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Tulsi's Ayurvedic Medical Importance

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Abstract: ***Tulsi (Ocimum sanctum) is an omnipresent, multipurpose plant and regarded as holy plant in Hindu religion finds place in front of every Hindu household. This herb is a member of Lamiaceae family, well known for its spiritual, religious and medicinal importance in India. Scientific investigations of traditional belief of medicinal properties of Tulsi have got impetus mostly in the later part of the 20th century. Characteristically, the plant imparts a pungent, bitter, hot, light and dry effect indicating the presence of curative value. It is extensively famous and has been used since centuries in Ayurveda and Greek medicines owing to its beneficially diverse properties. For the treatment of bronchitis, illness, and pyrexia, tulsi leaf extracts are described in Indian medical literature. It is thought to be a widespread plant in India.***

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

1. Introduction

Tulsi, also known as holy basil or Ocimum Sanctum L. in Hindi and Sanskrit, is an extraordinary herb from the Lamiaceae family. Tulsi has been used as a remedy for life's problems for at least 3000 years in Ayurveda because of its healing properties.

For the treatment of bronchitis, illness, and pyrexia, tulsi leaf extracts are described in Indian medical literature. It is thought to be a widespread plant in India. The most famous family plant in India, it is revered in Hindu tradition.

Numerous Hindu myths categories the importance, uses, and qualities of tulsi. Tulsi is an upright, fragrant bush that can grow up to a height of 3 to 5 feet. It frequently grows in gardens. Both its flavor and aroma are powerful duration.

The tulsi plant is extremely important to humanity. Tulsi leaves are frequently used in traditional Ayurveda medicine. It is known to get better during the course of life. for instance, the common cold irritation, intestinal illness, heart disease, migraines, stomach problems, kidney stones, and more Particularly feverish is it.

Tulsi helped to reduce mosquito population growth and control intestinal disease. The Tulsi plant has a variety of jobs. Tulsi leaves are widely used because of their ability to restore health. It is a stimulant for the senses and in this way aids greatly with memory acuity. The tulsi herb, recognized to treat respiratory problems. The concoction made by combining honey, ginger, and tulsi leaves is highly effective in treating asthma, the flu, and bronchitis. (1)

2. Heraputic Uses of Ocimum Sanctum

Medicinal properties Heart disease can be treated with tulsi

Tulsi reduces Blood Pressure.

- Diabetics benefit from tulsi. Total cholesterol levels are decreased by tulsi.
- Tulsi lowers blood glucose levels and contains antioxidant effects.
- It had occasionally been used as an antispasmodic for whooping cough. It helps with cramps in the stomach.
- vomiting, diarrhea, constipation, and enteritis are symptoms of gastrointestinal catarrh.
- Basil has digestive, carminative, galactagogic, antispasmodic, and appetizer properties. (2)

Anti - oxidant:
The experimental study on streptozocin - induced diabetic rats showed the antioxidant activity of O. sanctum. It was reported that the leaves of this plant contain hydroalcoholic extract which is responsible for the antioxidant property. When the leaves of Ocimum. sanctum were provided with streptozocin - induced diabetic rats for 30 days, it was found to improve the activity of antioxidant enzyme catalase and reduce the plasma level of thiobarbituric acid in the vital organs like kidneys and liver.

Antibacterial:
These extraordinary plant's antibacterial components include carvacrol and terpene. Additionally, sequiterpene B - caryphyllene does the same feat. This ingredient is a food additive that has received FDA approval and is found naturally in tulsi. It assists in protecting the body from bacteria that cause sickness. Anti - inflammation - In addition to being an antioxidant, rosmarinic acid is a good source of anti - inflammation. Another substance in the mixture providing the same purpose is called pegenin. Other than these two, eugenol—an substance responsible for regulating blood sugar levels in the body—is the most significant anti - inflammatory component of tulsi. It enhances insulin secretion by manipulating the pancreatic beta cell activity. (3)

Anti - ulcer:
It was reported that the O. sanctum plant possesses to have antiulcer activity against histamine, aspirin, reserpine, serotonin aspirin indomethacin in rats. The experiment was performed in Wistar rats where it was found that the aqueous extract of O. sanctum protects against ethanol induced gastric ulceration. Antidepressant and Antianxiety: The ethanolic extract of O. sanctum were tested in swiss mice. (4)

Anti - inflammatory:
The presence of fatty acids in the tulsi plant possesses anti - inflammatory activity. The main fatty acid responsible for the antiinflammatory activity is linoleic acid which is capable of blocking the cyclooxygenase and lipoxygenase pathways. (5)

Antidepressant and Antianxiety:
The ethanolic extract of O. sanctum were tested in swiss mice. It was found that the plant extract possesses antidepressant and antianxiety properties and can act as a therapeutic drug against these disorders. (6)

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