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Treating pain pathways with boswellia herb

Tina Beychok May 29, 2019
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Originating from the tree of the same name, the boswellia herb has been a key part of Ayurvedic medicine for thousands of years

Arthritis is the leading cause for disability among American adults, according to the Arthritis Foundation.¹ As of 2018, approximately 54 million adults have been diagnosed with some form of arthritis.

Osteoarthritis is the most common type of arthritis and affects approximately 31 million Americans.¹ Significant chronic joint pain and stiffness are two of the main symptoms with all forms of arthritis and can affect mobility. If this pain is left unaddressed, it can eventually affect patients' activities of daily living, such as bathing, dressing, shaving, or brushing out their hair.

Standard pharmaceutical treatment for treating arthritis usually relies on nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil or Motrin) or naproxen (Aleve) to relieve pain and reduce joint inflammation. Unfortunately, these medications come with significant

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treatments has increased over several years. Boswellia, sometimes known as Indian frankincense, has

some promising results in treating pain associated with boththritis and rheumatoid arthritis.

the Boswellia herb works

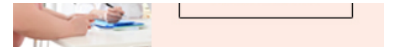
lia extract comes from the Boswellia tree (*Boswellia serrata*) and an used for thousands of years as a key part of **Ayurvedic** **re** to treat pain and chronic inflammatory conditions.² It is available as a resin, pill, or cream. For oral dosing the Arthritis Foundation suggests 300-400 mg three times per day.

There are four specific acids within the boswellia extract that prevent the body from forming leukotrienes, which are the molecules that can cause inflammation and pain.³ Specifically, β -boswellic acid (the most abundant), 3-acetyl- β -boswellic acid, 11-keto- β -boswellic acid, and 3-acetyl-11-keto- β -boswellic acid inhibit the formation of the 5-lipoxygenase (5-LO) enzyme.³

Osteoarthritis research

A 2003 study in the journal *Phytomedicine* assessed the safety, efficacy, and tolerability of a boswellia herb extract in treating osteoarthritis of the knee.⁴ For this study, 15 patients with osteoarthritis were given boswellia e

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Rheumatoid arthritis research

3 Shares article also published in *Phytomedicine* examined the effect of a boswellia extract using lab rats specially bred to develop rheumatoid arthritis.⁵ The rats were given a daily boswellia herb extract for 21 days. At the end of the study, all rats showed significantly reduced levels of inflammation, as well as rheumatoid arthritis markers.

Researchers theorized that the boswellia herb extract may have a protective effect against **rheumatoid arthritis** as a result of its anti-inflammatory properties.⁵

It is true that your patients with arthritis can be frustrated by chronic pain in their joints, it is equally true that keeping active helps strengthen their joints and slows deterioration. Fortunately, boswellia extract may help support joints while having a better side-effect profile than traditional NSAIDs.

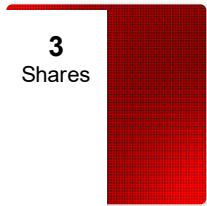
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