



SIGMA[®]
UNIVERSITY

Borsali



Synonym:

- Gujarati: બોરસલી (Borsali), બકુલ (Bakul)
- Hindi: बकु ल (Bakul), महिज़म (Mahizam)
- English: Spanish Cherry, Bullet Wood Tree, West Indian Medlar, Bulletwood.

Botanical name:

Mimusops elengi L.

Family: Sapotaceae

Chemical Constituent:

- Boswellic acids (α -boswellic acid, β -boswellic acid, acetyl-boswellic acids)
- Essential oils (monoterpenes like α -thujene, p-cymene, limonene)
- Polysaccharides and resin fractions

Therapeutic Effect:

- Anti-inflammatory (inhibits 5-lipoxygenase pathway, reducing leukotriene synthesis)
- Analgesic (pain relief in arthritis and musculoskeletal disorders)
- Anti-arthritic (used in rheumatoid arthritis, osteoarthritis)
- Anti-asthmatic (helps in bronchial asthma by reducing inflammation)
- Gastroprotective (beneficial in inflammatory bowel disease)

Marketed preparation:

- Himalaya Shallaki (capsules/tablets for joint health)
- Boswellia serrata extract capsules (various nutraceutical brands)
- Ayurvedic formulations: Salai Guggul, used in arthritis and joint pain remedies

Key Constituents:

- AKBA (Acetyl-11-keto- β -boswellic acid) – most potent anti-inflammatory compound
- β -boswellic acid – contributes to analgesic and anti-arthritic effects
- Essential oils – provide additional antimicrobial and soothing properties.

Uses:

- Management of osteoarthritis, rheumatoid arthritis, gout
- Relief in bronchial asthma and chronic obstructive pulmonary disease (COPD)
- Supportive therapy in ulcerative colitis and Crohn's disease
- Used in Ayurveda for wound healing, skin diseases, and joint disorders