



Tulsi (Holy Basil): Benefits and Supplements

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ABSTRACT

Tulsi, also known as holy basil, is an aromatic perennial plant. It is native to Indian subcontinent and widespread as a cultivated plant throughout the Southern Asian tropics, and highly revered for its medicinal uses within the Ayurvedic and Siddha medical system.

Tulsi is a sacred plant in Hindu belief.

I conducted a comprehensive literature review of research studies that reported as a clinical outcome after ingestion of tulsi.

The reviewed studies reinforce traditional uses and suggest tulsi is an effective treatment for fever, bronchitis, cancer, diabetes, ophthalmia, gastric disorder, skin diseases, genitourinary disorders and for mental stress.

KEY WORDS: *Tulsi, Holy basil, Ocimum sanctum*

I. INTRODUCTION

Plants are one of the most important sources of medicine. Among them tulsi is highly revered, culinary and medicinal aromatic herb. It is indigenous to the Indian subcontinent and has been used within Ayurvedic medicine more than 3000 years.

Tulsi is also known as, “**The elixir of life**”.

Tulsi is an erect, branched subshrub, 30-80cm tall with hairy stems. Leaves are green or purple; they are simple, petioled, with an ovate, up to 5cm- long blade, which usually has a slightly toothed margin; they are strongly scented and have a decussate phyllotaxy. The purplish flowers are placed in close whorls on elongated racemes.

The three main monotypes cultivated in India and Nepal are Ram tulsi (the most common type, with broad bright green leaves that are slightly sweet), Krishna Tulsi (the less common purplish green-leaved) and the common wild Vana Tulsi.

BOTANICAL CLASSIFICATION:

Kingdom	:	Plantae
Division	:	Magnoliophyta
Class	:	Magnoliopsida
Order	:	Lamiales
Family	:	Lamiaceae
Genus	:	Ocimum
Species	:	Sanctum (tenuiflorum)



RAMA TULSI



RISHNA TULSI



VANA TULSI

Tulsi is cultivated for religious and traditional medicine purpose , and also for its Essential oil. It is widely used as a herbal tea. Commonly used in Ayurveda, and has place. Within the Vaishanava tradition of Hinduism, in which devotees perform worship Involving holy basil plants .

CHEMICAL CONSTITUENTS :

Studies found forty five compounds and oils in holy Tulsi. The main constituent in volatile oil from basilare rosmarinic acid (A strong antioxidant), linalool, methyl chavicol, methylcinamate.

Its medicinal effects are mostly due to rhythmol, eugenol and camphor. The seeds contain an oil composed of fatty acids and sitosterol.

It is one of the healing herb that contain Vitamin A and Vitamin C that stimulate production of disease fighting antibodies by up to 20 percent as well as antioxidant that help to prevent cell damage that can lead to cancerous conditions.

MEDICINAL PROPERTIES:

Ocimumsanctum has numerous pharmacological activities. The basil contains antioxidants like Beta carotene that helps in preventing cell damage.

The ability of Tulsi to protect against the damaging effect of various toxicants has been documented in numerous experimental studies, these studies prove the ability of Tulsi to prevent liver, kidney and brain injury caused by pesticides and industrial chemicals.

Chewing the leaves relieves cold and flu. A decoction of the leaves of Tulsi, cloves and salt gives immediate relief in influenza. The root of Tulsi plant should be crushed and boiled with turmeric powder, consuming. Two spoonfuls twice daily will cure SARS (Severe Acute Respiratory Syndrome). It balance blood sugar and insulin metabolism can reduce fasting blood glucose.

ANTIPYRETIC :-

It prevents and reduces fevers. Treatment for viral, malaria and typhoid. Tulsi oil is also used in as ear drops in case of pain.

ANTI MICROBIAL EFFECTS :-

The leaves of this herb inhibits the growth of E.coli, worms and parasites, when the fresh juice is taken with honey.

II. CONCLUSION:-

Tulsi has been widely used for curing various ailments due to its great therapeutic potentials. Tulsi is a popular home remedy for fever, liver diseases, bronchitis, skin diseases, Cancer, Stress disorders. It has aromatic, stomachic, carminative, demulcent, diuretic, Vermifuge and febrifuge properties. The medicinal properties of this wonderful herb have been studied by various scientists. These studies help in establishing a scientific basis for therapeutic uses of the queen of herb. It is a sacred plant in Hindu belief. The different parts of the Tulsi are believed to be the abode of various deities and sacred text of Sanatan Dharma.

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