



Tulsi



Kingdom : Plantae

Order : Lamiales

Family : Lamiaaceae



General Information



- In traditional Indian medicine system called Ayurveda, Tulsi (Holy Basil) is considered as a tonic to retain youth and avoid aging. Vitamin C, Vitamin A, Phytonutrients and the essential oils in Tulsi, are excellent anti oxidants and protects the body from nearly all the damages caused by the free radicals.

Medicinal Uses

- Tulsi reduces blood glucose levels. Thus it is useful for diabetics. Tulsi contains vitamin C and other antioxidants (such as Eugenol), which protect the heart from harmful effects of free radicals.
- Tulsi reduces total cholesterol levels. Thus it is useful for heart disease patients. Tulsi also reduces blood pressure.
- Tulsi helps in building up stamina , use it to prepare herbal tea
- Tulsi is useful in the treatment of respiratory system disorders. A decoction of the leaves, with honey and ginger is an effective remedy for bronchitis, asthma, influenza, cough and cold. A decoction of the leaves, cloves and common salt also gives immediate relief in case of influenza. They should be boiled in half a liter of water till only half the water is left and add then taken. Tulsi is an important constituent of many Ayurvedic cough syrups and expectorants. It helps to mobilize mucus in bronchitis and asthma. Chewing tulsi leaves relieves cold and flu

Medicinal Uses

- Tulsi is used as mouth wash for reducing tooth ache. Its leaves, dried in the sun and powdered, can be used for brushing teeth. It can also be mixed with mustered oil to make a paste and used as toothpaste. This is very good for maintaining dental health, counteracting bad breath and for massaging the gums. It is also useful in pyorrhoea and other teeth disorders.
- Tulsi is an excellent mouth freshener and oral disinfectant and its freshness lasts very long in the mouth. Holy Basil destroys more than 99 percent of the germs and bacteria in the mouth and this effect lasts long. It also cures ulcer in the mouth. It is also known to help inhibit growth of oral cancer caused by chewing tobacco etc.
- Tulsi (Holy Basil) is an excellent anti biotic, germicidal, fungicidal and disinfectant and very efficiently protects our body from nearly all sorts of bacterial, viral and fungal infections. Fever is mainly caused due to infections from protozoa (in case of malaria), bacteria (typhoid), viruses (flu) and even allergic substances and fungus. Actually, fever is not an ailment in itself. It is just a symptom which shows that our body is fighting against infections. The tremendous disinfectant, germicidal and fungicidal properties of Tulsi destroys all these pathogens discussed above and heals fever. It is an old practice in India to have decoction of Tulsi leaves and flowers in cases of fever