

# BOSWELLIA EXTRACT

<b>Botanical Name</b>	<b>Boswellia Serrata</b>
<b>Common Name</b>	<b>Salai Guggal</b>
<b>Standardized For</b>	<b>Boswellic Acid</b>
<b>Description</b>	<b>Off White to Cream coloured free flowing powder</b>
<b>Part Used</b>	<b>Gum Resin</b>



## Uses and Benefits:

- 1) **Anti inflammatory and pain relieving properties:**
  - a. Boswellic acids reduce inflammation by deterring the inflammation of white cells and improving blood flow to the joints.
  - b. They have been shown to prevent the chemical reactions that can be precursors to inflammation.
  - c. The herb is effective in relieving the aches and pains of arthritis, gout, lower back pain, rheumatism and especially osteoarthritis.
  - d. Boswellia stops the degenerative actions that erodes cartilage and joint tissues. Boswellia serrata acts in a synergistic manner with such other joint-building supplements as glucosamine and chondroitin. As they stimulate the growth of cartilage, the boswellic acids effectively shrink inflamed tissue, increase blood supply to inflamed joints and enhance the repair of local blood vessels damaged by inflammation. It does so without the after-effects such as gastric irritation, ulceration of the stomach and adverse effects on heart rate and blood pressure that are associated with pain killers.
- 2) **Asthma management:**

Boswellic acids in the resin have been shown to inhibit the synthesis of leukotrienes, which trigger many of the symptoms associated with asthma. It also helps relax bronchial passageways by reducing mucus production and facilitating breathing.

