

## Herb of the Month Boswellia (Frankincense)



In [Ayurvedic medicine](#) *Boswellia serrata* has been used for hundreds of years for treating [arthritis](#). The active ingredient is found in the resin, extracted from the bark of the tree, commonly found in India. The resin also contains a spicy, floral, essence and therefore often found as an ingredient in perfumes, incense, and in essential oil blends.

The effectiveness of Boswellia withstood a randomized double blind placebo controlled crossover study of 30 patients with osteoarthritis of the knee, conducted by [Kimmatkar N](#) et al published in the Indian Journal of Pharmacology, in 2007. All patients receiving drug treatment reported decrease in knee pain, increased knee flexion and increased walking distance. The frequency of swelling in the knee joint was decreased. Radiologically there was no change. The observed differences between drug treated and placebo being statistically significant, are clinically relevant. BSE was well tolerated by the subjects except for minor gastrointestinal ADRs. BSE is recommended in the patients of osteoarthritis of the knee with possible therapeutic use in other arthritis.

### **Uses:**

- Arthritis/Osteoarthritis
- Acute back pain-muscle pull, strain, tear
- Inflammatory Bowel Disease
- Ulcerative Colitis
- Crohn's Disease
- Psoriasis
- (-) secretor on Blood Type Analysis
- Asthma/allergies

### **Action:**

The arthritis benefits from boswellic acids may be related to their impact on glycosaminoglycan metabolism; these are the same biochemical pathways affected by glucosamine. Boswellic acid also has an effect on the immune system. It possess good anti-inflammatory, anti-arthritic and analgesic activity.

Boswellia inhibits both inflammatory leukotrienes and prostaglandins. Leukotrienes are a major cause of inflammation. Aspirin on the other hand suppresses

prostaglandins which then cause an increased production of leukotrienes. Research has also shown Boswellia to be beneficial in reducing the swelling associated with brain tumors.

Other herbs known for their anti-inflammatory action include Ginger & Turmeric (also a commonly used seasoning found in most kitchen spice racks) Rehmanna (especially if related to an auto-immune disease.)

If your one of the millions who do not like to pop more pills than necessary yet need to get your health under control, we carry an Anti-inflammatory Formula containing Boswellia, Turmeric, Ginger, etc. Created by a naturopathic physician to be prescribed by naturopathic physicians. It is one of our top sellers. To determine the best treatment plan for you, schedule an appointment with our office at (808) 498-4018.