

HOLY BASIL

OCIMUM SANCTUM



Botanical Name: *Ocimum sanctum*

Family: Lamiaceae

Parts Used: Aerial parts

Actions: Adaptogen, anti-inflammatory, antimicrobial, carminative, diaphoretic, immunomodulator, nervine

Energetics: Aromatic

USES & INDICATIONS

Revered as a sacred herb in India, Holy basil or Tulsi, as it is often referred to, has a long history of use in Ayurvedic medicine and throughout the world. In ayurvedic medicine it is known as a rasayana, which refers to something that increases lifespan. Here in the west Tulsi is often used as an adaptogen, helping to lower cortisol levels while gradually improving health and reducing the burden of both physical and mental stress.



HERB TIP

COMBINE WITH BLACK
PEPPER, GINGER AND
HONEY FOR A COLD AND
FLU REMEDY

HOLY BASIL

OCIMUM SANCTUM



USES & INDICATIONS

One of the first things you notice about Tulsi is that it has a very fragrant aroma. Like most aromatic plants Tulsi contains numerous volatile oils such as eugenol which are known to help reduce inflammation and act as antimicrobial agents influencing viruses, bacteria, fungi and parasites. Because of these virtues we might consider external washes and applications to help disinfect and reduce inflammation on the skin and internally when there is inflammation or when antimicrobial agents are called for.

Tulsi is a great herb for the digestive system helping to promote digestion and reduce nausea, gas, bloating and spasms. Research also indicates that Tulsi may be useful for gastric ulcers due to its cytoprotective effect on digestive mucosa.



HERB TIP

COMBINE WITH BLACK
PEPPER, GINGER AND
HONEY FOR A COLD AND
FLU REMEDY

HOLY BASIL

OCIMUM SANCTUM



USES & INDICATIONS

Another benefit of Tulsi is that it helps to facilitate the breakdown and elimination of metabolic waste which enhances natural detoxification and helps to regulate blood sugar levels.

Tulsi is a common Ayurvedic home remedy for cold's and the flu. Often combined with black pepper it helps to break up mucous, facilitate perspiration and relieve congestion.

Infusion: 4 – 8 ounces/3x/day

Tincture: (1:5, 60% alc. Dried) (3 – 5 ml/3x/day)

Infused in honey

Juiced

Contraindications:

Avoid with individuals who are on blood thinning medication and use caution with diabetes.



HERB TIP

COMBINE WITH BLACK
PEPPER, GINGER AND
HONEY FOR A COLD AND
FLU REMEDY

HOLY BASIL

OCIMUM SANCTUM



References:

A, K. (2018). Anti-Inflammatory, gastrointestinal and hepatoprotective effects of *Ocimum sanctum* Linn: an ancient remedy with new application. - PubMed - NCBI. [online] Ncbi.nlm.nih.gov. Available at: <https://ncbi.nlm.nih.gov/pubmed/24266685> [Accessed 18 Jul. 2018].

De la Foret, R. (2018). Health Benefits of Tulsi. [online] HerbalRemediesAdvice.org. Available at: <https://herbalremediesadvice.org/health-benefits-of-tulsi.html> [Accessed 18 Jul. 2018].

Dharmani, P., Kuchibhotla, V., Maurya, R., Srivastava, S., Sharma, S. and Palit, G. (2018). Evaluation of anti-ulcerogenic and ulcer-healing properties of *Ocimum sanctum* Linn..



HERB TIP

COMBINE WITH BLACK PEPPER, GINGER AND HONEY FOR A COLD AND FLU REMEDY

HOLY BASIL

OCIMUM SANCTUM



References: (cont)

Gholap, S. and Kar, A. (2018). Hypoglycaemic effects of some plant extracts are possibly mediate...: Ingenta Connect. [online] Ingentaconnect.com. Available at: <https://ingentaconnect.com/content/go/vi/pharmaz/2004/00000059/00000011/art00014> [Accessed 18 Jul. 2018].

Khalsa, K. and Tierra, M. (2008). The way of ayurvedic herbs. Twin Lakes, Wis.: Lotus.

Sai Krishna, G., Bhavani Ramesh, T. and Prem Kumar, P. (2018). "Tulsi" - the Wonder Herb (Pharmacological Activities of Ocimum Sanctum). [online] Imedpub.com. Available at: <http://imedpub.com/articles/tulsi--the-wonder-herb-pharmacologicalactivities-of-ocimum-sanctum.pdf> [Accessed 18 Jul. 2018].

Photo courtesy and with permission of Rosalee de la Foret;
<https://www.herbalremediesadvice.org>



HERB TIP

COMBINE WITH BLACK
PEPPER, GINGER AND
HONEY FOR A COLD AND
FLU REMEDY