FRANKINCENSE -----DRAFT

Date: March 5, 2004

Class: Plant

Proper Name: *Boswellia sacra* Flueck. (Burseraceae) (USDA 2004)

Common Name: Frankincense, bible frankincense, incense, olibanum (McGuffin et al. 2000)

Source: Gum resin from the bark (Leung and Foster 1996)

Route of Administration: Oral or topical (Lu 1999).

Dosage Form: Those suited to the allowable route(s) of administration.

Use or Purpose: Statement to the effect of:

**Oral:**
- Traditionally used as an astringent (Williamson 2002; Li 1973).
- Traditionally used as a diuretic (Williamson 2002; Leung and Foster 1996; Li 1973).
- Traditionally used to relieve nervous problems (Williamson 2002; Leung and Foster 1996).
- Traditionally used in TCM to promote circulation of qi (Long 1998; Bensky and Gamble 1986).
- Traditionally used in TCM to relieve urinary disorders (Williamson 2002; Bown 1995).
- Traditionally used in TCM to dispel wind-dampness (Long 1998; Bensky and Gamble 1986).

**Topical:**
- Traditionally used in TCM to promote healing of carbuncles (Bensky and Gamble 1986; Li 1973).
- Traditionally used in TCM to promote tissue regeneration (Long 1998; Bensky and Gamble 1986).
Traditionally used in TCM to promote healing of injuries (Bown 1995; Bensky and Gamble 1986).

Traditionally used in TCM to relieve gum, mouth and throat complaints (Bown 1995; Bensky and Gamble 1986).

Traditionally used in TCM to relieve pain (Long 1998; Bensky and Gamble 1986).

Traditionally applied to treat ringworm (Williamson 2002; Kapoor 2001).

Traditionally used in TCM to promote healing of sores (Bensky and Gamble 1986; Li 1973).

Traditionally used in TCM to reduce swelling (Long 1998; Bensky and Gamble 1986).

**Dose:**
Oral and topical:

- Gum resin: 3-8 g/day (Lu 1999; Bensky and Gamble 1986)

*Note:* Traditional literature suggests frying the resin prior to consumption (Lu 1999; Bensky and Gamble 1986)

**Duration of use:** For prolonged use, consult a health care provider.

**Risk information:** Statement to the effect of:

Cautions/Warnings: No reports known.

Contraindications: Do not use if you are pregnant or breastfeeding.

**Non-medicinal ingredients:** Must be chosen from the List of Acceptable Non-medicinal ingredients and must meet the limitations outlined in the list.

**Specifications:** Must comply with the minimum specifications outlined in the Compendium.

**References**


