

Holy Basil Thulasi- The Queen of Herbal Medicine Herbs & The Closest to The God

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Abstract :

An adaptogenic herb regimen combined with a healthy lifestyle can often treat chronic lifestyle-related illnesses, which cause most of the world's morbidity and deaths, according to Ayurveda. Of all the Ayurvedic herbs, tulsi has the most medical benefits for humans. Grown for its aromatic leaves, holi basil, often called tulsi or tulasi, is a blooming plant belonging to the mint family (Lamiaceae). It is widely utilized in naturopathic and Ayurvedic treatments, which promote the body's natural healing processes.

Keywords: Adaptogen, Ayurvedha, Holy Basil, Ocimum Sanctum, Tulsi, Tulasi

Introduction:

According to Ayurveda, a balanced lifestyle and an adaptogenic herb regimen can often manage chronic lifestyle-related diseases, which cause most of the world's morbidity and mortality. Of all the Ayurvedic herbs, tulsi has the most therapeutic benefits for humans. Holi basil, sometimes referred to as tulsi or tulasi, is a blooming plant in the Lamiaceae family of mints that grows for its aromatic leaves. It is widely utilized in naturopathic and Ayurvedic treatments, which promote the body's natural healing process.



Types :

1. Bright green leaves called Ram Tulsi



2. Purplish green leaves called Krishna Tulsi



3. Dark green leaves called Vina Tulsi



Nutritional Value of Tulsi

Amount per 100 grams calories= 22

Total fat -0.6gm

Cholesterol-0mg Sodium

-4mg

Potassium -295mg

Total carbohydrate -2.7gm Protein

Health Benefits Of Tulsi:

Immunity Booster: Talsi is the ideal natural immune booster because it is packed with minerals like zinc and vitamin C.

Beats Stress: The primary stress hormone in the body under stress is cortisol. when the person's adrenal glands secrete cortisol. Cymarosides A and B are chemicals found in tulsi. These substances lessen stress by bringing down high cortisol levels.

Reduces Cold, Cough And Other Respiratory Disorders : More antioxidants and micronutrients found in tulsi aid in the treatment of common illnesses like fever, asthma, and colds. Tulsi's cineole, camphene, and eugenol all aid in clearing up chest congestion. Cold and sore throat symptoms can be alleviated by chewing tulsi leaves or by consuming boiled tulsi water.

Anti-Cancer Properties :

Phytochemicals found in tulsi have strong antioxidant properties. Consequently, they help prevent malignancies of the skin, liver, mouth, and lungs.

Lowers Blood Pressure : Tulsi contains eugenol, which lowers blood pressure and prevents chemicals in the body that tighten blood vessels.

Anti-aging properties : Adaptogens are compounds that strengthen the body's defenses against stress and increase immunity. It is well recognized that these pressures lead to poor skin and early aging. Tulsiresists these pressures.

Eases inflammation : Because of its anti-inflammatory qualities, tulsi aids in the management of arthritis and joint pain.

Lowers cholesterol : The oil found in tulsi, eugenol, and circulation improves circulation and metabolic distress while increasing HDL and decreasing LDL.

Lowers blood sugar : Insulin secretion and beta-cell activity in the pancreas are enhanced by tulsi consumption. to a study that was printed in the International Journal of Therapeutic and Clinical Pharmacology Tulsi leaves have the potential to dramatically lower blood glucose levels during fasting and after meals.

Improves mental health : The antidepressant and anti-anxiety qualities of tulsi aid to improve sleep, lessen mood disorders including bipolar illness, and prevent memory loss.

Improves digestion : By making digestion easier, consuming Tulsi water in the morning aids in the removal of toxins and cleanses the stomach. The digestive organs perform better because of the antioxidants in tulsi leaves.

Prevents kidney stones : In addition to cleansing the body, tulsi has diuretic qualities that reduce uric acid levels and prevent kidney stones.

Prevents menstrual irregularities : Tulsi leaf eating on a regular basis Water improves a regular menstrual cycle and balances the body's hormone levels.

Promotes skin health: Because of its antimicrobial properties, tulsi is good for acne. When the skin's hair follicles get clogged and inflamed with germs, acne results. Tulsi might stop skin deterioration. Eczema is a dry skin ailment that tulsi may help with. Its anti-inflammatory properties may soothe flare-ups and itching while lowering irritation, redness, and swelling.

Acts as a mosquito repellent: Tulsi leaves have a potent scent that repels mosquitoes and effectively kills mosquito larvae. Research indicates that the phytochemical found in tulsi serves as an effective larvicide against culex and anopheles mosquitoes. It is believed that taking tulsi on a daily basis can improve wellbeing and prevent disease. Additionally, Tulsi is said to improve intelligence, stamina, beauty, and a stable emotional temperament. It also adds honey to the voice and gloss to the face. Ayurvedic wisdom is demonstrated by the use of tulsi in daily routines, which

also serves as an example of how traditional knowledge may address modern problems.

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