

***Botanical Name- Commiphora wightii***  
***Common Name – Bedillium tree, Gugal tree***



**Uses**

1. **Anti-Inflammatory:** Reduces inflammation in arthritis and other inflammatory conditions.
2. **Cholesterol Management:** Helps lower cholesterol and triglyceride levels, promoting heart health.
3. **Weight Loss:** Enhances fat metabolism, aiding in weight management.
4. **Joint Pain Relief:** Provides relief from joint pain and swelling, especially in arthritis.
5. **Skin Health:** Treats acne, eczema, and other skin disorders.
6. **Boosts Immunity:** Strengthens the immune system to fight infections.
7. **Detoxification:** Clears toxins from the body, supporting overall health.
8. **Antioxidant:** Protects cells from oxidative damage.
9. **Improves Digestion:** Reduces bloating and supports better digestion.
10. **Respiratory Health:** Helps in conditions like asthma and bronchitis.