



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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KATTIGAL - BOILS

Definition

A localized area of liquefaction, necrosis within an organ or a tissue is called as abscess. A boil is an example of an abscess within the skin. Boils often appear in isolation and are called furuncles. Multiple furuncles are called carbuncles.

Causes

- Excessive eating of Meat and Tubers, Acrid taste foods and Hot food
- Suppressing of Natural urges (*Vegangal*)
- Sexual indulgence

These causes affect the Saaram (Cellular fluid) and Senneer (Blood) of seven bodily constituents.

Preventive measures

- Clean and treat minor skin wounds.
- Never squeeze a boil - this can spread the infection.

Health promoting tips

- Practice good personal hygiene
- Take healthy balanced diet.

Curative herbs

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| • Kazharchi | Bonduc nut | <i>Caesalpinia crista</i> |
| • Merugan kizhangu | Gaint taro | <i>Alocasia macrorrhiza</i> |
| • Parangi pattai | China root | <i>Smilax china</i> Linn. |
| • Aamanakku | Castor | <i>Ricinus communis</i> |

- Oomathai Datura *Datura metel*
- Anthi malli 4 0' Clock plant *Mirabilis jalapa*
- Thuthi Country Mallow *Abutilon indicum*
- Manjal Turmeric *Curcuma longa*

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