Ocimum sanctum

Scientific classification

Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Asterids
Order:	Lamiales
Family:	Lamiaceae
Genus:	Ocimum
Species:	*O. sanctum*

commonly known as Tulsi or Holy Basil, is a sacred and highly regarded medicinal plant in Ayurveda. It is often referred to as the "Queen of Herbs" due to its numerous health benefits and spiritual significance.

Medicinal Properties:

1. Active Compounds:

Eugenol

Ursolic acid

Rosmarinic acid

Linalool

Flavonoids and polyphenols.

2. Therapeutic Uses:

Adaptogen: Helps the body cope with stress.

Respiratory Health: Treats coughs, colds, bronchitis, and asthma.

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Immune Booster: Enhances immunity and fights infections.

Anti-inflammatory: Reduces inflammation and associated pain.

Antioxidant: Protects against cellular damage caused by free radicals.

Antimicrobial: Effective against bacteria, fungi, and viruses.

3. Traditional Applications:

Used to treat fever, headaches, and respiratory ailments.

Chewing fresh leaves helps alleviate sore throat and cough.

Juice from leaves is used for skin conditions like acne and ringworm.

Helps manage digestive issues like bloating and loss of appetite.

Pharmacological Benefits:

Stress Relief: Reduces anxiety and promotes mental clarity.

Cardiovascular Health: Supports heart health by lowering cholesterol and blood pressure.

Diabetes Management: Regulates blood sugar levels.

Anti-cancer Properties: Some studies suggest its potential to inhibit tumor growth.

Detoxification: Cleanses the liver and promotes detoxification.

How It Is Used:

1. Tea/Infusion: Fresh or dried leaves are steeped in hot water for a herbal tea.

2. Juice: Extracted from fresh leaves to treat colds, fever, and respiratory ailments.

3. Powder: Dried and powdered leaves are consumed with water or honey for general health.

4. Oil: Essential oil is used for aromatherapy and topical application.

5. Paste: Ground leaves are applied to the skin for wounds and infections.