

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

Notes

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

For educational purposes only; not intended to diagnose, treat, or cure any condition.

© HomesteadGardener.ca | @YourHomesteadGardener