



HOMEMADE MIXTURE OF TULSI: EXCELLENT MEDICINE FOR DRY COUGH RELIEF

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ABSTRACT

Present paper describes the preparation of homemade Tulsi solution and mixture of Tulsi solution. And then their remedial activities were compared with the medicine Dabur Honitus for dry cough relief. Plants are the richest resource of drugs in traditional systems of medicine, modern medicines, food supplements and chemical entities for synthetic drugs. Medicinal plants are a source of great economic value all over the world. Tulsi (*Oscimum sanctum*) is a well-known plant used in the Indian system of medicine. So the increasing order of these solutions is 'Single Tulsi Solution' with honey < Dabur Honitus < 'Mixture of Tulsi Solution' with honey for dry cough remedy at home level.

KEYWORD: Dabur Honitus, Dry cough, Medicinal plant, Tulsi.

INTRODUCTION

In recent times, focus on plant research has increased all over the world and a large body of evidence has been collected to show immense potential of medicinal plants used in various traditional systems. The use of plant and plant products as medicine could be traced as far back as the beginning of human civilization. The earliest mention of medicinal use of plants in Hindu culture is found in "Rigveda", which is said to have been written between 4500-1600 BC and is supposed to be the oldest repository of human knowledge.^[1] The important advantages claimed for therapeutic uses of medicinal plants in various ailments are their safety besides being economical, effective and their easy availability.^[2,3] Still today Tulsi can be found planted in most homes in India and is most respected and honoured herb due to its continuing importance in healing, religion, spirituality, culture and decorative aesthetics. It is so readily found now even in the west that one of its names is Sulabha 'the easy obtainable on'.^[4] *Oscimum sanctum* known as 'Tulsi' in Hindi and 'Holy Basil' in English is an erect soft hairy aromatic herb found throughout India. Tulsi is commonly cultivated in gardens. Two types of *Oscimum sanctum* are met within cultivation: (i) Tulsi plants with green leaves known as 'Sri Tulsi' and (ii) Tulsi plants with purple leaves known as 'Krishna Tulsi'. *Oscimum sanctum* is held sacred by Hindus and is used as medicinal plant in day to day practice in Indian homes for various ailments.^[5,6] Tulsi has also been used in treatment of fever, bronchitis, arthritis, convulsions etc.^[7] The juice of fresh leaves is also given to patients to treat

chronic fever, dysentery, hemorrhage and dyspepsia.^[5,8] Tulsi leaves also check vomiting and has been as anthelmintic. Gastric ulceration and secretion are reported to be inhibited by Tulsi in albino rats.^[6,7]

Some Medicinal properties of Tulsi

1. Healing Power: The tulsi plant has many medicinal properties. The leaves are a nerve tonic and also sharpen memory. They promote the removal of the catarrhal matter and phlegm from the bronchial tube. The leaves strengthen the stomach and induce copious perspiration. The seed of the plant is mucilaginous.

2. Fever & Common Cold: The leaves of basil are specific for many fevers. During the rainy season, when malaria and dengue fever are widely prevalent, tender leaves, boiled with tea, act as preventive against these diseases. In case of acute fevers, a decoction of the leaves boiled with powdered cardamom in half a liter of water and mixed with sugar and milk brings down the temperature. The juice of tulsi leaves can be used to bring down fever. Extract of tulsi leaves in fresh water should be given every 2 to 3 hours. In between one can keep giving sips of cold water. Among children, it is very effective in bringing down the temperature.

3. Coughs: 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.

4. Sore Throat: Water boiled with basil leaves can be taken as drink in case of sore throat. This water can also be used as a gargle.

5. Respiratory Disorder: The herb is useful in the treatment of respiratory system disorder. 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 with half a liter of water till only half the water is left and add then taken.

6. Kidney Stone: Basil has strengthening effect on the kidney. In case of renal stone, the juice of basil leaves and honey, if taken regularly for 6 months, will expel them via the urinary tract.

7. Heart Disorder: Basil has a beneficial effect in cardiac disease and the weakness resulting from them. It reduces the level of blood cholesterol.

8. Children's Ailments: Common pediatric problems like cough cold, fever, diarrhea and vomiting respond favorably to the juice of basil leaves. If pustules of chicken pox delay their appearance, basil leaves taken with saffron will hasten them.

9. Stress: Basil leaves are regarded as an 'adaptogen' or anti-stress agent. Recent studies have shown that the leaves afford significant protection against stress. Even healthy persons can chew 12 leaves of basil, twice a day, to prevent stress. It purifies blood and helps prevent several common elements.

10. Mouth Infections: The leaves are quite effective for the ulcer and infections in the mouth. A few leaves chewed will cure these conditions.

11. Insect Bites: The herb is a prophylactic or preventive and curative for insect stings or bites. A teaspoonful of the juice of the leaves is taken and is repeated after a few hours. Fresh juice must also be applied to the affected parts. A paste of fresh roots is also effective in case of bites of insects and leeches.

12. Skin Disorders: Applied locally, basil juice is beneficial in the treatment of ringworm and other skin diseases. It has also been tried successfully by some naturopaths in the treatment of leucoderma.

13. Teeth Disorder: The herb is useful in teeth disorders. Its leaves, dried in the sun and powdered, can be used for brushing teeth. It can also be mixed with mustard 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 pyorrhea and other teeth disorders.

14. Headaches: Basil makes a good medicine for headache. A decoction of the leaves can be given for this disorder. Pounded leaves mixed with sandalwood paste can also be applied on the forehead for getting relief from heat, headache, and for providing coolness in general.

15. Eye Disorders: Basil juice is an effective remedy for sore eyes and night-blindness, which is generally caused by deficiency of vitamin A. Two drops of black basil juice are put into the eyes daily at bedtime.

EXPERIMENTAL

Materials and Reagents

Vasak leaf, Cloves, Cassia leaf, Black pepper, Tulsi(Holy Basil), Ginger, Cinnamon Bark, Dabur Honitus, dabur Honey were used for this experiment.

Apparatus

The apparatus consists of Mortar and pestle, weighing balance, beakers, conical flask, burette, pipette, retort stand with clamp, white tile, wash bottle, spatula, stirrer, soxhlet extractor and filter paper (Whatman 40).

Preparation of 'Mixture of Tulsi Solution' and 'Single Tulsi Solution'

At first we take 10 pieces of Vasak leaf, Tulsi leaf and Cassia leaf, Black pepper, Cloves respectively. Add 10 gm ginger and 10 gm Cinnamon Bark into it. Then all are grinded along with 50 ml of water by mortar and pestle. Then the solution was heated for 10 minutes until it was $\frac{1}{4}$ of the mother solution. Then it was filtered with soxhlet extractor and filter paper (Whatman 40). After that it was preserved in a bottle. This solution was the 'Mixture of Tulsi Solution'. It was violet in colour.

At the same procedure 'Single Tulsi Solution' was prepared where the solution contains only Tulsi leaf and water. It was also preserved in another bottle.

UV/ Visible Spectroscopy Study

This study of the above solutions and also Dabur Honitus were measured by UV/ Visible Spectrophotometer (Elico 171).

Use of these medicines

At first we take 5 ml of warmed 'Mixture of Tulsi' mother solution and then adding 5 ml of Dabur honey i.e., 10ml solution for adult, 3-4 times daily. But for child 2.5 ml of warmed mother solution with 2.5 ml of Dabur honey i.e., 5 ml, 3-4 times daily. For Dabur honitus, 10ml solution for adult and 5 ml solution for child, 3-4 times daily.

RESULT AND DISCUSSIONS

Table 1: Absorbance data at different wavelengths.

Wave Length(nm)	Absorbance		
	Mixture of Tulsi	Dabur Honitus	Single Tulsi Solution
400	1.103	1.027	0.207
450	0.695	0.133	-0.372
500	0.360	-0.459	-0.714
550	0.504	-0.785	-0.940
600	0.335	-1.012	-1.050
650	-0.865	-1.049	-1.050
700	-0.995	-1.050	-1.050

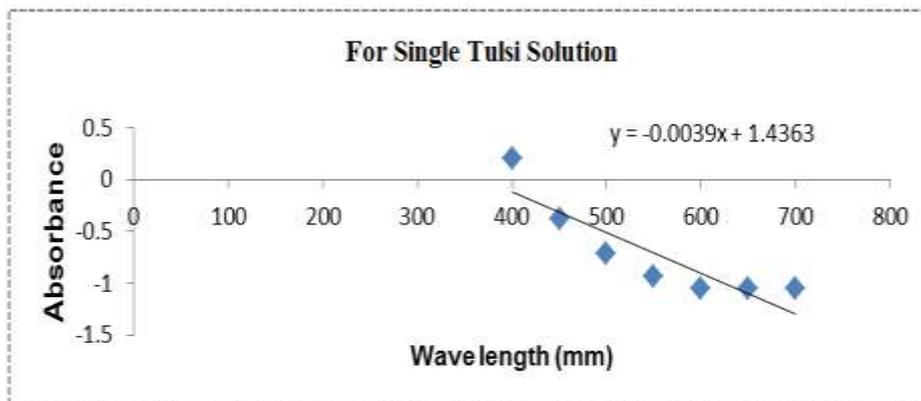


Fig. 1: Absorbance vs. Wave length(nm) for ‘Single Tulsi Solution’.

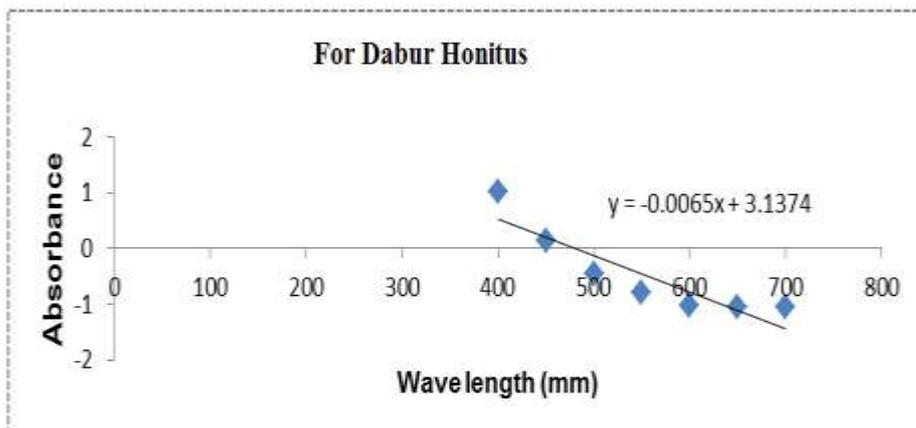


Fig. 2: Absorbance vs. Wave length (nm) for ‘Dabur Honitus’.

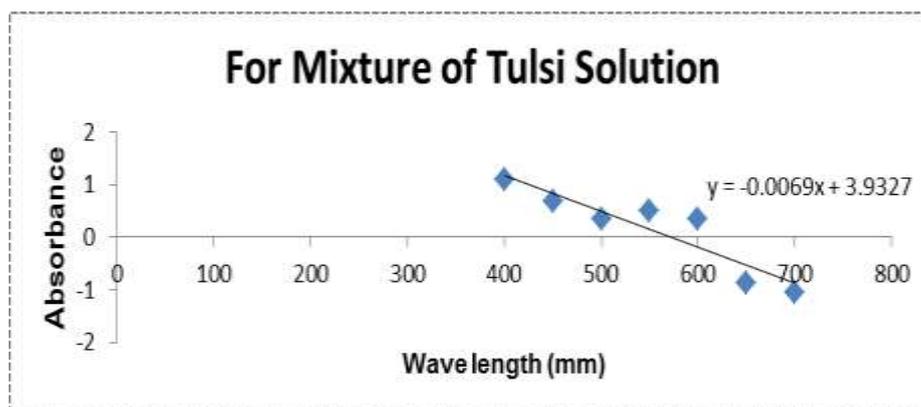


Fig. 3: Absorbance vs. Wave length (nm) for ‘Mixture of Tulsi Solution’.

Table 2: Colour of different substances.

SL. No.	Name of the Substances	Extract Colour
1.	'Mixture of Tulsi Solution'	Violet
2.	'Single Tulsi Solution'	Light green
3.	Dabur Honitus	Light reddish

From the above three medicine we applied for three patients for the relief of dry cough. It has been found that for the medicine i.e., 'Mixture of Tulsi Solution' shows the better result than the other two. This is due to the fact that Mixture of Tulsi solution contains cloves, cassia leaf, black pepper, vasaka leaf, ginger, Cinnamon Bark all of which are responsible to mobilizing mucus in bronchitis and asthma.

Spectroscopic study has done from wave length 400 to 700 nm. From Spectroscopic study it has been found that absorbance value is higher than the other two solutions. From the equations of Absorbance vs. wavelength the intercept value of the 'Mixture of Tulsi Solution' is higher than the other two. So the increasing order of these solutions is 'Single Tulsi Solution' with honey < Dabur Honitus < 'Mixture of Tulsi Solution' with honey for dry cough remedy at home level.

CONCLUSION

From the above study it may be concluded that homemade 'Mixture of Tulsi Solution' gives the better result for dry cough remedy in the rural belt. Now a days the medicinal price is too much high, so a tendency to bring low price medicine from the market for cure. But if we get all the materials in our rural side it will be helpful and easily available in our surroundings.

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