



Frankincense and its Usage among Omanis as Traditional Medicine in the Past

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Abstract: Frankincense is one of the pride of Oman. Oman is known for the cultivation and production of Frankincense from the past. Although this is now considered as main ingredient for production of incense, it has a history of being used for various medical conditions by locals from the prehistoric period.

Because of the growth of technology and modernization, most people live a life that is fast. Everybody wants their problems get solved instantly. Hence, the modern medicine which should be considered for emergency, is used even for simple illness. Practicing home remedies and traditional medical practice which proved better life of our ancient people has been forgotten over years. Frankincense is one of the traditional product used to cure various medical conditions is totally forgotten by our society.

In this research, we will study how frankincense was diversely used in Oman especially for treating people with health issues. The study will also propose how the use of frankincense help the current modern era and propose various ways we may use it in our life to maintain sound health.

Keywords: Frankincense, Traditional Medicines, Holistic healing, Incense