



## Scholars Research Library

Archives of Applied Science Research, 2021, 13 (3):01  
(<http://scholarsresearchlibrary.com/archive.html>)



## Tulsi: An Herbal Medicine

Nobel\*

*Department of Biosciences and Bioengineering, Lovely Professional University, Phagwara, Punjab, India*

*\*Corresponding Author: Nobel, Department of Biosciences and Bioengineering, Lovely Professional University, Phagwara, Punjab, India, E- Mail: nobeldhingra16@gmail.com*

### INTRODUCTION

Tulsi is a plant that may be found all across India. In English, it's called Holy Basil, and in Sanskrit, it's called Tulasi. Tulsi is a densely branching plant with hair on all sides. It grows to a height of 75 cm to 90 cm. It bears leaves that are up to 5 cm long and have a circular oval shape. Tulsi belongs to the genus *Ocimum*. Plants in the genus *Ocimum* belong to the Lamiaceae family and are found throughout the world in tropical, subtropical, and warm temperate climates. These plants are known to produce essential oils that contain a variety of aromatic compounds, which is why Tulsi is renowned as the "Queen of Herbs". Tulsi has a strong flavor and a pleasant aroma. It is the only plant capable of continuously absorbing carbon dioxide. It releases oxygen early in the morning, which is good to persons with respiratory problems. The Tulsi plant is extremely important to humanity because of the numerous medical benefits it gives. Tulsi leaves are commonly utilized in Ayurveda medication formulation. Aromatic herbs and shrubs belonging to the genus *Ocimum* are among the most valuable medicinal plants. In Ayurveda, an Indian system of medicine, the metabolites (essential oils) of the Tulsi have been shown to have antioxidant and antifungal qualities, as well as the ability to treat a variety of ailments, including bronchitis. Tulsi plant creates specific metabolites as part of their defense mechanisms, and these metabolites have therapeutic characteristics that can help to cure a variety of human ailments. They can be extracted from the leaves, flowers, roots, bark, seeds, and stem, among other places. The plant's extracts are widely used to treat a variety of ailments, including the common cold, inflammation, malaria, heart disease, headaches, stomach problems, kidney stones, cardiac problems, and more. Tulsi, Indian basil, is also useful for air cleaning. The Tulsi plant is an excellent insect repellent that keeps flies, mosquitoes, and other insects at bay. It's extremely useful in the fight against malaria. Because of its therapeutic properties, Tulsi leaves are widely used. It is a nerve system tonic and hence aids in memory enhancement. The evacuation of phlegm and catarrhal debris from the bronchial tube is aided by this scented plant. It also aids in the prevention of gastric problems. Tulsi is a herb that is used to treat respiratory problems. Bronchitis, influenza, and asthma can all be helped by a decoction made from honey, ginger, and Tulsi plants.

### MEDICINAL PROPERTIES

- Tulsi is an antioxidant that lowers blood glucose levels. As a result, diabetics will benefit from it
- Tulsi helps to lower overall cholesterol. As a result, it is beneficial to people with heart disease
- Tulsi helps to lower blood pressure
- Tulsi can also be used to make herbal tea. It aids in the development of stamina
- Tulsi has been used to treat stomach problems, coughs, colds, malaria, and headaches. Tulsi has been used as a mouthwash to relieve dental pain
- Tulsi oil has a larvicidal effect on malarial larvae
- Tulsi has anti-inflammatory qualities
- Tulsi is found in several herbal cosmetics. Because of its antibacterial characteristics, it's also utilised in skin ointments
- Tulsi has anti-insect properties. As a result, it is utilized to keep grains
- Tulsi has analgesic (pain-killing) qualities similar to COX 2 inhibitor medications, according to recent studies
- Ursolic acid, a component of Tulsi, may one day be used as an antifertility (contraceptive) agent
- Antiviral, antibacterial, ant tubercular, antifungal, and antimalarial activities are all present