

Boswellia

Botanical name: *Boswellia serrata*

Energetics/Actions: Bitter, pungent, warm, dry, anti-inflammatory, immune stimulant, antispasmodic

Description

Boswellia is used in traditional folk medicine in Africa and Asia. Its resin has been used for thousands of years in India as incense for ceremonies. It is an Ayurvedic herb that has been used to treat chronic inflammatory diseases. The *Boswellia* tree grows in the mountains of India, Northern Africa and the Middle East. It is also known as Indian Frankincense.



Uses

Immune system: Strong anti-inflammatory and reduces pain related to inflammation.

Osteoarthritis: Reduces pain and improves function.

Gastrointestinal: Can improve symptoms of inflammatory bowel disease.

Respiratory: May improve asthma symptoms due to its effect on leukotriene production.

Dose

Gum resin: 350 mg 3 times a day.

Extract: 300-600 mg once a day.

Safety Information

Not for use in pregnancy. *Boswellia* may worsen the symptoms of autoimmune diseases like lupus, rheumatoid arthritis, and multiple sclerosis.