***HOLY BASIL***

Name: Ocimum Sanctum. Commonly known as *Tulsi “the incomparable one”*.

Plant Family: Lamiaceae/Labiateae (Mint Family)

Parts used: Leaves, flowers, aerial part of plant

Uses: Used mainly for respiratory, nervous and digestive systems.

Helps restore vitality and strength, renews energy. Elevates mood and spirit. Helps to normalize the levels of cortisol and to reduce the release of adrenal hormones due to stress. Strengthens the respiratory system, coughs and colds, asthma and bronchitis. Used as heart tonic and sometimes combined with arjuna to address heart issues. Promotes even circulation, normalizes blood pressure. Brings down fever. Helps improve digestive system, helps indigestion (as a tea with ginger). Helps treat ringworm, eczema, urticaria/hives (as a paste used topically). Used as antiseptic for wounds, ulcers, leprosy, and staph infections of the skin. Protects the liver, promotes eye health. In Ayurveda it is known as a sacred herb that promotes long life and nourishes helping achieve perfect health. Promotes clarity of mind. A plant of Tulsi kept indoors can help to protect and purify the environment.

Actions: antimicrobial, adaptogenic, antidiabetic, hepatoprotective, anti-inflammatory, anticarcinogenic, radioprotective, immunomodulatory, neuroprotective, cardioprotective, antiviral, antiulcer, mosquito repellent. Diaphoretic, nervine, febrifuge, antispasmodic.

Constituents: eugenol (volatile oil), ursolic acid, rosmarinic acid, ocimumoside A and B, ocimarin

Holy Basil can be used in tinctures, capsules, infusions, powder, teas, juice and medicated ghee.

Tincture: 1-2oz herb to 1 pint solvent or menstrum. Dosage. Take 1/2-1 tsp of tincture 2 or 3 times daily.

Capsules: 500mg 2 or 3 times a day

Powder: 250mg-1 gr

Teas: 2-4 cups daily

Harvest: Fresh leaves.

Taste: pungent, heating

**Psychology**

Flower Essence: Brings clarity of mind, awareness. Strengthens faith, compassion and clarity