

Frankincense Tears

Botanical Name: *Boswellia sacra* (or *B. carterii*, *B. serrata*)

Family: Burseraceae

Energetics: Warming, aromatic

Taste: Resinous, bitter, aromatic

Actions: Anti-inflammatory, analgesic, astringent, immune supportive, respiratory support

Overview

Frankincense is a resin used for its anti-inflammatory, analgesic, and calming properties. It is traditionally used for joint and muscle inflammation, respiratory support, and meditation or ritual purposes.

Uses

Internal Uses

- Supports joint and inflammatory conditions
- Mild digestive support
- Immune modulation

External Uses

- Topical application for joint pain and inflammation (diluted)
- Aromatherapy for stress reduction and respiratory support
- Resin smoke for ceremonial or meditation purposes

Medication Interactions

- May interact with anticoagulants (high doses)
- Use caution if on anti-inflammatory medications

Contraindications

- Pregnancy: limited data; use caution
- Allergy to Burseraceae family
- Children: use under guidance

Caution & Safety

- Dilute for topical use
- Avoid internal high-dose use without professional guidance
- Monitor for skin irritation or allergic reactions

Herbal Pairings

Blends Well With

- Turmeric (anti-inflammatory synergy)
- Ginger (warming and anti-inflammatory)
- Lavender (calming synergy)
- Frankincense + Myrrh (joint and respiratory support)

Avoid Combining With

- High-dose anticoagulants without supervision

Possible Side Effects

- Mild digestive upset if taken internally in excess
- Skin irritation if topically undiluted
- Rare allergic reactions

Forms & Dosage

Resin / Chewable

- Small pieces (100–200 mg) chewed or dissolved, 1–2 times daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Essential Oil (Topical)

- Dilute 1–2% in carrier oil
- Apply to joints or massage areas as needed

Aromatherapy

- Diffuse 3–5 drops in diffuser or inhale resin smoke



Frankincense Tears are a versatile resin for anti-inflammatory, respiratory, and aromatic applications. Use cautiously for internal medicinal purposes.

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