



Boswellia Serrata

Type of Plant/Fruit:

- Boswellia, also known as Salai Guggal, is a medium to large tree found in a variety of regions throughout Western and Central India. A gum resin extracted from the trunk of the tree is used to prepare modern herbal remedies. Those herbal remedies consist primarily of essential oils, gum, and terpenoids.

Origin and Native Uses:

- Classical Ayurvedic science, which has its roots in the country known as India, makes references to the anti-rheumatic (anti-arthritis) activity of guggals (gum resins of trees).
- Boswellia has been used for centuries by people of India, and many other countries, as a natural alternative to support normal bodily functions.

Form Used in Chiropractor's Choice:

- 100%, pure boswellia serrata extract is obtained directly from trees in India.

Primary Ingredients and Benefits:

- The terpenoid portion of the gum resin contains boswellic acids which have been shown by many studies to possess potent nourishment to support low levels of inflammatory and arthritic conditions. Currently, most extracts are standardized to contain approximately 37.5 – 65% boswellic acids.
- Boswellic acid appears to support normal function of the body in aiding the possibility of slowing the body's pro-inflammatory mediators, such as leukotrienes.
- Boswellia serrata has been demonstrated to support normal liver functions. It exhibits "protective effects against chemical and biological" toxins that may cause inflammation and injury to the liver (Safayhi, Biochemistry and Pharmacology, 41: 1536-1537, 1991); pain-relief properties (Menon and Kar, Planta Medica, 19:338-341, 1971); fever-reduction properties (Singh, Drugs of the Future, 18 (4): 307-309, 1993); protective properties to support normal bodily function (Mukherji, Indian Journal of Pharmacology, 32:48, 1970); exhibits anti-bacterial properties (Atal, Selected Medicinal Plants of India, 1992) and anti-fungal properties (Garg, Indian Journal of Pharmacology, 1974).

References:

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