



Tulasi

(*Ocimum sanctum*)

Tulasi has been used for thousands of years in Ayurveda for its diverse healing properties. Marked by its strong aroma and astringent taste, it is regarded in Ayurveda as a kind of "elixir of life" and believed to promote longevity.¹

Tulasi is mentioned in the Charaka Samhita, an ancient Ayurvedic text as an adaptogen.² Early research found that taking 500 mg of *Tulasi* leaf extract twice daily after meals for 60 days reduced anxiety and associated stress and depression in people with anxiety.³

Tulasi is an erect, 30-60 cm high, much branched annual herb, found throughout the country. *Tulasi* contains Essential Oil (Carvacrol, Caryophyllene, Nerol and Camphene etc.).⁴

Herb actions:

Respiratory Disorders: *Tulasi* has immunomodulatory, anti-tussive and expectorant properties, that make it a great relief for coughs, cold, and other respiratory disorders including chronic and acute bronchitis. *Tulasi*, along with curing viral, bacterial and fungal infections of the respiratory system, gives miraculous relief in congestion due to the presence of components like Camphene, Eugenol and Cineole in its essential oils. It is very effective in curing almost all varieties of respiratory disorders including bronchitis, both chronic and acute.

Anti-stress: *Tulasi* decreases stress and depression, improve attention, and increases ability to adapt to changes.

Immunomodulatory effect: *Tulasi* extract is beneficial for improving immune function, increases antibody levels and cells in the immune system.

Adjuvant in diabetes: Compounds isolated from an extract of holy basil leaves helps to normalize hyperglycemia, plasma cortisol levels, and adrenal hypertrophy.

Indications: Cough & Cold, Asthma, Bronchitis, Lack of immunity.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of *Tulasi* (*Ocimum sanctum*).

References :

1. Puri, Harbans Singh (2002). *Rasayana: Ayurvedic Herbs for Longevity and Rejuvenation*. CRC Press. pp. 272–280. ISBN 978-0-415-28489-9.\
2. Kuhn, Merrily; David Winston (2007). *Winston & Kuhn's Herbal Therapy & Supplements: A Scientific and Traditional Approach*. Lippincott Williams & Wilkins. p. 260. ISBN 978-1-58255-462-4.
3. Bhattacharyya D, Sur TK, Jana U, et al. Controlled programmed trial of *Ocimum sanctum* leaf on generalized anxiety disorders. *Nepal Med Coll J*. 2008;10(3):176-179.
4. THE AYURVEDIC PHARMACOPOEIA OF INDIA PART- I VOLUME – II PAGE NO 174