

Frankincense (oleo-gum-resin of *Boswellia* species): An alternative natural medicine for the prevention and treatment of chronic and inflammatory diseases.

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## Abstract

Frankincense is the aromatic resinous extract, obtained from the trees of *Boswellia* species and has been used in ceremonial and cultural traditions for centuries. In addition, frankincense has been used as a folk medicine in treating a variety of ailments especially inflammatory diseases such as asthma, arthritis, cerebral edema, chronic pain syndrome, chronic bowel diseases and cancer. Frankincense, the resinous extract from the trees of the genus *Boswellia*, has been used for centuries in ceremonial, cosmetic, cultural and as a traditional medicine to treat a variety of ailments especially inflammatory diseases including asthma, arthritis, cerebral edema, chronic pain syndrome, chronic bowel diseases, cancer and some other illnesses. Boswellic acids are the active compounds of frankincense and AKBA (3-O-acetyl-11-keto- $\beta$ -boswellic acid) is the most important and effective acid among them. Some studies have shown that the use of frankincense can also improve the learning and enhance the memory in animals and human. It appears that frankincense has a potential ability to be used as an alternative natural medicine in reducing the symptoms and treating a number of chronic and inflammatory diseases.