

Olibanum



Scientific name: *Boswellia sacra* Flueck.

Common name: Olibanum, Frankincense

Traditional name: Luban

Part used: Resin gum of tree

Description & characteristics:

Aromatic small, shapeless or spherical pieces in white, light yellow, brownish yellow, bluish white or green. In traditional Persian Medicine, the thin skins or sheets that are separated from each other by grinding frankincense are called frankincense peels.

Temperament: Hot and dry

Functions:

Astringent, desiccative, *Mondij* (coctive agent), detergent (low and no irritating), blood styptic (hemostatic).

Traditional uses:

Purification of vital and psychic spirits, heart tonic , invigorate memory, desiccative brain moistures , for dyspnea and heart palpitation, chronic wet cough, amnesia, stomach weakness, resolution of stodgy ventus , drying moisture, rectal, hemorrhoids and uterus bleeding, joint pain , bone cold pains, healing deep wounds, especially fresh wounds and fire burns wounds, invigorate libido.

Modern uses:

Osteoarthritis, rheumatoid arthritis, inflammatory bowel diseases (Crohn's, ulcerative colitis)

Dosage:

- Hemorrhagic colitis: 300 mg three times a day
- Inflammatory joint diseases: 400 mg three times a day

Side effects:

- Heartburn, nausea, abdominal heaviness, epigastric pain, anorexia, dermatitis
- Possible mild irritation in topical use.

Precautions and warnings:

In patients with a previous history of gastritis, as well as in allergies.

Precautions and warnings:

- No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.
- Two weeks before any surgery, discontinue any herbal products.

Use in pregnancy and breastfeeding:

Not enough information is available.

Contraindications:

Not enough information available.

Interactions:

There is no information on the interaction of the plant with humans.

Pharmaceutical forms available in natural products pharmacy:

- Lobob Saghir electuary (simple)
- Lobob Nirooza electuary (compound)
- Hemophyte capsule
- Alzstop capsule
- Safof hefz capsule
- Frankincense gel (local and vaginal)

References:

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