



## Herbal Garden (Muligai Vanam)

### Tulsi



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<b>Botanical Name</b>	:	<i>Ocimum sanctum</i> L
<b>Tamil Name</b>	:	Tulsi
<b>Sanskrit Name</b>	:	Tulasi, Vishnupriya, Manjari, Vrinda
<b>English Name</b>	:	Holy Basil

### Distribution and Habitat

Tulsi “Queen of herbs” grows in the warm and tropical region. It is native to India. It is grown near temples and in homes throughout the country described as sacred and medicinal plant in ancient literature. This plant belongs to the family *Lamiaceae*. It is an erect, profusely-branched shrub, fragrant, 30 - 75 cm tall, with hairy stems. Leaves are purple and green; petioled with an ovate, up to 5 cm long blade. The flowers are purple; the seeds are brown with black colour spots on them. It blooms in winter. Tulsi is found in a wide variety of climatic conditions, up to 1800 m in the Himalayas and down in the Andaman and Nicobar Islands. It is also abundantly found in Malaysia, Australia, West Africa and some of the Arab countries. *Ocimum sanctum* has two varieties i.e. black (*Krishna Tulsi*) and green (*Rama Tulsi*), their chemical constituents are similar. Both the varieties also have common medicinal Properties (Verma, 2016).



### Uses

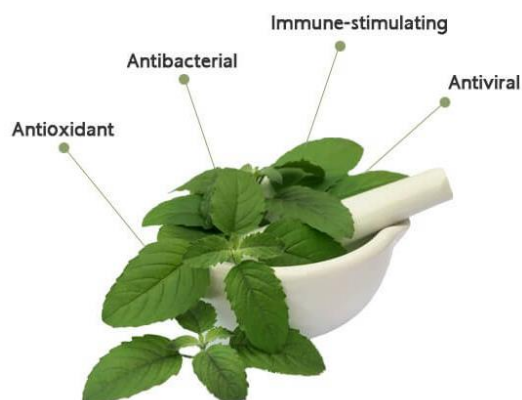


Tulsi is cultivated for religious and medicinal purposes, and for its essential oil. Traditionally, it is taken as herbal tea, either as dried powder or fresh leaf mixed with ghee. The stem is made into beads and used as a rosary. It is also an environmental purifier. This plant emits oxygen for twenty hours and ozone for four hours (Nair, 2012).

## Medicinal uses

Tulsi is used as an antiseptic, antiviral, anti-bacteria and antibiotic. Traditionally, the juice extracted from the leaf cures fever, dysentery, skin infections, and intestinal worms and reduce vomiting. The juice mixed with honey cures cough, cold, bronchitis, and mouth infections. The oil extracted from its leaf is an antiseptic. A paste of its root acts as an antidote to snake poisoning and scorpion bite (Dastur, 1962). This plant has been used for thousands of years in Ayurvedic medicine. Marked by its strong aroma and astringent taste, it is regarded in Ayurveda as an 'elixir of life'. The leaves are good for nerves and to sharpen memory. Chewing of Tulsi leaves also cures ulcers and infections of mouth. Holy Basil is good for boosting up the immune system. A few leaves in drinking water or food stuff can purify it and can kill germs in it. It protects from nearly all sorts of infection from viruses, bacteria, fungi and protozoa.

### Super Herb Tulsi (Holy Basil)



## Conclusion

Tulsi plays such an important role in the maintenance of good health in the Indian tradition that homes all over India keep a Tulsi plant in the central courtyard as it helps in preventing coughs, colds, and fever.

