



Boswellia serrata

Improving lives through rejuvenation





Overview

Olibanum is another word for boswellia. It refers to a resin or "sap" that seeps from openings in the bark of several *Boswellia* species, including *Boswellia serrata*, which is most commonly used for medicine. The herb is used in Ayurveda, one of the oldest traditional health practices in the world. Boswellia is rich in boswellic acids. These acids may have anti-inflammatory effects. Its anti-inflammatory effect helps with rheumatoid arthritis, inflammatory bowel disease, and asthma





Rheumatoid arthritis

Boswellia appears to be effective in reducing inflammation, and lessening the symptoms of RA.

The Arthritis Foundation recommends boswellic acid capsules as a potential therapy for RA, as well as for osteoarthritis.

The authors of a 2019 study suggested that an active extract of boswellia may help reduce inflammation in people with RA.

Research shows that Boswellia extract can reduce pain by up to 65% and improve mobility and functions in people with osteoarthritis in joints.





Cancer and cancer therapy

A 2016 review paper reports that boswellic acids might have antitumor properties and be toxic to cancerous cells.

A recent study in the journal *Oncotarget* also found that the essential oil from boswellia impaired aggressive skin cancer cells without harming healthy skin cells.

Some research shows that applying a skin cream containing 2% boswellia during radiation treatment helps prevent severe skin redness from developing.



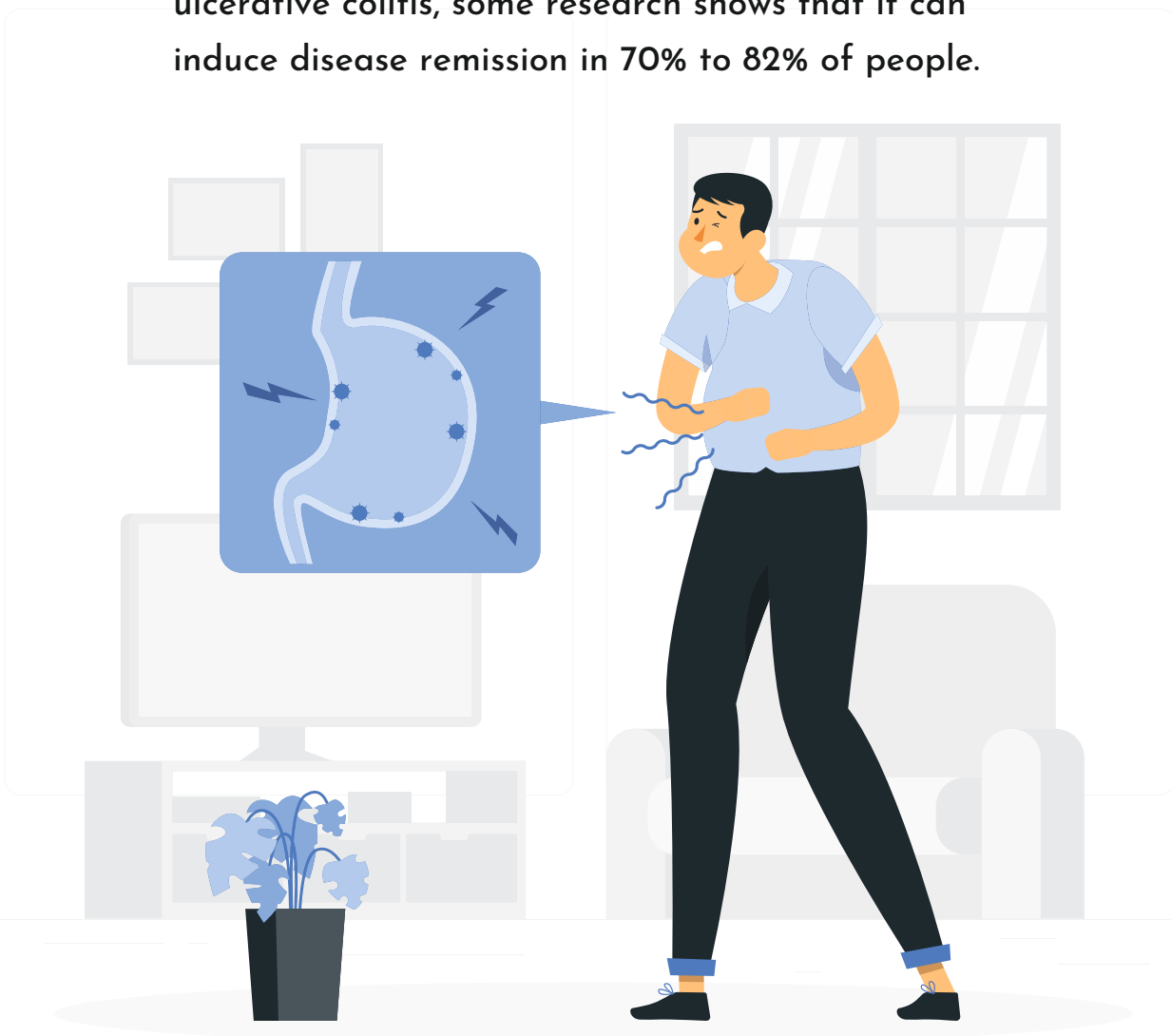


Inflammatory Bowel Conditions

The anti-inflammatory effects of boswellia may also be beneficial for people with inflammatory bowel diseases (IBD), such as ulcerative colitis and Crohn's disease.

A study in the *World Journal of Gastroenterology* looked into the action of *boswellia serrata*. In animal models, boswellic acids improved markers of IBD without causing adverse effects on the surrounding organs.

Taking boswellia seems to improve symptoms of ulcerative colitis, some research shows that it can induce disease remission in 70% to 82% of people.





Asthma

Boswellic acid may also have a role in asthma treatment. Research findings have shown that boswellic acid suppresses inflammation in the airways and inhibits the secretion of cytokines, which are markers that lead to inflammation.

Early research shows that taking boswellia extract might help improve breathing, reduce sudden attacks, and decrease some symptoms in people with asthma.

A small 2015 study said Boswellia may help reduce the need for inhaler use in people with asthma.





Parkinson's disease

A 2019 study found that boswellia may be a helpful tool in medical efforts to treat Parkinson's disease. Boswellia had an anti-inflammatory and antioxidant effect, which appeared to protect neurons in the brain and improve motor function in a rat model of Parkinson's disease.





Dose

There is no standard recommended dose of Boswellia. In arthritis studies, 100 mg to 1000 mg of Boswellia extracts or 300 mg to 600 mg of Boswellia with other herbs were used daily.

A cream containing 2% Boswellia was used on skin during radiation treatment.

The Arthritis Foundation recommends taking approximately 300-400 milligrams (mg) of boswellia three times per day to deliver boswellic acids to the body. They recommend looking for capsules that contain 60% boswellic acid, as it is the active ingredient.





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