



## Tulsi (*Ocimum sanctum*)- A Herb for all Reasons

**Bibhu Pranashu Das<sup>1</sup>**

<sup>1</sup>Department of Plant Physiology, College of Agriculture,  
Odisha University of Agriculture and Technology, Bhubaneswar.



### Abstract

The predominant cause of global morbidity and mortality is lifestyle-related chronic diseases, many of which can be addressed through Ayurveda with its focus on healthy lifestyle practices and regular consumption of adaptogenic herbs. Of all the herbs used within Ayurveda, tulsi (*Ocimum sanctum* Linn) is preeminent, and scientific research is now confirming its beneficial effects. There is mounting evidence that tulsi can address physical, chemical, metabolic and psychological stress through a unique combination of pharmacological actions. Tulsi has been found to protect organs and tissues against chemical stress from industrial pollutants and heavy metals, and physical stress from prolonged physical exertion, ischemia, physical restraint and exposure to cold and excessive noise. Tulsi has also been shown to counter metabolic stress through normalization of blood glucose, blood pressure and lipid levels, and psychological stress through positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties. Tulsi's broad-spectrum antimicrobial activity, which includes activity

against a range of human and animal pathogens, suggests it can be used as a hand sanitizer, mouthwash and water purifier as well as in animal rearing, wound healing, the preservation of food stuffs and herbal raw materials and traveler's health. Cultivation of tulsi plants has both spiritual and practical significance that connects the grower to the creative powers of nature, and organic cultivation offers solutions for food security, rural poverty, hunger, environmental degradation and climate change. The use of tulsi in daily rituals is a testament to Ayurvedic wisdom and provides an example of ancient knowledge offering solutions to modern problems.

**Keywords:** Adaptogen, Ayurveda, holy basil, lifestyle, *Ocimum sanctum*, stress, tulsi

### 1.Introduction:

Tulsi (*Ocimum sanctum* L.) in Hindi or Tulasi in Sanskrit (holy basil in English) is an exceptionally adored culinary and restorative fragrant herb from the family Lamiaceae that is indigenous to the Indian subcontinent and been utilized inside Ayurvedic medication over 3000 years. In the Ayurveda framework Tulsi is



frequently alluded to as a "Solution of Life" for its mending powers and has been known to treat a wide range of basic wellbeing conditions. In the Indian Materia Medica Tulsi leaf separates are portrayed for treatment of bronchitis, ailment and pyrexia. It is viewed as a pervasive plant in India. It is a fragrant plant in the family lamiaceae. It is an erect, much stretched sub bush 30-60cm tall with furry stems and basic inverse green leaves that are unequivocally scented. Tulsi assumes a crucial job in our regular daily existence and is supposed to be the sovereign of natural plants. It is the most well-known family plant in India and it is hallowed in Hindu custom. Numerous Hindu legends clarify the significance, properties and employments of tulsi. Tulsi is an erect pleasant-smelling bush which develops up-to a stature of 3-5 feet. It is ordinarily developed in gardens and in the outskirts of sanctuaries. it has an impactful taste and fragrant smell. It discharges the oxygen in the early morning which is useful for the individuals in breathing disorders. It is known to advance the life span of life. The extricates acquired from the plant are widely brought to use for relieving different illnesses, for example, the basic cold, irritation, intestinal sickness, coronary illness, migraines, stomach issue, kidney stones, heart issue, and some more. The Indian basil Tulsi additionally helps in the decontamination of environment. Tulsi plant fills in as a marvelous repellent in battling against flies, mosquitoes and creepy crawlies (Warrier 1995). For keeping up solid heart,

Tulsi is of most extreme worth. It helps in bringing down the degree of cholesterol in blood.

#### **4. Physical stress**

The actions that protect against the toxic effects of chemicals and radiation also help to address the toxic effects of many physical stressors. Prolonged physical exertion, physical restraint, exposure to cold and excessive noise disturb homeostasis by inducing physiological and metabolic stress.

#### **5. Metabolic stress**

Metabolic stress due to poor diet, low physical activity and psychological stress is a prominent feature of modern lifestyles and "metabolic syndrome" is estimated to affect as much as one-third of modern populations. Metabolic syndrome, also known as "prediabetes" or "Syndrome X," includes the "deadly quartet" of centripetal obesity, hypertension, high cholesterol and poor glucose regulation and is associated with chronic inflammation and a greater risk of diabetes, heart disease and stroke.

#### **6. Tulsi used as Traditional Indian Ayurvedic Medicine & Modern medicine**

According to Organic India, an organization dedicated to organic agriculture and sustainable development, one of the qualities that make the Tulsi plant such a potent medicinal herb is its ability to reduce stress. Tulsi is abundant in essential oils and antioxidants, which are tremendously effective in reducing the effect of stress, on the body. Tulsi has got diverse healing properties. Though traditionally used



by Hindus or Indians now others are using it too recognizing its immense therapeutic properties. The Tulsi has the property of acting as an adaptogen. It balances different processes in the body and is of great help in stress management. The extracts of Tulsi have been used in traditional Indian Ayurvedic system of medicine. It is also used in the Unani system of medicine. Ayurvedic remedies for common colds, headaches, stomach disorders, inflammation, infections, heart disease, poisoning, cataracts and malaria make use of the Tulsi and insect bites. It is also commonly used to reduce fevers, improve lung and digestion issue reduce the effects of colds, eliminate toxins/poisons and as a preventative antibacterial for infections. In modern medicine there has been research indicating Tulsi might potentially be an effective treatment for conditions like ulcers, high cholesterol, Type 2 diabetes, obesity and compromised/suppressed immune systems (from conditions like cancers and AIDS). Plant Cultures says the traditional uses of Tulsi in Ayurveda might be due to some intrinsic properties in many varieties of Tulsi-- such as the essential oils containing an anti-inflammatory compound called eugenol, and various acids with antioxidant and anti-inflammatory properties that could support the claims of Tulsi being a treatment for so many conditions, according to Ayurveda. The website reports that a small research study of patients with type 2 diabetes found blood glucose fasting levels lower in patients who took 2.5

grams of powdered Tulsi compared to patients who took a placebo

### **8. Phytochemical Constituents**

The chemical composition of Tulsi is highly complex, containing many nutrients and other biologically active compounds, the proportions of which may vary considerably between strains and even among plants within the same field. Furthermore, the quantity of many of these constituents is significantly affected by differing growing, harvesting, processing and storage conditions that are not yet well understood. The nutritional and pharmacological properties of the whole herb in its natural form, as it has been traditionally used, result from synergistic interactions of many different active phytochemicals. Consequently, the overall effects of Tulsi cannot be fully duplicated with isolated compounds or extracts. Because of its inherent botanical and biochemical complexity, Tulsi standardization has, so far, eluded modern science. The leaf volatile oil contains eugenol (1-hydroxy-2-methoxy-4-allylbenzene), euginal (also called eugenic acid), urosolic acid (2,3,4,5,6,6a,7,8,8a,10,11,12,13,14b-tetradecahydro-1H-picene-4a-carboxylic acid), carvacrol (5-isopropyl-2-methylphenol), linalool (3,7-dimethylocta-1,6-dien-3-ol), limatrol, caryophyllene (4,11,11-trimethyl-8-methylene-bicyclo[7.2.0]undec-4-ene), methyl carvicol (also called Estragol:1-allyl-4-methoxybenzene) while the seed volatile oil have fatty acids and sitosterol; in addition, the seed mucilage contains some levels of sugars





and the anthocyanins are present in green leaves. The sugars are composed of xylose and polysaccharides. Although Tulsi is known as a general vitalizer and increases physical endurance, it contains no caffeine or other stimulants. The stem and leaves of holy basil contain a variety of constituents that may have biological activity,

### 9.CONCLUSION

All these restorative fixings make Tulsi an unquestionable requirement have for more and serene life. This little plant is unquestionably an excellent wellspring of restorative properties. After top to bottom and thorough research it has been demonstrated and ensured that it is sheltered to devour Tulsi in any structure. All these medicinal properties are all around acknowledged and respected by present day science. Tulsi is the herb that fixes the humankind from all chances normally in the present shallow not very great way of life. It is considered as India's sovereign of herbs. They are to a great extent utilized in ayurvedic medicines. It has restorative properties just as corrective properties. Tulsi is developed in practically all Indian homes. Water overflowed with tulsi leaves is useful for sore throat. It can likewise be swished. Biting tulsi leaves treats cold and flu. Tulsi leaf when eaten in the first part of the day filters blood. It tends to be utilized as tooth powder by drying its leaves and blended in with water. It helps in securing the whole respiratory tract. It has numerous corrective properties and is utilized in home grown cleanser and furthermore for body scour.

It helps in controlling dandruff. Tulsi oil can be utilized for controlling dandruff. It tends to be utilized by blending in with coconut oil. Tulsi leaves squeeze and ginger juice fixes stomach throb, cramps and furthermore gets alleviation from stomach worms.

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