

## A review of the therapeutic effects of frankincense

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### \*Abstract

Today, medicinal herbs have been widely used due to antimicrobial, antioxidant properties and less harmful than of chemical compounds. Since ancient times, the medical system in different countries such as Africa, China, India and the Middle East countries, frankincense has been used as anti-inflammatory, anti-arthritic, analgesic and anti-proliferation in the treatment of related diseases, chronic diseases of the bowel, asthma, brain edema and other diseases. Several clinical studies that have shown their biological activity the mechanism of action of this plant, have confirmed their anti-inflammatory and anti-tumor activities. Boswellic acids, are the main active component of frankincense and responsible for its therapeutic effects. This review was studied the therapeutic effects of frankincense using the keywords frankincense, boswellic acid, anti-inflammation, intestinal diseases, cancer, diabetes, asthma, brain tumor, fertility and memory. Frankincense with anti-inflammatory, anti-arthritis, anti-proliferative, antimicrobial and analgesic effects at the least side effects and recommended dose could reduce the symptoms of many diseases in traditional and modern medicine.

**Keywords:** Frankincense, Boswellic acid, Anti-inflammatory, Memory

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