Herb Monograph Latin Name: Boswellia serata

Common Name: Frankincense Resin, Ru Xiang

Primary Action	antimicrobial
Secondary Actions	anti-inflammatory
System Affinities	rheumatic
Conditions Treated	inflammatory joint conditions
Constituents	acids, resins
Tincture Daily Dose	2 mL to 4 mL
Tea Daily Dose	0.3 g to 3 g
Parts Used	resin
Can Be Substituted With	N/A
Pairs Well With	Salvia officinalis as an anti-microbial for oropharyngeal and upper GI infections and Harpagophytum procumbens and Curcuma longa in formulas for inflammatory rheumatoid conditions

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