

FRANKINCENSE AS MEDICINAL RAW MATERIAL

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Introduction. Frankincense is an aromatic resin used in incense and perfumes, obtained from trees of the genus *Boswellia* in the family Burseraceae. Botanical name of plants are *Boswellia sacra*, *Boswellia papyrifera*, *Boswellia serrata*. The sacred trees are almost impossible to grow outside of the Arabian Peninsula which meant they were constantly in short supply and high demand, the sap made the Arabians the richest people on earth by Jesus's time, more valuable than gold.

Aim. Investigate the healing and beneficial properties of the frankincense plant, find out the benefits of using medicinal resin in cosmetology and medicine.

Materials and methods. But why has this particular tree sap and oil enjoyed such an honorable reputation? Let's find out this by looking at history. Records of frankincense as a valuable trade commodity date back to 3,000 B.C. in regions of the Middle East and North Africa. For example, Babylonian and Assyrians valued frankincense for its aroma and white smoke when burned to heaven in their sacred places. Egyptians used frankincense as incense and perfume, and in healing saves, insect repellent, eyeliner, and mummification techniques. Biblical uses of frankincense was burning it in the temple and using during burial anointing. Its history cannot be separated from its ancient and medieval roots, especially in regard to religious rites. Around 500 B.C., this prized resin made its way to China, where Eastern medicine practitioners began to realize the medicinal value of frankincense in increasing circulation. Some cultivation of *Boswellia* trees took hold in southern China but has never become a primary source.

Boswellia trees are small, scrubby, and have the ability to grow well in dry, rocky areas. To harvest, farmers strategically cut the bark in light horizontal lines. A milky sap oozes out in the shape of small "tears," or droplets. This can only be done two or three times a year without damaging the tree. After a few years the tree must be given a period of rest to regenerate. Once the sap droplets dry on the tree, they are scraped off and allowed to harden completely over a period of time. This dried sap, or resin, looks like irregularly shaped, glossy, and slightly transparent stones. The larger and lighter the resin, the better the quality. The purest (and most expensive) frankincense resin is almost white and comes from the second "bleeding" of the tree—and even then only under the right weather conditions. Gum resin known as frankincense. Latin name of plant *gummi-resina Olibanum* got its name from the Arabic *al-laban*, which means "milk", by the color of fresh resin. Thus, frankincense

has not only been used in religious rites for many millennia, but also the essential oils of frankincense are still used for aromatherapy practices due to their healing properties and are added in the manufacture of perfumes. The resin is widely used in medicine.

Results and discussion. Benefits of frankincense:

1) Supports healthy cell function: frankincense has the ability to penetrate cells and promote healthy cell regeneration.

2) Normalizes blood circulation, has a positive effect on blood pressure, prevents dizziness.

3) Reduces inflammation and joint pain: boswellic acid, which can be extracted from the resin by various methods, imitates the action of nonsteroidal and anti-inflammatory medicines.

4) Frankincense is known to be used in cosmetology. Frankincense oil is great for skin benefits, it can help speed up the healing of minor wounds from insect bites.

5) Frankincense oil promotes relaxation and sleep. The effect may be due to the benefits of aromatherapy.

6) The astringent and antiseptic properties of this resin make it useful for oral health. The resin and essential oil can be used in homemade toothpaste recipes or mouthwashes to reduce the growth of harmful bacteria in the mouth.

7) Widely used in aromatherapy: soothes, reduces stress, has a positive effect on mental activity, the aroma of frankincense strengthens memory.

8) Frankincense helps to cure the symptoms associated with hormonal imbalance in women (delays the growth of menopause).

9) Frankincense oil contains compounds that counteract the development of cancer cells at the early stages.

Conclusion. These results of the study confirm the useful properties of using in cosmetology and medicine herb of frankincense. The research considers the process of obtaining and using the healing properties of raw materials. In the process of studying the medicinal properties of frankincense resin, the following benefits of this plant have been identified: health cell function, circulation. reduce inflammation, skin health, emotional support, oral health, memory support, hormone health, suppress cancer cells.