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[Eur J Med Res.](#) 1997 Jan;2(1):37-43.

Effects of Boswellia serrata gum resin in patients with ulcerative colitis.

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Abstract

Ulcerative colitis is a chronic inflammatory disease of the colon where leukotrienes are suggested to play an important role for keeping inflammation active. Boswellic acids, the biologically active ingredients of the gum resin of *Boswellia serrata* (Sallai guggal), have been shown to be specific, nonredox and noncompetitive inhibitors of 5-lipoxygenase, the key enzyme of leukotriene biosynthesis. In patients suffering from ulcerative colitis grade II and III the effect of *Boswellia serrata* gum resin preparation (350 mg thrice daily for 6 weeks) on stool properties, histopathology and scan microscopy of rectal biopsies, blood parameters including Hb, serum iron, calcium, phosphorus, proteins, total leukocytes and eosinophils was studied. Patients receiving sulfasalazine (1 g thrice daily) served as controls. All parameters tested improved after treatment with *Boswellia serrata* gum resin, the results being similar compared to controls: 82% out of treated patients went into remission; in case of sulfasalazine remission rate was 75%.

PMID: 9049593 [PubMed - indexed for MEDLINE]

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