



## A CLINICAL APPROACH TO TULSI

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### ABSTRACT

Oscimum sanctum is one of the most sacred herb in India. It belongs to family santalaceae. It is also known as holy basil. In Ayurveda, system Tulasi is often referred as "Elixir of life" for its healing powers and has been known to treat many different common health conditions. Tulsi has been found to protect organs and tissue against chemical stress from industrial pollutants and heavy metals and physical stress from prolonged physical exertion.

**KEYWORDS:** Medicinal plant, oscimum sanctum.

### INTRODUCTION

Plant kingdom is known to comprise approximately 5,00,000 plant species which are found world wide, of which only 1% has been phytochemically investigated with potential for discovery of novel bioactive compounds mainly in medicinal plants. Tulsi occupies a supreme position among herbs, so much so that it is referred to as the mother. The ancient work of Padma Purana and Tulsi Karacham described Tulsi as a protector of life accompanying human beings from birth to death. Tulsi has been used for thousands of years for its diverse healing properties and many other diseases.

### Chemical composition

Eugenol, Caryophyllene, Apigenin, Eugenolmethyl ester, 3-carene, alpha-humulene, citral, isothymusin, cirsilineol, luteolin, limonene, Rosmarinic acid.

### Benefits of Tulsi

- Mental stress.
- Protection against infections.
- Immuno booster.
- Anti fungal activity.
- Anti Bacterial Activity
- Anti Oxidant.
- Respiratory Problems
- Fever
- Skin Disorders.
- Hyper Glycaemia
- Cough & cold
- Reduces stomach problems
- Removes kidney stones.
- Cures Asthma.

- Gynecological Disorder.
- Heart Disorders.
- Lung Disorders.
- Stress Disorders.
- Obesity.
- Diabetes.
- Conjunctivitis
- Anti helminthic
- Reduce Triglycerides and cholesterol
- Cannabis poisoning
- Sore eyes
- Tympanitis
- Laxative
- Malaria
- Inhibitory activity against HIV-I

### CONCLUSION

In conclusion, it is to be found that various species of Tulsi are very much distinguished from each other. It is holy basil used in different health problems. It is evident that Tulsi is a medicinal plant of great importance because of its varied application in medicine and hence can be called the queen of herbs. Most of the studies are based on animal studies; hence further clinical trials are needed to carry out on humans to determine the exact effects and other pharmacological properties of Tulsi.

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