

Shallaki

(*Boswellia serrata*)



In Ayurvedic medicine *Boswellia serrata* is a plant that referred to in Sanskrit as 'Shallaki' has been used for hundreds of years for the attempted treatment of rheumatoid arthritis, osteoarthritis, gout, joint pain, skeletal muscle pain and back pain.

Extracts of *Shallaki* have been clinically studied for osteoarthritis and joint function, particularly for osteoarthritis of the knee, with the research showing a improvement of both pain and function.¹ Positive effects of *Shallaki* in some chronic inflammatory diseases including rheumatoid arthritis, osteoarthritis, ulcerative colitis and Crohn's disease have been reported.²

Active contents:

Boswellic acid and other pentacyclic triterpene acids are present. Beta-boswellic acid is the major constituent.

Herb actions:

Arthritis : *Shallaki* contains gum resin which is effective in inflammatory joint disorders such as rheumatoid arthritis and osteoarthritis and reduces symptoms like joint pain and swelling and stiffness. *Shallaki* also decreases knee pain and increases knee movement. Two placebo-controlled studies, involving a total of 81 individuals with rheumatoid arthritis, found significant reductions in swelling and pain over the course of 3 months. A comparative study in 60 arthritic patients over 6 months showed that *Shallaki* extract produced symptomatic benefits comparable to oral gold therapy in arthritic patients. *Shallaki* significantly reduces the degradation of glycosaminoglycans and protects the joints.

Anti-inflammatory: In clinical and pre-clinical studies, *Shallaki* has been shown to contribute potent anti-inflammatory activity. Boswellic acids exert anti-inflammatory response by preventing leukotriene synthesis. During pharmacological evaluation the extract of *Boswellia serrata* in experimental animals, displayed marked anti-inflammatory activity.

Indications: Arthritis, Joint pain, inflammation.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of
Shallaki (Boswellia serrata)

References :

1. Cameron, M; Chrubasik, S (May 22, 2014). "Oral herbal therapies for treating osteoarthritis". Cochrane Summaries. Retrieved June 6, 2014.
2. Ammon HP."Modulation of the immune system by *Boswellia serrata* extracts and boswellic acids. [Review]" Phytomedicine. 17(11):862-7, 2010 Sep.