



INCENSORY IS A CURE FOR A THOUSAND DISEASES

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As for the role of incense in medicine, it is no secret that this plant is one of the "pearls of nature". It is widely used in medicine. The reason for the widespread use of the plant is the presence of alkaloids, peganol, peganidine, garmin, garmalin, various oils, additives. As an example of the above substances, garmin calms the nervous system, has been used as a sedative (medicine) in the treatment of inflammatory complications of the brain - tremors.

Now, let's take a look at how incense can be used to relieve pain.

Benefits...

- *Burning incense and smelling a little will relieve headaches;*
- *When incense seeds are difficult to breathe, it can be used in combination with flaxseed for shortness of breath;*
- *Herbs and seeds harvested during the incense period are more effective in treatment;*
- *Incense can also be used as a sedative. This feature provides great benefits in insomnia;*
- *Plant juice - very effective in cataracts (face wash with decoction);*
- *Homes can be incinerated for disinfection;*
- *The milk juice of the incense is soaked in medical cotton and applied to the itchy areas for 10 days to correct itching;*
- *Incense seeds, sedan, camphor, pepper, parsley, black cumin, saffron are taken and mixed in equal amounts to improve heart function. It is also drunk once a day with honey or sugar;*
- *A mixture of incense, parsley seeds and mint and ginger can be used to cure diarrhea.*

In folk medicine, it is recommended to use a decoction of the above-ground part of the incense in the treatment of skin diseases, baths. Decoctions and tinctures of incense are also used in diseases associated with malaria, epilepsy, neurasthenia, colds. Inflammation of the oral cavity and throat is eliminated by rinsing the mouth with a decoction of incense. In addition, a tincture of the green stem of incense can be used in gastrointestinal diseases, skin diseases, eye diseases. The decoction is also very useful. For example, if you take some drugs, such as novenine, calcium, selenium, vitamin B6, with dried incense, the absorption of these drugs into the body is very fast. It can also be used for cystitis, urethritis, gastro-enteritis and other diseases of the digestive system, using tinctures of a mixture of plants such as incense, butterbur, zubtrum, jaggery.

However, as everyone agrees that it should be used in moderation, overconsumption is dangerous. Excessive amounts are toxic to the body. According to some reports, it is also included in the list of tinctures that are prepared as a reversal of the early stages of cancer. This is especially true for

gastrointestinal cancers. It is said that our great ancestor Abu Ali Ibn Sina was diagnosed with colon cancer and left this world.

Abu Ali Ibn Sina recommended the use of incense as a painkiller when the nerves are inflamed, the knees and bones ache. He used incense as a strong diuretic. A handful of cotton wool or woolen cloth soaked in the incense's milk juice for 10 days is said to relieve itching in patients with the great encyclopedic scholar Abu Rayhan Beruni's "Kitab as-Saydana fit-tib". Decoction of frankincense and flaxseed is used for respiratory problems, and decoction of pepper seeds is used to treat ulcers and diseases of the body. In scientific medicine, incense medicines are used to treat constant tremors in the hands, feet and other areas, as well as epilepsy. Incense medicines are divided into 3 types: simple, complex, and mixed medicines. Ordinary medicines are made from the incense itself (from its stem, seeds, dried and green state), while complex medicines are made from a mixture of other medicinal plants.

Incense also has a hypnotic effect. Burning rooms with incense smoke has become a custom among eastern peoples. This cleans the room air along with disinfecting the homes.

Significantly, the coronavirus, like the influenza virus, is an RNA protector. In addition, the alkaloids in incense have been proven to be effective against tumors.

In conclusion, we can say that frankincense can be used to treat many diseases.

References:

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