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**What is Boswellia Serrata?**
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by Kirsten Hudson

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Q: What is boswellia serrata?

A reader recently asked The Herb Companion about boswellia serrata. Having never heard of it before, (it looked like a made up word to me) I had to research to find out more. It turns out that this nonsense-word plant is actually very interesting.

Boswellia serrata is a medium-sized tropical tree with *ash-colored* papery bark. It's native to India and other tropical regions of Asia and Africa. When cut, the bark of boswellia yields a gummy resin, or tree sap, that is used for medicinal purposes. This resin, called gugul or salai, is related to *frankincense*. It is taken from the frankincense shrub, which is a prime ingredient in incense and oils.

![Boswellia Serrata Plant](image_url)

The resin from boswellia has long been used in traditional Indian Ayurvedic medicine as a remedy for arthritis, asthma, bronchitis, burns, ulcers, diabetes, dysentery, gout, and liver problems and rheumatism. Today, boswellia is used to help reduce inflammation, stiffness and joint pain. The resin contains *boswellic acids*, which work to reduce inflammation. Boswellia serrata resin can also help soothe pain caused by *minor injuries* and is an effective remedy for the chronic pain associated with *arthritis*.

Boswellia serrata and frankincense come in capsules, extracts and oils. Get boswellia capsules at [www.herbalremedies.com](http://www.herbalremedies.com); 120 capsules for $11.25.

**References:**


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