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TULSI



Synonym

- Gujarati: તુલસી
- Hindi: तुलसी
- English: Holy Basil, Sacred Basil

Botanical name

- *Ocimum sanctum* or *Ocimum tenuiflorum*

Family

- Lamiaceae

Chemical Constituents

- Phenolic Compounds: These are antioxidants found in tulsi, including compounds like rosmarinic acid, eugenol, and various flavonoids.
- Flavonoids: Orientin, vicenin, and apigenin are examples of flavonoids found in tulsi that have antioxidant and medicinal properties.
- Terpenoids and Steroids: These compounds contribute to the plant's pharmacological activities.

- Ursolic Acid and Oleanolic Acid: These are triterpenoids present in tulsi, known for their anti-inflammatory and medicinal uses.
- Vitamins and Minerals: Tulsi is a source of vitamin C, beta carotene, and minerals such as calcium, zinc, and iron.

Therapeutic Uses

- Pain Relief: Compounds like eugenol in tulsi provide analgesic effects, offering relief from pain and inflammation.
- Detoxification: Tulsi acts as a natural detoxifier, helping to flush toxins from the body.
- Antioxidant Properties: The plant is rich in antioxidants and vitamins, offering overall tonic benefits and protection against negative environmental effects.
- Insect and Snake Bites: In traditional medicine, pastes and decoctions of the root and leaves are used as an analgesic application for insect bites and as an antidote for dog and scorpion bites.

Marketed Preparations

- **Tulsi Tablets:** Dried and powdered tulsi leaves are mixed with ingredients like starch paste, formed into granules, and then dried to make tablets.
- **Tulsi Powder:** Dried tulsi leaves are ground into a fine powder, which can be consumed directly or used in other preparations.
- **Tulsi Extracts:** Dried tulsi leaves are powdered and macerated with a solvent, typically ethanol, to create an extract used for its concentrated medicinal properties.
- **Tulsi Oil (Taila):** Prepared by heating tulsi leaves with coconut oil and other ingredients like fenugreek seeds.
- **Ayurvedic Medicines:** Tulsi is a key ingredient in various complex Ayurvedic formulations used for specific conditions.