



SIGMA[®]
UNIVERSITY

OCIMUM SANCTUM





Synonyms:-

- Hindi: तुलसी (Tulsi), तिळाक तुलसी (Tilak Tulsi)
- Gujarati: Tulsi
- English: Holy Basil, Tulsi, Sacred Basil

Botanical Name:-

- *Ocimum sanctum* Linn. (also *Ocimum tenuifloru*)

Family:-

- Lamiaceae (Mint family)

Chemical Constituents (C.C):-

- Contains essential oils rich in eugenol, ursolic acid, carvacrol, camphene, cineole, nerol, terpinene, and pinen Phytochemicals include alkaloids, flavonoids, phenolics, tannins, and saponins

Uses:-

- Considered a sacred plant in Hinduism for spiritual and religious purposes.
- Used in Ayurveda for treating respiratory issues, fever, inflammation, diabetes, heart diseases, infections, and stress.
- Acts as an adaptogen, helping the body adapt to stress and promoting overall wellness
- Leaves used as insect repellents and for air purification
- Herbal teas, oils, and extracts used for various therapeutic applications including liver protection, anti-cancer, anti-diabetic, analgesic, and antimicrobial effects

Market Presentation:-

- Sold as live plants for religious and ornamental use

- Available as dried leaves, powders, herbal teas, essential oils, and extracts for medicinal use

Incorporated into various Ayurvedic and herbal formulations.