

Boswellia Papyrifera, B. Sacra/Carterii, and B. Serrata have been laboratory tested and found to contain Boswellic acids

Frankincense Boswellia Papyrifera:
(some of this was taken from Dan Riegler blog)



Boswellia papyrifera is a species of flowering plant that is native to Ethiopia, Eritrea and Sudan.

It is distinguished from other types of Frankincense by the presence of large amounts of Octyl Acetate and Octanol and two other unusual and unique chemical markers, Incensole and Incensole Acetate. Studies have shown that Incensole Acetate affects our central nervous system and possesses psychoactive properties. According to studies, Incensole Acetate can generate heightened feelings of well being and spirituality, reduce feelings of anxiety and depression and improve memory function. Other research has indicated that Incensole Acetate shows neuroprotective and anti-inflammatory properties and indicates it may be of use in cases of stroke and head trauma. It is presumed that Incensole and Incensole Acetate are absorbed by the body through the smoke released during the burning of Frankincense as an incense. One can see how this might be an ideal incense for spiritual/religious purposes in churches and temples.

Maydi-The King of Frankincense

The Chewing Gum Frank!

Boswellia Frereana, Maydi



Boswellia Frereana is native to the Somali Puntland the [Somaliland](#) highlands, and is their pride and joy. In Somaliland and neighboring regions, Maydi is considered the King of Frankincenses.

With a sweet and warm amber fragrance highlighted by spice, and floral notes, Frankincense Frereana differs from most other types of Frankincense with its pure [oleo-resin](#) content and lack of water-soluble gum.

Harvested from fewer trees over a much shorter period during the year, Maydi, or *Boswellia Frereana*, is not as abundantly available as the other more familiar types of Frankincense. It is bought up quickly by the [Coptic church](#), Saudi, Omani and Yemenite dealers, and much of it is used domestically.

The west sees very little of this precious Frankincense. Averaging around 99% oleoresin with barely any water-soluble gum content, (as compared to 20% -35% in [Boswellia Carterii](#)/Sacra and other types), this Frankincense is all fragrance.

Maydi is used in its unprocessed state as a natural chewing gum, locally and in Arabian nations, for this reason it is also known as “Yemenite Chewing Gum”. Due to its lack of water-soluble gum, it does not deteriorate in the mouth with warm saliva, but holds its form indefinitely, releasing healing oils and resins for extended periods of time.

It is an easy to use ingredient in [Bakhoor](#), powder and formed incense, and due to its near complete solubility in alcohol and its affinity with oils, it is perfect for making , cremes, salves, tinctures and many other natural cosmetic, fragrant and healing products. Akin to Elemi, B. Frereana is an excellent oleoresin for mature skin and signs of aging.

Boswellia Frereana essential oil has a light yellow colour and a unique set of defining chemical markers. It has an olfactory signature distinct from all other types of Frankincense. It is high in α -pinene (38%), [p-Cymene](#) 11%, α -Thujene 8.1%, limonene (2.4%), sabinene (2.6%), trans-verbenol (4.2%) and bornyl acetate (2.8%), contains dimers of α -phellandrene and close to another 30 odd compounds in varying amounts. These constituents are present in the, Oleo, or volatile, hydro distilled essential oil portion. The resin portion of this fragrant species holds many more therapeutic and fragrant constituents, similar to other well-known and esteemed healers such as the various Frankincense types, Mastic, Spruce Fir and Pine.

The B. Frereana is anti-inflammatory, has been shown to either reduce cartilage deterioration, or rebuild cartilage.. It kills the H. Pylori bacteria that causes ulcers and is used in skincare products as are the other types. It is easier to work with since it can be mixed or melted directly and quickly in oil based products.

To read more on it please go here: <https://apothecarysgarden.com/2014/06/19/maydi-the-king-of-frankincense/>

Frankincense resin-Boswellia Serrata



Boswellia or Frankincense Serrata, is likely one of the most well-known and well-used types of Frankincense in the world. Also called Indian Olibanum and Salai in India, its traditional medicinal uses are well recorded.

Used extensively for hundreds of years in the Indian healing tradition of Ayurveda, Boswellia Serrata is considered a NSAID (or non-steroidal anti-inflammatory drug), causing little to no side effects or irritation compared to steroidal drugs. It is used to treat arthritis, Osteoarthritis, inflammation of joints, bronchial asthma and recently has shown promise treating ulcerative colitis, Crohn's disease. Boswellia Serrata is also used in Ayurveda to

treat diseases of the mouth, chronic skin lesions and ulcers, wounds, piles, diarrhea, jaundice and other hepatic disorders.

Many of the therapeutic properties are attributed to its Boswellic acid content, compounds it shares with Frankincense Papyrifera from Ethiopia and Frankincense Sacra/Carterii from Oman and Somalia.

Growing from India up through the Punjab and into Pakistan, Frankincense Serrata is used extensively as an incense and incense ingredient in local rituals and ceremonies. It's distilled essential oil has a warm amber-like spicy fragrance that acts as a heart to base note in perfume blends.

Frankincense Serrata is also used in traditional Chinese medicine. Extracts and capsules of B. Serrata are widely available on the market and commonly found on health food store shelves.

As most types of Frankincense, when burned as incense, it helps cleanse a space and create a sense of sacredness. Frankincense is ruled by the Sun from an astrological point of view, is calming to mind and heart, helps raise one's spirits, and is said to generate heightened feelings of spirituality and well-being.

It has come to our attention that *Boswellia serrata* and *Boswellia Carteri* may have a problem with those on blood thinning medication and those who have blood problems.

We suspect that this effect may be due to presence of Estragole, also known as Methylchavicol, in oil. According to Essential oil Safety second edition Robert Tisserand/Rodney Young, p 553, Estragole have an in vitro antiplatelet effect. This effect is compared to diluted aspirin solution. The original research article is included in the pdf section of the group called Aromatic factors of anti-platelet aggregation in fennel oil.pdf

Serrata usually contains around 2% of estragole while carterri range between none to 0.15%, as per GC reports and communication with Hubert Marceau, a well known distinguished chemist at PhytoChemia who is very well known for his work with Essential oils and also resins.

While we do not have strong confirmation that this compound is the sole cause of this effect we suggest caution and supervision when using these product with patient with this condition. Please keep reporting side effect

Boswellia Carterii



Boswellia carterii resins.

You can see the whole story here <https://frankincense.info/2016/04/18/boswellia-carterii/>

Since the time of Pharaohs The Land of Punt was known as a land of incense. Today, the area known as Puntland includes Somalia, and also Ethiopia. There are various types of frankincense trees that grow in Somalia, this article will be focusing on *Boswellia carterii* also known locally as Mohor or Beyo. *Boswellia carterii* grows abundantly in Somalia, and is a source of Boswellic acid, which is of great interest in ongoing medical research as an anti-inflammatory.

In Somalia, some traditional uses of *Boswellia carterii* is to burn it as an incense for fragrance especially after cooking something non-pleasant smelling such as fish. In Somalia beyo is also burnt for the warding away of mosquitoes, and insects such as sand flies. It is believed that burning *boswellia carterii* frankincense after an illness in the house will cleanse the space of sickness. It is also believed it can drive away evil spirits.

Boswellia carterii is added to water in the evening by Somalis, and the frankincense is allowed to soak overnight. The water is ingested for digestion issues, stomach problems, gas, and cramps. The water is also used as a face cleansing cosmetic by Somalian women, and is believed to be useful as an anti-wrinkle cosmetic. Another interesting cosmetic note, is that crushed burnt frankincense was an ingredient in ancient Egyptian kohl eye makeup. The ancient Egyptian Queen Hatshepsut was known to grind up charred

frankincense and have it placed in her Kohl eyeliner. This practice is also considered the first recorded use of the resin. Frankincense itself had originally been obtained from Queen Hatshepsut's expedition to the ancient Land of Punt.

It is said that up to 90% of *Boswellia carterii* resins are sold for the perfume industry with France being one of the major purchasers of *boswellia carterii*. *Boswellia carterii* is used in many popular perfumes. France has an incredible history of distillation and perfumery with *boswellia carterii*, especially in Grasse region of France.

Boswellia carterii frankincense is also exported from Somalia and finds its way into the christian churches throughout the world. It is said the Vatican uses this type of resin in worship. It is also reported that China is a large purchaser of *Boswellia carterii*, for use in Chinese medicine.

Boswellia carterii is a source of Boswellic acid, and has been recently shown to fight inflammatory diseases like asthma, rheumatoid arthritis, atopic dermatitis, Crohn's disease and is being studied for a variety of cancers.

More research is currently being done on frankincense and its ability to treat arthritis, with the possibility of frankincense being used as preventative medicine also.

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Frankincense Neglecta-Black Frankincense from Ethiopia.

Info from Dan Riegler's blog



Also called "Dakar", the aroma of Frankincense Neglecta, though unmistakably that of Frankincense, stands out with clean, crisp, sweet notes, reminiscent of our northern Balsam Fir trees.

This resin is dark, fresh, full of essential oils and yields to the press of a fingernail or knife. This is the resin I use to make my Frankincense neglecta "Heartsease Oil", the oleo extract which I find reduces feelings of anxiety, panic and tightness/heaviness of the chest. Apparently, it has the same effect for many others when massaged into the chest.

As all its brothers, Frankincense Neglecta is ruled by the Sun from an astrological point of view. It is calming and strengthening to both mind and heart, aids in meditation and concentration, and is thought to raise one's spirits.

Locally it is used as an acaricide and insect repellent, as an incense on its own and mixed into regional incense blends which are called Bakbouka in Ethiopia and Bakhour in the Arabian world.

This unusual type of Frankincense has been used in folk medicine around The Horn of Africa for generations as sacred incense and as medicine specific for respiratory complaints. The Samburu tribe in Northern Kenya burn it in the hut when a child is sick and during childbirth. The women will squat above the fragrant smoke during pregnancy and labor. It is used in the same manner after circumcision of both sexes.

This is a hard to find oleoresin, especially valuable due to its freshness. It is also available in wholesale quantities. Contact me for more information.

Since *Boswellia neglecta* cannot be tapped to increase the yield of valuable resin, there is less concern around over tapping and unsustainable harvesting practices. From a fair trade perspective, the Ethiopian government is fairly proactive and regulates the price of resins so harvesters receive a fair return.

That being said, it is important to remember that our resin-bearing trees still suffer from other stresses such as agricultural encroachment, use for charcoal and timber and the regular array of insects that find them delectable and safe homes for their young. Though fair trade and sustainable harvesting practices are not an issue as with other types of Frankincense, there is still much work to be done to preserve them for generations to come.

Rare-Light Frankincense Neglecta, Samburu Tribe Kenya. A fair trade and sustainable Frankincense for perfume, incense and medicine.

(Excerpts from [Dan Riegler](#) website)



The enigmatic and rare "Light" Frankincense Neglecta resin from the Samburu.

This unique and rare resin is provided by the women of the Samburu tribe in Northeastern Kenya. They collect both a light and a dark Frankincense Neglecta "incense" as they herd their animals through the desert bushland.

Yes...I had to see this for myself and it is true!! A Frankincense tree that yields two distinct and different resins!

Boswellia Rivae– The sweetheart of the Frankincense family,
6th in the series
Taken from Dan Riegler' s blog



This is a lovely and hard to find fresh Frankincense resin from Ethiopia.

Boswellia Rivae has a, haunting, rich fragrance with a soft sweetness reminiscent of its distant cousin Palo Santo, (Bursera Graveolens). With a deep amber heart and a light, sweet spiciness.

As all others in its family, it is ruled Astrologically by the Sun. Thus it is considered warming and strengthening to the heart and mind, grounding, cleansing and spiritually uplifting.

Frankincense Rivae has been used traditionally for thousands of years as an incense to cleanse the home, sanctify temples and sacred spaces. Both the essential oil and oleo resin of Frankincense Rivae are ingredients in traditional Bakhoor incense mixes across the region.

The scent of Frankincense Rivae, though unmistakably that of Frankincense, stands out with a smooth complexity. It is one of the most vibrant Frankincense types. It lends itself beautifully to natural incense work and can be used in various cremes, salves and oils.

Traditionally it is used to speed the healing of wounds and scar tissue, and as most other types of Frankincense, it is anti-inflammatory, reduces the appearance and the signs of aging. It is often used in anti-aging and anti-wrinkle cosmetic products.

Frankincense Rivae grows only in the remote South Ogaden region of Ethiopia, where it is purchased from harvester co-ops which are supported and protected by the government which sets and maintains stable prices.

Management of the trees and other natural resources in developing countries is, well, developing...However, with our support and interest, programs and initiatives geared towards conservation, local employment, added value and fair trade, make a huge difference in the landscape.

Boswellia, or Frankincense Rivae, is an olfactory treat, a rare and unusual Frankincense that should not be missed.

Boswellia Sacra



This Superior Hojari Frankincense is considered one of the highest grades of frankincense in the world. The medium sized translucent tears are white, yellow, amber, and pale green in color. This type of Frankincense is considered to be the best. With wonderful rich aroma.. This is the Frankincense of kings! This also highly likely the same Frankincense brought to Jesus as an infant by the wise men!

Fresh Superior High Quality Hojary / Hojari Frankincense Boswillia sacra , known in Oman as hojary (Hojari) and called lubaan, its harvested from Dhofar region, its known a High Qualith Mughsayl pupular Frankincense resin from Oman, Boswellia Sacra,its darker (mostly black) and semi-sticky form other Omani frankincense , the burning scent is almost matching the Royal Green Hojary / hojari and Superior Hojary /

Boswellia sacra (commonly known as frankincense or olibanum-tree)[5] is a tree in the Burseraceae family. It is the primary tree in the genus Boswellia from which frankincense, a resinous dried sap, is harvested. It is native to the Arabian Peninsula (Oman, Yemen), and northeastern Africa (Somalia)

This species of Boswellia is a small deciduous tree, which reaches a height of 2 to 8 m (6 ft 7 in to 26 ft 3 in), with one or more trunks. Its bark has the texture of paper and can be removed easily. It has compound leaves and an odd number of leaflets, which grow opposite to one another along its branches. Its tiny flowers, a yellowish white, are gathered in axillary clusters composed of five petals, ten stamens and a cup with five teeth. The fruit is a capsule about 1 cm (0.39 in) long. The new leaves are covered with a fine down.

**The trees start producing resin when they are about 8 to 10 years old.
The resin is extracted by making a small, shallow incision on the trunk or branches of the**

tree or by removing a portion of the crust of it. The resin is drained as a milky substance that coagulates in contact with air and is collected by hand.

Growing conditions vary significantly, affecting both tree development and resin produced. Trees in the narrow fog-laden zone where the desert meets Dhofar mountain range, a region known as the Nejd, grow extremely slowly and produce very high quality resin in large, white clumps. Not surprisingly, Omanis and other Gulf State Arabs consider this to be superior to all other resins produced in North and Northeast Africa, India, and Asia, and it is priced accordingly.

Hojari Superior can be used in drinking water to add aromatic fragrance to the water. It is also said to clean the air and kills bacteria that multiply in the throat and stomach. In Oman, this type of superior frankincense is burned in churches, temples and mosques to add aromatic fragrance and holy a feel. Also, wealthy people burn this frankincense in their homes to provide a feeling of luxury, especially when receiving guests.

Frankincense or Boswellia Thurifera **(taken from [Dan Riegler](#) store)**



This is a lovely and rare Frankincense. It is a good representative of the species to compare with other types of Frankincense. With practice and good samples we can easily learn to discern between the many different types of Frankincense on the market and gauge quality with expertise and confidence.

Paler in color only, this Frankincense oleoresin has a well-rounded amber middle and a soft fruity/lemon top with hints of old wood.

Lovely as incense on its own or in blends, it is a sensuous addition to salves, oils and cremes where it has been used for centuries to reduce wrinkles, add elasticity to the skin and as an aphrodisiac. Studies in Jordan have linked this Frankincense type with traditional use treating male fertility.

Boswellia, or Frankincense Thurifera grows wild along the shores of the Red Sea from Eritrea and Yemen up to Aqaba and Egypt on the west.

It is a traditional incense and medicine in these areas. I believe the name "Thurifera" refers to its use as an incense burned in church Thuribles.

It is indeed the type of Frankincense one finds abundant in the old city of Jerusalem where the old churches abound.

Since it shares so many physical traits with Boswellia Sacra, Carterii, Serrata and Papyrifera, my assumption is that it is a source of Boswellic acids on par with these other types.

Frankincense has been in the news often the past few years, due to its Boswellic acids which studies have shown cause apoptosis in various types of cancer cells without harming healthy cells.

Frankincense oleoresin is anti-inflammatory and used to treat arthritis, colitis, to improve memory and brain function. Some studies of Frankincense have shown promise in treating inflammations of the brain due to tumors, head trauma and stroke. In traditional Arabian medicine a tea is made of Frankincense Sacra/Carterii to treat colds, congestion and

coughs. (For a recipe, see below).

Frankincense is well known for its anti-aging and skin rejuvenating properties and finds its way into many cosmetic products.

Though the essential oil of Frankincense has therapeutic properties, only the resin portion contains the Boswellic acids along with many other beneficial compounds.

Please note that Boswellic acids are not found in the essential oil portion of any Frankincense but in the heavy resin part that makes up the body of this oleo gum resin.

Boswellia socotrana

Taken from Ethereal Aromas Incense Company.

Thank you [Matthew Gindling](#) for allowing me to share.



Boswellia socotrana is one of six Boswellia species unique to the islands of Socotra. The gum-resin appears similar to darker forms of *B. carteri*, often tan and golden with larger pieces containing still fresh, sticky resin inside. The species is quite rare, with many populations showing signs of decline. The Socotran government tightly controls the harvest and export of this rare resin.

Native Socotrans make a definite distinction between two forms known as "Şama àno" and "Tilī'əh". The exact difference is quite confusing to botanists, and still a matter of debate. We appear to have Şama àno (Zama'ano), but this has yet to be fully verified. While collecting resin is acceptable for personal use, it is polite to seek permission before harvesting large quantities, especially if the trees are going to be cut open. Wide birth is given to groves of Boswellia and other species on the islands as they are considered the home of jinn and dangerous spirits. All species of Boswellia are considered to shelter various harmful animals, and care should be taken when approaching any of them.

This Frankincense smolders in a similar manner to *B. carteri* when placed upon a hot charcoal. The resin releases most of the essential oils first and then chars towards the latter half, making it important to remove the black lump from the coal during the burning cycle. The aroma is almost identical to *B. carteri*, though it does seem to have some sweeter notes with slight earthy characteristics some of the time. For optimal aromatherapeutic purposes, use an indirect heating source such as an electric heater or a hot plate.

Outside of incense, the species of Socotran Boswellia find numerous uses as sources of food, medicines, building materials and in various religio-ritualistic purposes. The new growth, buds, flowers and roots of young plants may be eaten by people and animals alike, as they provide both a source of food and quench thirst in the arid regions of Socotra.

Chewing the gum is thought to be strengthening for the teeth and gums, sweeten the breath and produces a tonic for stomach complaints which is also useful to increase lost appetites.

B. socotrana is known to be an important source of pollen for the local honey bees, with the bees also making hives within hollow parts of the trees. Locals note that goats who forage on large amounts of *Boswellia* leaves often produce Frankincense flavored milk and meat.

Religio-ritualistic healing practices often incorporate the burning of *Boswellia* gum and wood, which is overseen by a traditional healer known as the "mekoli". Frankincense is considered very useful when calling on God for aid.

It is often considered taboo for common folk to burn Frankincense as they may be then considered to be involved in witchcraft by their neighbors. The smoke is thought to be a useful treatment for head colds and many other afflictions caused by the Evil Eye. One such condition is known as "di so'o", which is caused by offending the jinn. The incense recipe required as treatment calls for a mixture of "frankincense gum, donkey dung, hair from a goat or sheep's wool, and some trimmings from a goat horn" (Miller 2004). Some mekoli are thought to be able to magically produce Frankincense simply by blowing on hot charcoal. This process seems to be similar to such transmutations attributed to various ascetic sadhus of the far east. *B. socotrana* use as incense by the common folk is acceptable and encouraged during the entire process of giving birth.

The smoke is useful in cleansing living quarters as well as clothing and bedding. This is especially important for ridding the house of insects after periods of absence, as well as during evening rains when evil forces are thought to lurk about. The incense may be used to protect crops and livestock by a process known as "ràhaž" which loosely translates as "washing" or "cleansing".

Newly married couples may also be fumigated with the smoke. In some coastal communities, the incense is acceptable during funerary rights. On the island of Samha, Frankincense smoke is used to treat madness, sleepwalking, restlessness and in general any person who is considered strange by the community. The person is fumigated by the incense smoke, often by forcible restraint. The smoke is also considered useful for treating postpartum depression. Many of the practices from the main island of Socotra are also present on the island of Abd al Kuri.

Taxonomy:

Kingdom: Plantae

Group: Angiosperms

Family: Burseraceae

Genus: *Boswellia*

Species: *socotrana*

Recognized synonyms:

We are currently not aware of any additional binomial terms for *Boswellia socotrana*.

Originally described by:

Sir Isaac Bayley Balfour (1853-1922)

Habitat:

Boswellia socotrana is widely distributed across the main island of Socotra, mainly in the northern half of the island. The trees prefer the dry, semi-deciduous woodlands, though they are sometimes found in *Croton socotranus* scrublands as well.

Common names**Common English**

Socotran Frankincense, Soqotra Frankincense, Wadi

Middle Eastern tongues

Soqotri: Şama àno "Zama'ano", Tilī'o "Tiliy'o", Tālyò "Talyoh", Talī'oh "Taliy'oh", Tilīy "Tiliy", Tāliyə "Taliyeh", Tilī'əh "Tiliy'ih", Dūr "Blood" (any gum caused by injury to a tree)

NOTE: The research on *Boswellia socotrana* is ongoing. We do our best to provide accurate and up to date information. Please expect the above information to be revised as more information becomes available.

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Fresh Socotran Frankincense "Root Juice" - Boswellia socotrana (Natural Resin Incense)

***** Zama'ano Frankincense Resin *****

LATIN NAME: Boswellia socotrana

CLASSIFICATION: Frankincense

ALSO KNOWN AS: Soqotran Frankincense, Tiliy'o, Wadi



Taken from [Matthew Gindling](#) blog

***** INFORMATION *****

HISTORY: Traditional incense use of Boswellia socotrana is common throughout the Soqotran islands and in the mainland of Yemen. Religio-ritualistic healing practices often incorporate the burning of Boswellia gum and wood, which is overseen by a traditional healer known as the "mekoli".

Frankincense is considered very useful when calling on God for aid. It is often considered taboo for common folk to burn Frankincense as they may be then considered to be involved in witchcraft by their neighbors. The smoke is thought to be a useful treatment for head colds and many other afflictions caused by the Evil Eye. One such condition is known as "di so'o", which is caused by offending the jinn.

The incense recipe required as treatment calls for a mixture of "frankincense gum, donkey dung, hair from a goat or sheep's wool, and some trimmings from a goat horn" (Miller 2004). Some mekoli are thought to be able to magically produce Frankincense simply by blowing on hot charcoal. This process seems to be similar to such transmutations attributed to various ascetic sadhus of the far east. B. socotrana use as incense by the common folk is acceptable and encouraged during the entire process of giving birth.

The smoke is useful in cleansing living quarters as well as clothing and bedding. This is especially important for ridding the house of insects after periods of absence, as well as during evening rains

when evil forces are thought to lurk about.

The incense may be used to protect crops and livestock by a process known as "ràhaž" which loosely translates as "washing" or "cleansing".

Newly married couples may also be fumigated with the smoke. In some coastal communities, the incense is acceptable during funerary rights. On the island of Samha, Frankincense smoke is used to treat madness, sleepwalking, restlessness and in general any person who is considered strange by the community. The person is fumigated by the incense smoke, often by forcible restraint. The smoke is also considered useful for treating postpartum depression. Many of the practices from the main island of Socotra are also present on the island of Abd al Kuri.

HABITAT: *Boswellia socotrana* is widely distributed across the main island of Socotra, mainly in the northern half of the island. The trees prefer the dry, semi-deciduous woodlands, though they are sometimes found in *Croton socotranus* scrublands as well.

*** METHODS OF USE ***

CHARCOAL: Zama'ano Frankincense smolders in a similar manner to common Frankincense when placed upon a hot hookah charcoal. The resin releases its characteristic scent at the beginning of the burn cycle and then charring during the later half. The resin may be removed from the coal once it begins to char. The aroma produced by this *B. socotrana* is very similar to *Boswellia sacra/carteri*, however in some ways it is deeper and more intense.

The resin produces strong lemon and pine notes in a similar fashion to Omani Hojari Frankincense, but with some rich and earthy properties. This batch seems to have some very nice floral properties as well.

INDIRECT HEATING: Heating on a hot plate or in an electric incense burner works quite well. This is the optimal solution if one wishes to release the beneficial essential oils inside the home without producing smoke. It helps to crush the resin into small pieces or powder when using this method. This is our preferred manner of use for most Frankincense resins.

Practical Use:

Outside of incense, the species of Socotran *Boswellia* find numerous uses as sources of food, medicines, building materials and in various religio-ritualistic purposes. The new growth, buds, flowers and roots of young plants may be eaten by people and animals alike, as they provide both a source of food and quench thirst in the arid regions of Socotra.

Chewing the gum is thought to be strengthening for the teeth and gums, sweeten the breath and produces a tonic for stomach complaints which is also useful to increase lost appetites. *B. socotrana* is known to be an important source of pollen for the local honey bees, with the bees also making hives within hollow parts of the trees. Locals note that goats who forage on large amounts of *Boswellia* leaves often produce Frankincense flavored milk and meat.

Frankincense *Boswellia Dalzielii*, Janawhi, Cricognimu-Nigeria.

Some info supplied by [Dan Riegler](#) at
<https://www.etsy.com/.../5675.../frankincense-dalzielii-janawhi...>



Picture is copyrighted and given by permission by Dan.
More info found at:

https://en.m.wikipedia.org/wiki/Boswellia_dalzielii

<http://www.ville-ge.ch/musinfo/bd/cjb/africa/details.php...>

<https://therevisionist.org/.../frankincense-types-medicinal.../...>

A rare West African Frankincense found in North Eastern Nigeria where the Hausa speaking people refer to it as Hano or Harrabi. It is beautiful material that exhibits the trademark fragrance of *Boswellia Dalzielii* -Orange/Citrus and Mint with earthy undertones. The locals use it as chewing gum and as incense. It can be used as many of the other types of Frankincense for incense, teas, oils, salves, tinctures and cremes.

The bark of this plant is used in traditional medicines.

It used to treat arthritis, rheumatism, leprosy, heart problems, and as an antidote to venomous stings, bites, etc. The bark is also an emetic. Emetics are usually used in ancient traditional medicine to expel worms and other tropical parasites.

The root from what i researched is used to treat venereal diseases.

The gum resin tears of *Boswellia dalzielii* tree are whitish-yellow, sometimes with a greenish tint. The gum is very soft and not as sticky compared to other frankincense resins. It is found to have anti-inflammatory properties.

There is very little research on the resin, more is done on the bark.

