

Frankincense - Plant

It 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.

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Frankincense Plant

Description for Frankincense

Plant height: 3 - 6 inches (7 - 16 cm)

Plant spread:

It have been used for thousands of years for their therapeutic and healing properties as part of the practice of aromatherapy. They are sourced from leaves, stems or roots of plants that are known for their health properties. So then, what is frankincense essential oil
The trees start producing resin when they are about 8 to 10 years old.[8] 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.

Common name(s): Boswellia glabra,olibanum-tree

Flower colours: yellow-white

Bloom time: April

Max reachable height: 2 to 8m

Difficulty to grow: easy to grow

Planting and care

It is used extensively in religious rituals and in the perfume industry. It has also been investigated for its medicinal properties. "There are several reasons why [the tree species *Boswellia papyifera*] it is under threat," explained co-author Frans Bongers, an ecologist at Wageningen University in the Netherlands.

Sunlight: Full Sun

Soil: well-drained soil

Water: medium

Temperature: (90 degrees and higher)

Fertilizer: Apply any organic fertilizer

Caring for Frankincense

The forests that remain are declining because the old individuals are dying continuously, and there there no new individuals coming into the system. That means that the forests are running out of trees."

Typical uses of Frankincense

Special features: na

Culinary use: na

Ornamental use: The plant is used for ornamental purpose

Medicinal use: The health benefits of frankincense oil are mostly attributed to its anti-inflammatory, astringent, antiseptic, disinfectant, digestive, diuretic, and expectorant properties. It also has cicatrisant, carminative, cytophylactic, emenagogue, uterine, and vulnerary effects.

References

- https://www.google.co.in/search?q=Frankincense+-&rlz=1C1AVSF_enIN711IN711&oq=Frankincense+-&aqs=chrome..69i57&sourceid=chrome&ie=UTF-8#q=frankincense+medicinal+uses
- <http://www.flowersofindia.net/risearch/search.php?query=%09Frankincense+-&stpos=0&stype=ANDhttp://www.bbc.com/news/science-environment-16270759>

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