



BOSWELLIA SERRATA

It is a medicinal plant which has a wide range of uses in pharmaceuticals, cosmeceuticals and agriculture. The branching tree is commonly found in parts of India, the Middle-East and North Africa.



Oleo-resin

A gummy oleo-resin is derived out of its bark when peeled away.

Boswellia Benefits

Boswellia extract has multiple benefits including reduced knee pain, increased knee flexion and walking pace. May help with Asthma and OA management.

Potential Health Benefits

Boswellia serrata extract has potential therapeutic uses in treating other arthritis conditions, in addition to benefiting individuals with osteoarthritis of the knee.



ASTHMA MANAGEMENT

Boswellia serrata gum resin, which is commonly known as **Salai guggul** in Ayurvedic medicine, contains boswellic acids that are known to inhibit leukotriene biosynthesis. A study conducted on bronchial asthma patients revealed that treatment with **Boswellia serrata** gum resin led to a remarkable 70% improvement in symptoms and lung function, compared to only 27% in the control group treated with lactose. These findings strongly support the effectiveness of **Boswellia serrata** gum resin in managing bronchial asthma.

Effects of **Boswellia serrata** gum resin in patients with bronchial asthma: results of a double-blind, placebo-controlled, 6-week clinical study.

Eur J Med Res. > 1998 Nov 17;3(11):511-4

OSTEOARTHRITIS MANAGEMENT

Osteoarthritis (OA) is the most common form of inflammatory joint disease. **Boswellia serrata** is considered to be a potent anti-inflammatory, anti-arthritic and analgesic agent that may help with reducing symptoms of OA.

BMC Complement Med Ther. 2020; 20: 225. Published online 2020 Jul 17. doi: 10.1186/s12906-020-02985-6

Specifications

Botanical/Scientific name **Boswellia serrata**

CAS no. **97952-72-2**

Description **Creamish yellow color powder**

Assay **By Titration 65%, 85%**

Complies with EU food regulations