



“बेटी बचाओ, बेटी पढ़ाओ”

**JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR**  
**Faculty of Ayurvedic Science**

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**Program** - 2nd Year

**Course Name** - Dravyaguna Vigya

**Session No. & Name** - Shallaki

**Academic Day starts with –**

- Greeting with saying ‘**Namaste**’ by joining Hands together following by 2-3 Minutes Happy session, Celebrating birthday of any student of respective class and **National Anthem**.

**Lecture Starts with-**

Review of previous Session- Prishnparni

- Topic to be discussed today- Today We will discuss about Shallaki
- Lesson deliverance (ICT, Diagrams & Live Example)-
  - PPT (10 Slides)
  - Diagrams

Introduction & Brief Discussion About Shallaki

Botanical name: Boswellia serrata

Family: Burseraceae

Boswellia Name in different languages:

- English name: Boswellia gum, Indian Olibanum, Indian frankincense
- Hindi name: Salai, Salay
- Kannada name: Madi
- Marathi name: Salai
- Gujarati name: Dhupado, Salode
- Malayalam name: Samprani, Salayi, Salai, Mukundam, Parangi, Kunturukkam
- Telugu name: Pamragisamvrani, Sanibrani, Paraginsavani, Anduga, Phirangi, Kunduru Guggilammu
- Urdu name: Lobana, Kundur
- Uriya name: Loban
- Bombay name: Laban, Kundur, Salai

**Synonyms in the Sanskrit language:**

- Ashwamutri, Vallaki, Shallaki: It is consumed more because of the good taste of the herb, Kunduruki: It appears like kunduru, Sara, Maherana: Looks very beautiful, Suvaha, Hlada.
- Surabhi- Its gum resin has a good odor
- Bahusrava, Susrava- Have gum resin
- Gajabhaskshya- Leaves are eaten by elephants
- Other synonyms are: Sugandha, Mukunda, Kunda

What does Ayurveda say about Boswellia?

शल्लकी गजभक्ष्या च सुवहा सुरभी रसा । महेरुणा कुन्दुरुकी वल्लकी च बहुस्रवा ॥१९॥

शल्लकी तुवरा शीता पित्तश्लेष्मातिसारजित् । रक्तपित्तव्रणहरी पुष्टिकृत्समुदीरिता ॥२०॥

This shloka means that synonyms of Boswellia are Shallaki, Gajbhakshya, Suvha, Surbhi, Rasa, Maheruna, Kunduruki, Vallaki, and Bahusrava. It has an astringent taste, is cold, provides nutrition, pacifies Kapha and pitta dosha, and treats diarrhea, bleeding disorder, and wounds.

(Reference : Bhavaprakash nighantu: Vatadi varga; Page no. 509 and Shloka no. 22-23)

### **Botanical description of Boswellia**

Boswellia is a tropical plant that has moderate-sized flowers and produces fragrant resin and is used to make frankincense. It is native to the Punjab region of India and Pakistan. It is also found in the Indian subcontinent and various regions of Pakistan. Other species of this plant are found in Africa and also found in tropical regions.

### **Varieties of Boswellia**

There are 5 varieties of Boswellia:

Gola kunduru, Dukaka kunduru (in powder form), Mada kunduru (in bigger pieces, pale color), Nara kunduru (round and red, yellow in color), Kishara kunduru (shape of parpati)

### **Main chemical constituents:**

Its bark contains glucosides, B- sitosterol, and resins containing diterpenes, monoterpenes, tetracyclic triterpenic acids, triterpenes, and other four major

pentacyclic triterpenic acids like 11- keto-beta-boswellic acid, Beta-boswellic acid, acetyl-11-keto-beta-boswellic acid, acetyl-beta-boswellic acid

### **Categorization according to classical books:**

#### **According to-**

1. Charaka: Puresha virajaniya (It is a group of herbs that impart natural color to feces)
2. Sushruta: Eladi gana (gum), Rodhradi gana
3. Vagbhata: Rodhradi gana, Eladi gana
4. Bhavaprakasha nighantu: Karpooradi varga, Vatadi varga (Bark)

### **Medicinal properties of Boswellia**

- Rasa (Taste): Madhura (Sweet), Tikta (Bitter), and Kashaya (Astringent)
- Guna (Quality): Laghu (Light) and Rooksha (Dryness)
- Veerya (Potency): Sheeta (Coolant)
- Vipaka (Undergoes taste conversion after digestion): Katu (Pungent)
- Effect on Tridosha: Kaphapittahara (Balances Kapha and pitta dosha)

### **Medicinal uses of Boswellia:**

- Asra: Useful in blood-related disorders like an abscess, nasal bleeding, menorrhagia, etc
- Kushta: It is used in treating skin diseases
- Atisara: Useful in treating dysentery, diarrhea
- Vrana: Heals wounds and ulcers

- Raktapitta: Helps in treating bleeding disorders like heavy menstruation, nasal bleeding, etc.
- Vranadoshahara: It acts as a natural wound cleanser
- Shoola: It aids painful conditions

### **Boswellia Benefits for arthritis:**

Boswellia possesses anti-inflammatory properties that treat inflammation and prevents swelling in the joints and hence, prevent broken cartilage. It also maintains the free mobility of joints and also acts upon autoimmune diseases like rheumatoid arthritis and prevents immunity. Boswellia has great benefits in the case of arthritis.

#### Therapeutic uses of Boswellia: Health Benefits of Boswellia

Natural healer: Shallaki works on the internal as well as external wounds like bruises, hemorrhage, etc, and heals the non-healing wounds in a shorter time period.

Skin health: Boswellia prevents the connective tissues from destruction and heals them quickly. This herb maintains healthy skin and also keeps the skin wrinkle-free in old age.

Inflammatory bowel syndrome: Boswellia treats inflammation related to the GI tract because it has an anti-inflammatory action that works on the intestine and reduces redness. Hence it shows great results in IBS.

Female reproductive health: Shallaki shows various effective results in the case of female reproductive health that promotes uterus congestion and enhances the blood circulation in female reproductive organs.

Cancer: Boswellia prevents the growth of cancerous cells in the body and according to some studies, it works in the advanced stages of breast cancer cells. The acid present in Boswellia prevents the enzymes from acting upon genetic material in the body.

Asthma: Boswellia has the ability to reduce the leukotriene which causes bronchial muscles contraction and reduces the severity of asthma. It shows good results in case of inflammation in bronchioles and treats symptoms like cough, chest pain, etc.

Aphrodisiac: Being a natural aphrodisiac, it enhances sexual pleasure and activities. Various researches have stated that it maintains reproductive health both in males and females.

### **Dosage of Boswellia:**

- Decoction of bark: 50 to 100 ml
- Gum: 1 to 3 gm
- Juice: 3 to 5 teaspoons once a day
- Tablet: 1 to 2 tablets once or twice daily
- Powder: ¼ to ½ teaspoons once or twice daily
- Capsule: 1 to 2 capsules once or twice daily

Part used: Gum, Bark

What are the side effects of Boswellia?

Overdose of Boswellia causes heartburn, nausea, abdominal pain, heartburn, itching, etc.

Can you take Boswellia Daily?

Boswellia can be taken daily but with a proper dosage as prescribed by the doctor.

Who should not take Boswellia?

Boswellia is contraindicated in females who are pregnant or are lactating mothers.

Patients who have weak digestive systems should also avoid Boswellia.