



[Home](#) > [Herbal Living](#)

HERBAL LIVING

Better Living Through Plants

What is Boswellia Serrata?

6/17/2009 2:39:41 PM

by Kirsten Hudson

Tags: [Mystery Herb](#), [Boswellia Serrata](#), [Question and Answer](#), [Ancient Herbs](#)



Q: What is boswellia serrata?

A: 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 gugal or salai, is related to [frankincense](#). It is taken from the frankincense shrub, which is a prime ingredient in incense and oils.



The resin from boswellia has long been used in traditional Indian Ayurvedic medicine as a remedy for arthritis, asthma, bronchitis, bursitis, diarrhea, dysentery, goiter, 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; 120 capsules for \$11.25.

References:

Ancient Herbs and Modern Herbs: A Comprehensive Reference Guide to Medicinal Herbs, Human Ailments and Possible Herbal Remedies by James Kedzie Sayre (Bottlebrush Press, 2001)

[Read More From This Blog](#)

[1 Comment\(s\) >>](#)

RELATED CONTENT:

[Herbs for Health: Capsules](#)

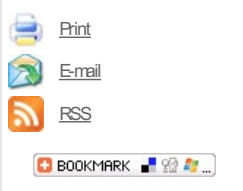
[Herbs for Health: Capsules](#)

[Herbs for Health: Capsules](#)



[Newsletters](#)

BLOG TOOLS



Newsletter Sign-up

☐ Herb Companion E-news ☐ Special Partners

☐ Editorial Advisory Group

First Name

Last Name

E-mail Address

☒ Yes, please send e-mail from [Herb Companion](#) to the address above.

Subscribe

Recent Posts

[In the News: Angostura Bitters Substitute](#)

[Aromatherapy: The Best Carrier Oils](#)

[Product Reviews: Alternative Aromatherapy Products](#)

[Pet Health: Make Castile Soap](#)

[In the News: Opium Poppy Production](#)

Categories

[Product Reviews](#)

[Tips](#)

[Question and Answer](#)

[Medicine Cabinet](#)

[Recipes](#)

Archive

[April 2010](#)

[March 2010](#)

[February 2010](#)

[January 2010](#)

[December 2009](#)

[November 2009](#)

[October 2009](#)

[September 2009](#)

[August 2009](#)

[July 2009](#)

[June 2009](#)

[May 2009](#)

[April 2009](#)

[March 2009](#)

[February 2009](#)

[December 2008](#)

[November 2008](#)

[October 2008](#)

[August 2008](#)

[July 2008](#)

[June 2008](#)

[May 2008](#)

[April 2008](#)

[March 2008](#)



BOSWELLIA EXTRACTS

NATURAL JOINT SUPPORT

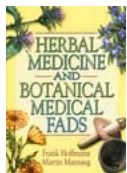
**Buy 1
Get 1
Free**



Shop Vitamins

www.Puritan.com/Boswellia
Ads by Google

GET MORE INFORMATION ON THIS TOPIC:



[HERBAL MEDICINE AND BOTANICAL MEDICAL FADS'](#)

[F. Hoffmann & M. Manning](#)

Paperback

Our Price: Price: \$24.95

[Add To Cart](#)

[Browse Herbs](#)

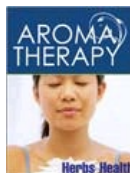


[FIGHTING THE INFLUENZA E-BOOK'](#)

Downloadable PDF
Our Price: Price: \$10.00

[Add To Cart](#)

[Browse Original E-books](#)



[AROMATHERAPY E-BOOK'](#)

Downloadable PDF
Our Price: Price: \$10.00

[Add To Cart](#)

[Browse Original E-books](#)

February 2008

What We're Reading

[She's in the Kitchen](#)
[Garden Fresh Living](#)
[Lemon Verbena Lady's Herb Garden](#)
[Luna Pier Cook](#)
[Food Weds Herbs](#)
[Lilith's Apothecary](#)
[Herbs on Hudson](#)
[Beyond A Garden](#)
[The Herb Cottage](#)
[Healing With \(Raw\) Juices](#)
[Oh Grow Up!](#)

Comments

Nina Libby

6/22/2009 9:24:59 AM

Interesting! Thanks for the great information.

Add Your Comment

Line breaks and paragraphs are automatically converted — no need to use <p> or
 tags.

New to Herb Companion?

Sign up to share comments.
Asterisks(*) indicate required fields.

Name*

Your name appears next to your comment.

E-mail Address*

This will be your login ID.

City

State

Zip Code

Password*

Confirm Password*

Have you signed up before?

Please log in before you enter your comment.

E-mail Address

Password

[Forgot your password?](#)

[Log In](#)

Comments

1500 character limit (Offensive materials and/or spam will be removed, no HTML allowed)

Please Note: Your sign-up must be verified via e-mail before your comment is published.

[Submit](#)

[Alternative Medicine](#)

Become a Herbal Practitioner. Call 866-251-3244 start today.
[instituteofintegrativehealing.com](#)

[OA Knee Pain Treatment](#)

One Injection up to 6 Months Relief Get Your Free Knee Pain Relief Kit.
[OsteoarthritisRelief.com](#)

[Chinese Herbal Formulas](#)

High Quality Chinese Herbs On Sale. Safe and Effective. 20-50% Savings.
[ChineseHerbsDirect.com](#)

[Holistic Medicine College](#)

New York College of Health Prof. Massage, Acupuncture, Oriental Med
[www.NYCollege.edu](#)

[Holistic Healing](#)

Naturopathic Doctor Alternative Medicine
[www.beneveda.com](#)

[Acupress Pain Relief](#)

Get the Benefits of Acupuncture Without the Needle! As Seen On TV
[www.Acupress.com](#)

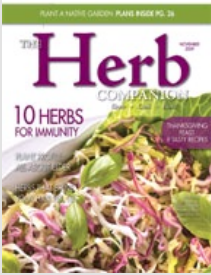


Ads by Google



Ads by Google

Pay Now & Save 50% off the Cover Price



Subscribe to *The Herb Companion*

Your guide to the many uses and even more pleasures of nature's most helpful plants!

The Herb Companion is the smart and easy complement to your own healthy, vibrant lifestyle! In every issue you'll find information on using herbs to:

- Transform simple dishes into spectacular meals
- Make gardens as useful as they are beautiful
- Replace harsh chemicals with natural alternatives
- Help find fulfillment, balance and good health
- And much more!

Yes, send me a one-year subscription (6 issues) to *The Herb Companion*. I'll pay just \$19.95.

Save Even More Money By Paying NOW!

Pay now with a credit card and take advantage of our Earth-friendly automatic renewal savings plan. You save an additional \$5.00 and get 6 issues of *The Herb Companion* for **only \$14.95** (USA only).



First Name: *

Last Name: *

Address: *

City: *

State/Province: *

Zip/Postal Code: *

Country:

Email: *

(* indicates a required item)

Canadian subs: 1 year, (includes postage & GST). Foreign subs: 1 year, . U.S. funds.

[Canadian Subscribers - Click Here](#)

[Non US and Canadian Subscribers - Click Here](#)

[Home](#) | [E-Newsletter](#) | [Products](#) | [Privacy Policy](#) | [Terms of Use](#) | [About Us](#) | [Contact Us](#) | [Subscribe](#) | [Classifieds](#) | [Customer Service](#) | [Site Map](#) | [RSS](#) | [Press Room](#) | [Advertising](#) | [Career Opportunities](#)

Copyright 2010, All Rights Reserved | Ogden Publications, Inc., 1503 SW 42nd St., Topeka, Kansas 66609-1265

[MOTHER EARTH NEWS](#) • [Utne Reader](#) • [Natural Home](#) • [EarthMoment](#) • [The Herb Companion](#) • [Herbs for Health](#)

[GRIT](#) • [CAPPERS](#) • [Motorcycle Classics](#)

[Farm Collector](#) • [Gas Engine Magazine](#) • [Steam Traction](#) • [Good Things to Eat](#)

• [Mother Earth Organic Coffee and Tea](#) • [Great Green Careers](#) • [Ogden Publications](#)