boils, but staph is the most common cause. A boil or furuncle is a type of abscess. An abscess is defined as a painful collection of pus, usually caused by a bacterial infection.



Fig. 3 Boil infection in Female

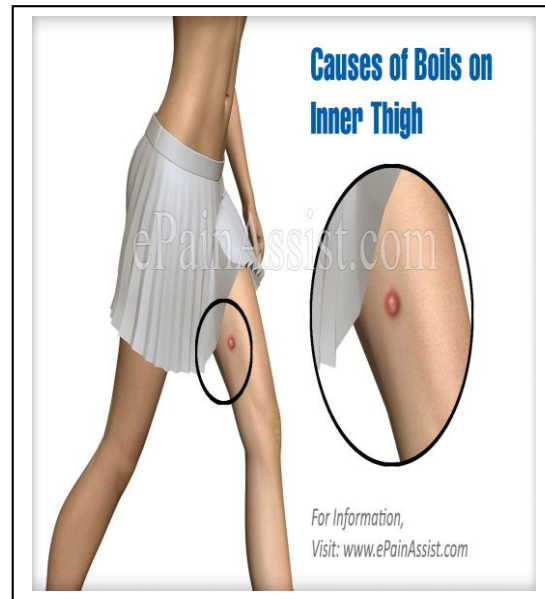


Fig.4 Boil infection in Athletics

A boil is typically round in shape and raised from the skin surface. Boils are tender to the touch. When one first appears, the skin turns pinkish red in that area, and a tender bump arises from the skin’s surface. After four to seven days, the boil will start turning white as pus collects under the skin. It’s very tempting to want to “pop” the boil at this point, but hands off because you can spread the infection and make things even worse.

Boils can occur in the hair follicles anywhere on the entire body, but they’re most common on the face, neck, armpits, buttocks and thighs. They can also occur in areas like the ear canal or nose. These boil locations can be especially painful. How to get rid of a boil can be more complicated in areas like these as well.

You can have one boil or multiple boils. If several boils appear together in a group, this is a more serious type of infection called a carbuncle. Recurring boils are also known as chronic furunculosis, a condition in which you have crops of boils that occur over a period of time continuously or from time to time.

2. Asbāb-i-Marḍ (Causes of Disease)

- 1- Blockage of the sebaceous gland which produces fat
- 2- Young age
- 3- Increased secretion of male sex hormone after puberty (Testosterone)
- 4- Propionibacterium acnes]
- 5- Indigestion
- 6- Qillat-i-dam (anemia)
- 7- Fasād-i-dam (Impurities of blood)
- 8- Hārr food items like Kabāb, etc.

- 9- Qābd (Constipation)
- 10- Shiddat-i-ḥarārat (extreme hotness)
- 11- Stoppage of Khūn-i-bawāsīr (hemorrhoidal blood)
- 12- Irregular menses
- 13- Pregnancy
- 14- Eḥtebās-i-hayḍ (amenorrhea)
- 15- Thaḳīlwaraddī food items
- 16- Sharāb (alcohol)
- 17- More exposure to sunlight
- 18- Zardābimādda (yellow watery matter)
- 19- Emotional stress
- 20- Imtilā-i-khūn (accumulation of excess blood) Waḥiddāt-i-khūn (hotness of blood)
- 21- Hereditary
- 22- Air pollution
- 23- Use of oil-based soap and cream
- 24- Excessive humidity in environment
- 25- Maghziyāt like peanut, Pista (pistachio nut), Chilghoza (pine nut), oily and sweet food items [39]

3. Alāmāt Busoor (Sign and Symptoms)

- 1- Disease occurs at the age of 17–25 years.
- 2- It occurs on face, neck, shoulders and chest and back.
- 3- Eruptions are red or white in color and size varies from a *Dāna-i-khashkhāsh* (poppy seeds) to a pea size.
- 4- Presence of black heads, white heads, papules and pustules.
- 5- These are small, with rigid base, pointed eruptions, and are red in color; after maturation, they excrete *Kīl* and pus. Due to this, the affected skin becomes thick and of clay colored.
- 6- On its tip, small amount of pus is there.
- 7- On pressing these eruptions, they excrete pus and something like solidified oil leaving a pitting scar. If *Mawād* is not excreted out, then it leaves a black spot.
- 8- If proper care and treatment is not taken, beauty of face and body become altered.

A boil usually begins as a sore, raised area on the skin that's pinkish red. It's typically round and about half an inch in size. If you do have a boil, during the next several days the bump will become larger and more painful yet softer. The reason it becomes softer is the boil is being filled with a clear liquid or pus.

Common boil symptoms include:

- Swollen, red lump deep in the skin
- Pain, especially when touched
- Size can vary from the size of a pea to larger than a golf ball
- May develop a central, whitish-yellow “head” that may break and release pus
- May “weep” or ooze clear fluid, or develop a crust
- As the infection gets worse, a whitish point or head can appear at the center of the boil — this is where the boil’s pus will drain from if it begins to drain on its own
- May spread to surrounding skin, creating a carbuncle

Having one boil rather than multiple boils definitely makes how to get rid of a boil easier and less involved.

People who are particularly prone to developing boils include:

- ❖ Athletes participating in contact sports or using shared equipment
- ❖ Individuals with weakened immune systems, such as people who are diabetics, have HIV, are taking certain medications like the types of medications used to prevent rejection of a transplanted organ, or are receiving chemotherapy to treat cancer
- ❖ Individuals with other skin conditions that lead to scratching and injury to the skin, such as **eczema** or **scabies**
- ❖ Staph carriers
- ❖ Obese people
- ❖ Individuals with poor nutrition
- ❖ Individuals living in close quarters with other people like prisons, military barracks or homeless shelters

4. Causes of Boils.

Most boils are caused by staph bacteria, specifically the strain *Staphylococcus aureus*. These bacteria can enter the body through tiny nicks or cuts in the skin, or it can travel down the hair to the follicle. Other bacteria or fungi found on the skin’s surface can also cause boils, but staph is the most common cause of boils.

Boils often occur on the neck, face, armpits, shoulders, buttocks, and eyes (sty). Boils can be very painful and sometimes may be accompanied by fever. If several boils occur together as a group, it is called a carbuncle and can be a sign of a more serious infection.

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- A.** Most boils are caused by a type of bacteria called *Staphylococcus aureus*. Because the skin is our immune system’s first line of defense against bacteria and other foreign bodies, infections usually find their way into the body through a break in the skin.
- B.** In some cases, boils develop when the skin gets broken due to a small injury or an insect bite, which gives the bacteria easy entry to lodge under the skin. On the other hand, an abscess is similar to a pimple but larger and deeper under the skin.

- C. Abscesses are caused by minor breaks and punctures of the skin, obstruction of sweat and oil glands, and inflammation of hair follicles.
- D. The formation of pus is due to the body's natural response to fight the infection. As the immune system is triggered with the onset of the bacteria, the body floods the infected area with white blood cells. The white blood cells are then localized and trapped along with the infecting bacteria and dead skin, forming the pus-filled boil.

Even though a boil is a common occurrence and can affect any individual, certain people are more susceptible to these conditions. Diseases, such as diabetes and kidney failure, as well as use of certain medications, such as cortisone and chemotherapy, often compromise the body's immune system and diminish its efficacy in warding off these infections.

5. Risk Factors Associated with Boils

Anyone can suffer from a boil or an abscess; however, there are certain factors that increase your risk.

Such factors include:

- ❖ Close contact with a person who has a staph infection
- ❖ Diabetes
- ❖ Skin problems (acne and eczema)
- ❖ Poor hygiene
- ❖ Poor nutrition
- ❖ Compromised immunity
- ❖ Exposure to harsh chemicals

According to a 2015 study published in the British Journal of General Practice, 10% of patients with a boil or an abscess often develop a repeat boil or abscess within a year. This can be due to obesity, diabetes, young age, smoking, and prescribed antibiotics. Usually boils and abscesses don't require immediate emergency attention. However, it is advisable to consult your doctor in the event that the pain and the pus don't subside within a week or are accompanied by fever, swollen lymph nodes, increased pain and swelling, a persistent boil that keeps returning, or the appearance of more boils.

6. Get Rid of a Boil Naturally

For most healthy people with normally functioning immune systems, a relatively small boil will come to a head and drain on its own within two weeks. The easiest of natural treatments for how to get rid of a boil is to simply leave the boil alone. If you truly can leave it alone, a boil will likely break and drain on its own over time, typically within two weeks.

If you've had a boil, you know how tempting it is to try to pop it, but don't! If you pop the boil yourself with a pin or needle, you may make the infection worse. Whatever you do, don't pop, squeeze, scratch or open the boil. Squeezing can actually push the infection down deeper into your skin. When it comes to how to get rid of a boil at home, the options are easy, natural and cost-effective.

A. Practice Good Hygiene but Skip Dangerous Antibacterial Soaps

Don't think that you need to cover yourself in antibacterial soap once you have a boil. Antibacterial soaps and creams cannot help much once a boil has formed — plus, overuse can lead to **antibacterial overkill**. Instead, gently wash the boil area two times a day with soap and water, and apply a warm compress to the boil area for 20 minutes at least three or four times a day. This encourages the boil to drain on its own naturally. Once the boil opens and begins to drain on its own, keep using heat for three days after the boil opens and wash it with a natural antibacterial soap, like one that contains **tea tree oil**. You can then apply a natural antibiotic ointment (easy to find at your local health food store) and a bandage. Make sure the bandage is not too tight to allow for some healing air flow. Change the bandage every day. I highly recommend avoiding commercial antibacterial soaps. Thankfully, the **FDA has banned triclosan**. Even the FDA admits that regular soap and water works just as effectively as antibacterial soaps without the harmful side effects, urging everyday people to skip out on the overkill of using antibacterial soap. When you have a boil, there actually are bacteria that you want to kill off so choose a natural antibacterial soap to do the job without harming your health. In general, always bathe regularly and never share washcloths and towels to help prevent boils. You should also avoid any close contact with someone who has a **staph infection** or boil.

B. Homeopathy

Homeopathy can be used to naturally treat boils at home. There is a really long list of possible homeopathic remedies for boils. The best homeopathic remedies for how to get rid of a boil include:

- **Belladonna** . For the early stages of inflammation, before significant pus formation. Commonly used when the area is red, hot, throbbing and tender, often with intense or stabbing pains, and touch may increase discomfort. The person may also feel excitable or feverish.
- **Hepar sulphuris calcareum**. Known for speeding up the collection of pus. Typically taken once the boil opens to speed up drainage and healing.

Dosing suggestions are typically included on the label. Consult a homeopathic physician for suggestions and dosing if needed.

C. Cut Out the Sugar

Diet can play a part in boil formation and healing. Decreasing or cutting out sugar in your diet may help prevent boils before they start. If you have a boil or especially if you have reoccurring boils (furunculosis), it's important to know that this disease is said to affect people who consume large amounts of sweets or sugar. I strongly believe that watching your intake and sources of sugar will help when it comes to preventing and healing boils, as well as your overall health since high sugar intake is linked to so many serious health problems. So kick that **sugar addiction**, and decrease your risk for boils!

D. Proper Wound Care

To prevent boils, it's important to always properly clean any minor skin openings like scratches. You might not think of a scratch as anything serious, and most of the time, it's not. However, even a scratch is still a wound or an opening in the skin that could allow bacteria in, especially if you come in direct contact with someone who has a boil. Always make sure to properly clean all scratches and wounds

on the body to prevent infection.

E. Furuncle vs. Carbuncle

- ❖ A carbuncle is made up of several skin boils or furuncles.
- ❖ Furuncles and carbuncles are both caused by the bacteria *Staphylococcus aureus*.
- ❖ Furuncles and carbuncles are types of abscesses.
- ❖ Furuncles and carbuncles can both develop anywhere on the body.
- ❖ Furuncles are most common on the face, neck, armpit, buttocks and thighs, while carbuncles are most common on the back and the nape of the neck.
- ❖ Carbuncles cause a deeper and more serious infection than furuncles.
- ❖ Symptoms of carbuncles are more severe than symptoms of furuncles.
- ❖ Common furuncle symptoms are typically skin-related or external, while carbuncles can cause fevers, chills and other symptoms.
- ❖ A boil can also cause a fever if the infection is bad, but a fever is more likely with a carbuncle than with a single boil.
- ❖ Carbuncles take longer to heal than furuncles.
- ❖ Most small furuncles heal without leaving a scar, but carbuncles are more likely to cause scars than furuncles.
- ❖ Men get carbuncles more often than women.
- ❖ An active boil or carbuncle is contagious, which means the infection can spread to other parts of the person's body or to other people through direct skin-to-skin contact or the sharing of personal items.

7. Boil Conventional Treatment

A health care provider usually can diagnose a boil based simply on how it looks. However, a cell sample from your boil may be taken so it can be checked for the presence of staph or other bacteria. Conventional boil treatment and prevention typically involve the recommendation of frequent use of antibacterial soaps. Your doctor may want to lance your boil, which means cutting a small opening in the boil so the pus can drain out. If the boil is extremely deep or large, your doctor may suggest surgery.

Your conventional doctor may also prescribe antibiotics if you have a boil. If you take antibiotics for a boil and it doesn't seem to be improving within one to two days, then you should let your doctor know. This could mean that you have an infection caused by a type of **antibiotic-resistant bacteria** called MRSA. If this is the case, your doctor will likely prescribe another type of antibiotic.

Keep boils or other skin infections clean and covered

- ❖ Bathe the boil or sore with soap and water or a salt water mixture
- ❖ Apply a hot compress to encourage the boil to come to a head
- ❖ Keep boils and other skin infections covered and change dressing regularly

Do not squeeze boils as this may cause the infection to spread

- ❖ Drainage of skin boils or abscesses should only be performed by a doctor or trained nurse or health worker

- ❖ In some circumstances infections may require treatment with antibiotics

If the sores spread or get worse, or you become unwell with fever, see your doctor. Your doctor may prescribe antibiotics (by mouth or as an ointment). It is very important to follow the recommended treatment and finish the full course of antibiotics.

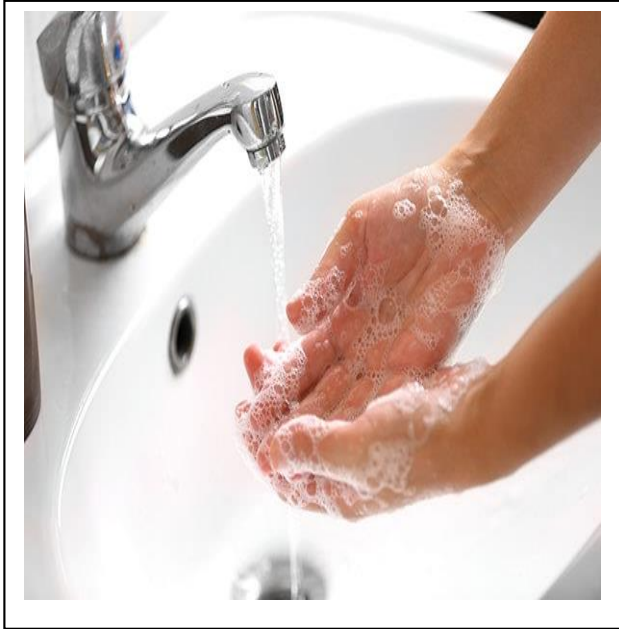


Fig. 5 Maintain Hygienic condition to prevent Boil

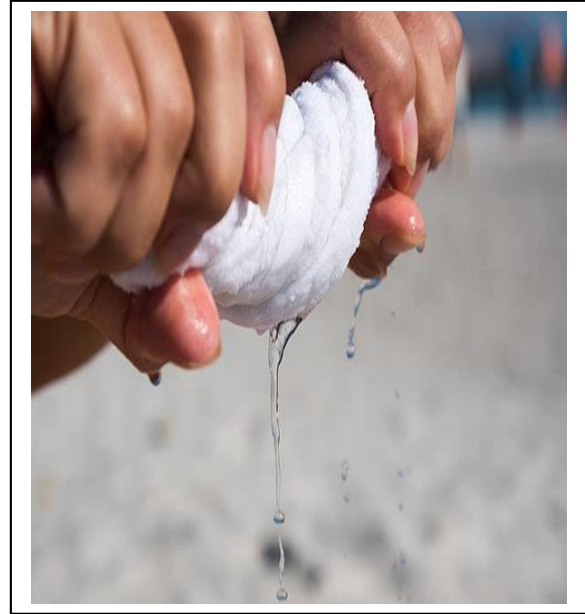


Fig. 6 Wash proper cloths to prevent Boil

8. Boil Precautions and Complications

Boils can be very contagious. Don't share clothing, towels, bedding or sporting equipment with others while you have a boil. Wash your hands frequently to avoid spreading the infection to others as well. It's recommended to seek medical attention if you have a boil that hasn't shown improvement with home treatment after a week and you exhibit one or more of the following:

- A. A boil that lasts more than two weeks
- B. Swollen lymph nodes
- C. A fever
- D. Severe pain and the boil does not drain on its down
- E. Skin around the boil turns red or red streaks appear
- F. The original boil comes back
- G. A second boil or a carbuncle forms
- H. The boil is located on your spine or face
- I. Repeated outbreaks of boils
- J. You have diabetes, a heart murmur, a problem with your immune system or take immune-suppressing medications when you develop a boil

If an infant develops a boil of any size, he or she should be taken to the doctor immediately.

Possible complications of boils include:

- A. Boils of the skin, spinal cord, brain, kidneys or other organ
- B. Bone, brain, heart or spinal cord infection
- C. Infection of the blood or tissues (sepsis)
- D. Spread of infection to other parts of the body or skin surfaces
- E. Permanent scarring

9. Final Thoughts on How to Get Rid of a Boil

- A. Boils may just look like really, really bad pimples, but they should be taken seriously since they're typically caused by staph bacteria.
- B. Most boils can and will heal on their own, but they're contagious so it's important not to spread the infection through direct contact or by sharing personal items.
- C. How to get rid of a boil naturally always involves simple yet consistent care of the boil area as well as warm compresses.
- D. Cutting out sugar and getting more vital nutrients in your diet are excellent for both preventing and healing boils.
- E. If you're already a fan of homeopathy, you might want to follow recommendations for how to get rid of a boil using homeopathic remedies. There are quite a few options depending on your symptoms.
- F. It's essential to let the boil drain on its own when it's ready to so you don't spread the infection and increase healing time.
- G. If your boil doesn't respond to home treatment after a week or you exhibit any other concerning symptoms, seek medical attention.

10. Uṣūl-i-Ilāj (Management):

- ❖ Treatment of main cause of disease will be first priority.
- ❖ Tanqiyya (elimination of morbid material) of body and Dimāgh (brain).
- ❖ Use of Muḥallil (anti-inflammatory), Mujaffif (desiccant), Jālī (detergent) and Muṣaffī (blood purifiers) drugs.
- ❖ Avoid Hārr (hot) and Thaḳīlghizā (heavy food items).
- ❖ In Ghalba-i-khūn (excess of blood), Faṣḍ (venesection) is recommended.
- ❖ In Ḥiddat-i-dam, Mulatṭifāt (demulcent) are recommended.
- ❖ In Fasād-i-dam (impurities of blood), Muṣaffiyāt (blood purifiers) are recommended.

Some people use boil drawing salves to pull out pus. Instead of this, you can treat a boil with a warm washcloth compress. Dip a clean cloth in warm water. For more effective results, you can add salt to the warm water. Place this warm and wet cloth on the boil for 10-12 minutes. To get quick relief, practice this process for five to six times a day.

11. Herbal drugs used in the Treatment of Boils.

A. Tea Tree Oil

Tea tree oil comes from the leaves of *Melaleuca alternifolia*, a small tree native to Queensland and New South Wales, Australia. Although *Melaleuca alternifolia* is known as the tea



Fig.7 Tea tree oil used to prevent Boil



Fig.8 Apple Cider prevent Boil

tree, it should not be confused with the plant whose leaves are used to make black, green, and oolong tea. Tea tree oil has been used as a traditional medicine by the Aboriginal people of Australia for centuries. These native Australians crush tea tree leaves to extract the oil, then inhale it to treat coughs and colds or apply it directly to the skin for healing. Today, tea tree oil is widely available as a 100% undiluted, or neat, oil. Diluted forms are also available, ranging from 5–50% strength in products designed for the skin. Tea tree oil contains a number of compounds, including terpinen-4-ol, that has been shown to kill certain bacteria, viruses, and fungi. Terpinen-4-ol also appears to increase the activity of your white blood cells, which help fight germs and other foreign invaders. These germ-fighting properties make tea tree oil a valued natural remedy for treating bacterial and fungal skin conditions, preventing infection, and promoting healin

Tea tree oil is one of the preferable antiseptics, which is used for healing all types of skin problems. To heal the boil, apply one drop of tea tree oil directly on the boil. **Note:** Do not consume tea tree oil internally.

B. Apple Cider Vinegar

Apple cider vinegar will cleanse the boil and disinfect it. It also contains anti-inflammatory properties, which help relieve the redness and the pain caused by the boil. Take a teaspoon of apple cider vinegar and dab it over the boil. You can also dilute it with some water and then apply it on the boil. Dab raw organic apple cider vinegar directly to the boils by dripping some of it on a cotton ball. If you feel a stinging sensation, then you can also apply it diluted with little water. People with sensitive skin should

apply this remedy only after mixing equal portions of apple cider vinegar and water. Follow this cure regularly for best results.



Fig.9 Kalonji oil used to prevent Boil

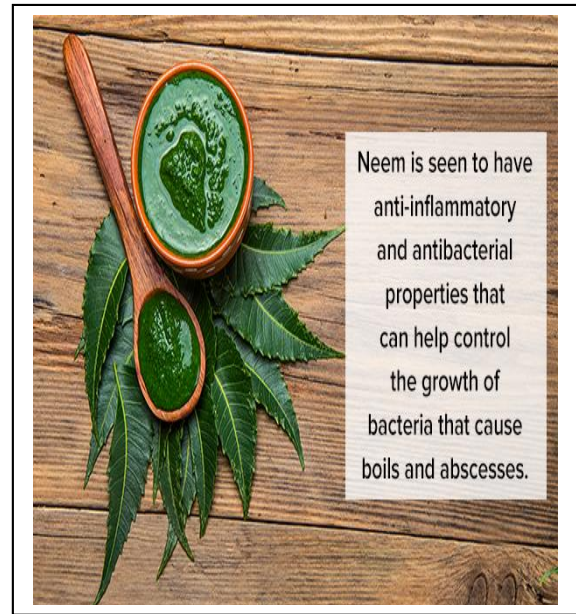


Fig.10 Neem used to prevent Boil

C. Black Seed (Kalonji)

Kalonji or Kalajeera is also known as Upakunci in Ayurveda. It has a characteristic taste and flavor and is used in various cuisines. Kalonji also helps in maintaining a balance between good and bad cholesterol levels due to its antioxidant activity. It might also help in weight management as it increases the metabolism of the body. Kalonji seed powder, when taken along with milk, increases testosterone levels and improve sperm production in men. Kalonji has antimicrobial and antioxidant activity due to which it is used for various skin and hair problems like boils, eruptions, wrinkles and hair fall. Kalonji oil can be applied on the skin to help manage eczema. Applying kalonji seed paste on the scalp might also help promote hair growth and prevent hair fall.

Black seeds possess medicinal properties, which help in curing skin diseases. Make a paste of black seeds by grinding them. Apply the paste directly on the boil. Black seed oil is also effective to cure boil. Mix ½ tsp of black seed oil in a cold or hot drink. Drink the mixture two times a day

D. Indian Lilac (Neem)

Lilac is known for its anti-bacterial and anti-microbial properties. It is effective for treating boils and providing relief in the pain. Make a paste of a handful of neem leaves. Apply the paste directly on the boil. Boil some neem leaves in the water until the water evaporates to one-third. Use the boiled water to rinse the infected area.

Neem oil comes from the seed of the tropical neem tree, also known as Indian lilac. Neem oil has a wide history of use as a folk remedy around the world, and has been used to treat many conditions. Although it has a harsh odor, it's high in fatty acids and other nutrients, and it's used in a variety of beauty products like skin creams, body lotions, hair products, and cosmetics.

Neem oil contains many ingredients that are extremely beneficial to the skin. Some of those ingredients include:

- Fatty acids (EFA)
- Limonoids
- Vitamin E
- Triglycerides
- Antioxidants
- Calcium

It has been used in beauty regimens and skin care to:

- Treat dry skin and wrinkles
- Stimulate collagen production
- Reduce scars
- Heal wounds
- Treat acne and Boil
- Minimize warts and moles

Neem oil may also be used to treat the symptoms of psoriasis, eczema, and other disorders of the skin.

E. Epsom Salt

Epsom salt is very effective remedy for various health and skin problems. Fill your bath tub with warm water and Epsom salt to it. Take a bath. It will alleviate the boils. It's generally impossible to prove a negative -- such as "Epsom salt won't help your boils" -- but there's absolutely no evidence to suppose that it can. Even sources that favor Epsom salt, such as the Epsom Salt Council, make no claims that it can help boils or any other skin infection. Likewise,

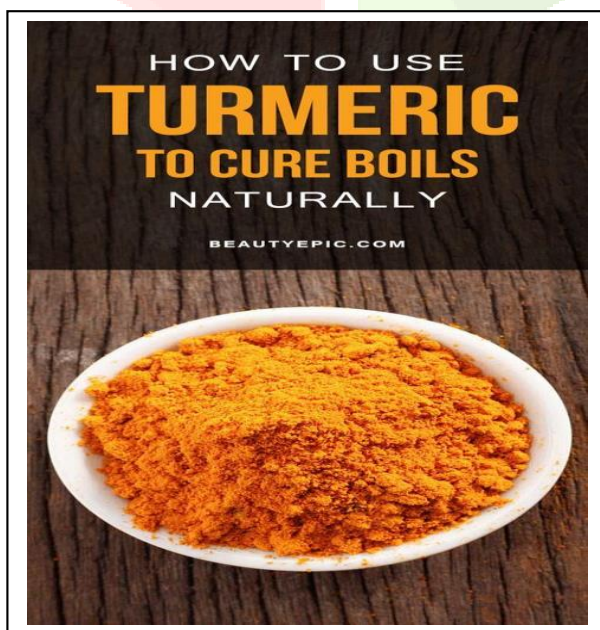


Fig.11 Turmeric used to prevent Boil



Fig.12 Epsom salt used to prevent Boil

Paul Ingraham, the assistant editor of Science-Based Medicine, has been evaluating the evidence with regard to Epsom salt health claims for many years, and he has uncovered no evidence that Epsom salt helps treat boils. Even a Google Scholar search of "Epsom salt and boils" yields no hits that provide relevant information at the time of publication. The implication is clear: If you suffer from boils, using Epsom salt is not likely the way to treat them.

F. Haldi. (Turmeric)

Turmeric, a root that has been grown in India for centuries and treasured for its medicinal purposes, can be used to treat boils, which are abscesses created by infected hair follicles. By carefully preparing the turmeric powder and using it as a poultice, you can use it to heal a boil successfully in just a few days. Determine whether or not the affected area is indeed a boil. Boils start off as red bump, and then evolve into a sore characterized by a hard "head" or covering and a pus-filled center. Since these sores are the result of an infected hair follicle, boils can easily be created by shaving, especially with a razor blade that is dull. Treat your boil by preparing the turmeric powder. While dried turmeric powder, which is easily found at most markets, can be used, the best results will be achieved by using fresh turmeric root. The fresh variety contains more of the antiseptic agents needed to treat a boil properly. Roast the turmeric root in an oven until it turns to ashes. Remove the root from the oven and allow it to cool to room temperature.

G. Castor Oil.

Castor oil contains a compound called ricinoleic acid, which is a natural but potent anti-inflammatory. This, combined with its powerful antibacterial properties, make it ideal in the treatment of boils. Apply a small amount of castor oil directly to the boil at least three times a day until the boil is gone.

Conclusions

Skin diseases also have a substantial, financial and psychological burden for the patients and their families. Boil is a common condition affecting 80% of young people (12-18years age group). The global burden of acne is estimated to be 9.4% and it has been ranked as 8th most prevalent disease all over the world. Approximately 85% of young adults between the ages of 12 and 25 years, 8% of adults between the ages of 25 and 34 years, and 3% of people between the ages of 35 and 44 years have acne to some extent. Boil is a common inflammatory dermatosis that is frequently linked to significant psychological morbidity. Renowned Unani physicians have explained a skin disease *Busoor* in their famous texts which is clinical resemblance to present-day Boil and this skin condition is evident with the presence of eruptions resembling to milk drops over the face, forehead, nose, and arms. Despite of numerous successful therapies are available currently in modern system of medicine but several patient struggles to respond adequately and experience adverse effects that result raises the demand and uses of alternative medicine like Unani, Ayurveda, Yoga, Siddha and Homeopathic system of medicine with their popularity and wide acceptability. Unani system of medicine contains successful and safe treatment of Boil.

Though Boils is a benign malady but cosmetically and psychosocially malignant. allopathic drugs have various side effects. Unani system of medicine contains successful and safe treatment of Boils, so there is need to explore the Unani treatment of Acne vulgaris in general public for safe, economical and effective treatment.

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