

BOSWELLIA SERRATA

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Scientific Name: Boswellia serrata

Kingdom: Plantae

Order: Sapindales

Genus: Boswellia

Species: B.serrata

Family: Burseraceae

Part of plant used: Gum



Synonyms:

Indian Frankincense, Boswellia Serrata, Boswellic Acid

Uses:

Treating arthritis, ulcerative colitis, coughs, sores, wound healing and asthma

Phytochemicals:

Boswellic acid

LITERATURE AND PROPERTIES:

- Boswellia species are moderate-sized flowering plants, including both trees and shrubs, and are native to tropical regions of Africa and Asia.
- Oleo gum-resin is tapped from the incision made on the trunk of the tree and is then stored in specially made bamboo basket for removal of oil content and getting the resin solidified. After processing, the gum-resin is then graded according to its flavour, colour, shape and size.
- The oleo gum-resins contain 30-60% resin, 5-10% essential oils, which are soluble in the organic solvents, and the rest is made up of polysaccharides. Gum-resin extracts of *Boswellia serrata* have been traditionally used in folk medicine for centuries to treat various chronic inflammatory diseases.
- “Gajabhakshya”, a Sanskrit name sometimes used for *Boswellia*, suggests that elephants enjoy this herb as a part of their diet.



Osteoarthritis

Boswellia is both effective and safe in treating osteoarthritis. *Boswellia* was found to relieve pain associated with osteoarthritis while also improving function in affected joints. It was noted in the analysis that using at least 100 to 250 milligrams (mg) of *Boswellia* for at least four weeks was best.



Asthma

Boswellia suppresses inflammation that is present in asthma, opening up a path for normal breathing.



Inflammatory Bowel Disease

Boswellia improves symptoms of inflammatory bowel disease (IBD). Chewing *Boswellia* gum can reduce mild lung symptoms of COVID-19.

Boswellia supplements have also been studied for:



Heavy Menstrual Bleeding

Using ginger and Boswellia alongside a nonsteroidal anti-inflammatory drug (NSAID) reduces menstrual bleeding when taken alongside ibuprofen.⁷



Rheumatoid Arthritis (RA)

Boswellia is effective in treating RA.

CLOVE OIL

Scientific Name:

Syzygium aromaticum

Part of the Plant Used:

Bud

Active Content:

Eugenol 70%

Colour:

Clear colourless to faint yellow coloured liquid

Shelf Life:

3 years



LITERATURE AND PROPERTIES:

- Clove oil is obtained from distillation of buds.
- Clove oil is used as a food ingredient, herbal medicine, aromatic, and anesthetic compound.
- Cloves are used in the cuisine of Asian, African, Mediterranean, and the Near and Middle East countries, lending flavour to meats, curries, and marinades, as well as fruit (such as apples, pears, and rhubarb).
- Cloves may be used to give aromatic and flavour qualities to hot beverages, often combined with other ingredients such as lemon and sugar.
- A major component of clove taste is imparted by the chemical eugenol, and the quantity of the spice required is typically small. It pairs well with cinnamon, allspice, vanilla, red wine, basil, onion, citrus peel, star anise, and peppercorns.
- Cloves are used in traditional medicine as the essential oil, which is used as an analgesic mainly for dental emergencies and other disorders. There is evidence that clove oil containing eugenol is effective for toothache pain and other types of pain.



USES



Moisturizes Dry Skin and Helps Other Skin Problems

Clove oil for dry skin is a great natural remedy. The best way to take advantage of this treatment is to get the oil in liquid form and spread it on skin with a clean rag. It's also used in many products that are made specifically for helping lessen the appearance of stretch marks, baggy eyes, and puffy skin.



Reduces Some Types of Pain

Clove oil is known for toothaches and other tooth pains. In fact, this is the most popular remedy that this natural herb is used for. It can be rubbed directly on the skin.



Soothes Irritation

Clove bud oil is often used as the active ingredient to soothe the itching and burning. Applying this natural herb to bedsores can prevent them from getting worse. It is also helpful to apply clove oils to skin that is susceptible to bedsores to reduce the likelihood of getting them.



Improves Blood Circulation

Clove bud oil is used in Tiger Balm to help improve circulation. Since this specialty balm is used to soothe muscle aches and pains, cloves are the active ingredient that helps the blood flow through the area and help reduce the pain. Because it helps improve circulation, clove oil is ideal for reducing the pain and discomfort typically associated with tension headaches.



Used as an Insect Repellent

Many insect repellent companies use clove essential oil as one of the active ingredients in their spray products.

USES



Major Ingredient in Many Weed Killer Products

It's also the primary active ingredient in many weed killers on the market.



Reduces Foul Cooking Odors

Some foods, like liver and fish, can cause unpleasant odors in house when cooking. Burning some clove-scented oils or incense after cooking can help soak up the offensive odors and replace them with a more pleasant scent. Cloves can add a dimension of taste to some otherwise bland foods too. One can either use it in liquid form to add to dishes or use the clove leaves.



Reduces Stomach Pain

Cloves have been used to soothe stomach pain for centuries. It helps to calm the nerves and aid in digestion. Put a couple drops of the oil in a beverage to use it for stomach pain purposes. In addition, it is used in several other useful products around the home and garden.

APPLICATIONS:

CAN BE USED IN DIFFUSIONS

CAN BE USED AS SPRAYS

CAN BE MIXED WITH CARRIER OIL AND USED FOR MASSAGE

CAN BE USED IN FACIAL SCRUB, CREAM AND LOTION

FLORAL INCENSE

- Floral Incense is floral, sweet fragrance specially developed for Incense stick.
- This fragrance is a beautiful combination of floral, sweet, powdery, fresh, musky, smoky, amber, woody notes.
- In burning, this incense stick release soothing fresh, sweet, floral, powdery aroma of rose, geranium, amber, sandal wood and vanilla. This incense stick helps to create calming and relaxing atmosphere.
- This fragrance relax body and mind enhance spiritual meditation and fills the room with warm and pleasant aroma.



SOFT SKIN

- Soft skin fragrance is inspired by pears soap fragrance. This fragrance is specially developed for transparent soap, face wash and hand wash.
- This fragrance is a beautiful combination of fresh, warm, spicy, floral, woody, pine, herbal, amber. Top note are lemon, pine, clove. Middle note are lavender, rosemary, cinnamon and thyme. Base note are cedar wood, patchouli, sandalwood and amber.
- Mild soothing aroma of this fragrance gives the feel of freshness and cleanliness. During use, this fragrance lingers around you with warm, spicy, woody scent.
- Uses & Recommended Dose:
For transparent soap-1-1.2%, for face wash-0.4-0.6%,
for handwash-0.6-1% and for shower gel-0.6-0.8%.

