

# *Boswellia neglecta* frankincense

*Boswellia neglecta* is a tree that is from the frankincense family of trees. *B. neglecta* is a species that is found abundantly in Kenya, with sparse presence in Ethiopia, Somalia, Tanzania, and Uganda. Like other frankincense species, *B. neglecta* tree is sought after for its aromatic gum-resin, which is known as Black Frankincense and “Dakkara” by the Kenyan natives. *B. neglecta* frankincense is used as incense, has value in perfumery for its unique aroma, and also has medicinal & cognitive properties.



The gum-resin of *B. neglecta* seeps out of the wounds & cuts on the tree and dries up on the area of injury, sealing the tree’s wounds. The dried gum-resin of *B. Neglecta* has a black, rocky appearance that reminds me of basalt. For large pieces of *B. Neglecta* resin, you will find that the interior of the gum is still quite sticky as the interior is basically “sealed” with moisture and essential oils when the outside of the gum-resin dries out.

When a piece of [B. neglecta resin](#) is placed on a hot coal to be burned as an incense, you’ll notice that it goes through several stages of burning. During the initial burning process, you’ll notice that there is a burst of inviting sweet aromas as the essential oil of the gum-resin is released. But later on in the burning process, the inviting aromas start to be replaced more and more with a charred smell of burnt wood. This undesirable change in smell happens because most of the essential oils are released from the resin at this point, and the gum content of the frankincense tear starts to burn up on the hot coal. Given that the scent put out later on is undesirable, you may want to stop the burning process of the resin when most of its desirable aromas or essential oils are released.

The smell of *B. neglecta* may have quite a bit of value in perfumery. For making perfumes, it is easier to work with the essential oil of *B. neglecta* than in its resinous form.

*B. Neglecta* does not have a feminine, bright fruity, floral smell to it. Instead, *B. Neglecta* has a dark, masculine scent that is reminiscent of the earthy & musty scent of leather. The aroma of *B. neglecta* has the warm balsamic scent of vanilla & amber, mixed in with a clean, refreshing scent of sweet camphor. When holding an open bottle of *B. neglecta* essential oil near my nose, I also detect woody undertones mixed with overtones of spicy cumin.



The properties and effects of *B. neglecta* include:

- Analgesic (pain reliever)
- Antifungal
- [Anti-inflammatory](#)
- [Antioxidant](#)
- Antiseptic
- Astringent (Causing the contraction of body tissues, typically of the skin.)
- Carminative (relieves flatulence.)
- Digestive
- Diuretic
- Expectorant (A medicine that promotes the secretion of sputum by the air passages, used especially to treat coughs.)
- Mosquito repellent (when burned)
- Sedative
- Tonic (A medicinal substance taken to give a feeling of vigor or well-being.)
- Vulnerary (a substance used in the healing of wounds.)
- Treating gonorrhea

In my experience, I found that the essential oil of *Boswellia neglecta* to be quite sedating, and promotes feelings of calm tranquility and peace. Because of these effects, *B. neglecta* may be useful for provoking a introspective state of deep thinking. *B. neglecta* is also useful for promoting deep, restful sleep. So insomniacs may find it useful as well.

Interestingly, the natives also chew the gum-resin of this tree. So I suppose it is somewhat edible?

Frankincense *Neglecta* oil when used externally, i.e. rubbed on the chest, acts as a decongestant and also helps relieve symptoms of anxiety & panic, heaviness and tightness of the chest, etc. Usually these symptoms appear when a person is moderately to severely stressed. I personally find that taking too much of stimulants like coffee, a lack of sleep, or overworking all lead to high amounts of stress and the symptoms associated with it. So if a person cannot directly address the root cause of the stressor, he or she might find some relief with *B. neglecta*.

