

Incense therapy

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Frankincense - An old remedy is rediscovered Incense (Olibanum) is among the oldest known medicines in general. Was used mainly in air, the dried, gummy resin, which is also known as ritual contexts Räucherdroge. As a medicine, the incense is already described in a 3500 year old Egyptian papyrus, but also in ancient Greek, Roman, Arab, Indian and medieval European medical writings, he is one of the most commonly recommended remedies for a variety of diseases. Frankincense was used as wound healing agent and antidote, as a remedy for cancer, women's diseases, syphilis, rheumatism, respiratory and abdominal diseases applies and it is virtually no area of medicine, as he had not been used externally or internally. Not only Hippocrates, Dioscorides and Galen, the great physicians of antiquity, often used incense for therapy, the healer abbess Hildegard of Bingen (1089 - 1179) knew how to tell of his healing power.

Since the mid-19th Century, the incense as a medicine in Europe largely forgotten. In the traditional medicine in Africa and India, however, the incense treatment had been given up in this century, so that one could rely on a still living tradition, as in the eighties, the modern scientific study of incense resin first place in Indian hospitals and institutes. In India and many importing countries incense is now approved in the form of the drug H15 and trade. Studies in Germany, for example Rheumatism in hospitals and clinics at the University of Bochum and Giessen in the treatment of brain tumors, were able to confirm the effectiveness of incense preparations.

Incense is like many other herbal medicines is no magic bullet that could eliminate some diseases that are incurable with conventional medical measures. For many, particularly inflammatory diseases but it is an alternative and complement to traditional medicine and can help side effects of medications such as cortisone or rheumatism reduce or even replace them.

Of the approximately twenty species of frankincense tree found today mainly based in India and known from the classical Ayurvedic medicine type *Boswellia serrata* as well as in Somalia and the Arabian peninsula growing species *Boswellia carteri* application in the form of tablets, capsules, drops, ampoules, but also as an oil for external applications, and in aromatherapy as essential oil.

Main effects of boswellia (frankincense) Inflammation: This effect was previously mainly used externally for wound healing. Today, the internal treatment is with incense tablets in the foreground. For infections such as for example Rheumatism or pancreatitis (inflammation of the pancreas) can be propagated in the body called inflammatory mediators such as leukotrienes and prostaglandins prove to be blamed for a series of complaints. The formation of these and other substances by the internal administration of frankincense extract shown to inhibit and counteract the disease process thereby.

Pain relief: With the above mediators are triggered in a variety of disorders including pain or promoted. Many anti-inflammatory rheumatism funds are therefore at the same time pain. This applies also for incense without that has, however, the typical side effects of rheumatoid resources or the addictive nature of conventional painkillers.

Immunomodulation: Due to its favorable effects on the immune system incense is especially for so-called autoimmune diseases in which antibodies are formed against the body's own tissues used. The usual treatment of such diseases is often associated with significant side effects (eg, weakening defenses) are included, so that the side effects incense treatment can be an important alternative or complement.

Reassurance: frankincense soothes makes, but not tired. It will tackle used in aroma therapy.

Use of incense Of the various traditional and modern applications of incense may be mentioned here only a few:

Rheumatic diseases, both arthritis and fibromyalgia and rheumatism Lung disease, for example

Brochialasthma and cystic fibrosis Functional and inflammatory bowel diseases (such as Crohn's disease, ulcerative colitis) Skin disorders (eg, immunological or psoriasis) Headaches of various origins Liver disease Inflammation of the pancreas (pancreatitis) Brain tumors associated with swelling Side effects and risks of incense Despite thousands of years of experience no significant side effects are known. It will report on an occasional taste of irritation at the taking of tablets, the capsules does not occur. Allergic reactions can be, as with all medicines never be ruled out. Before large-scale external application e.g. as a cream or oil should be an allergy test done with a few drops.

Practical considerations Because most of incense preparations are not approved, reimbursable medicines in Germany, the regulation is usually done on a private prescription. Some patients also imported incense preparations even from abroad, where they sometimes are freely available. In any case before any intended incense treatment advice should be sought doctor, who can inform you of other useful natural healing actions. The intention is to sell conventional medications such as cortisone, asthma and rheumatism, so this may be done only under medical supervision and tapering.

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