

## TULSI

**Scientific name:** Ocimum sanctum

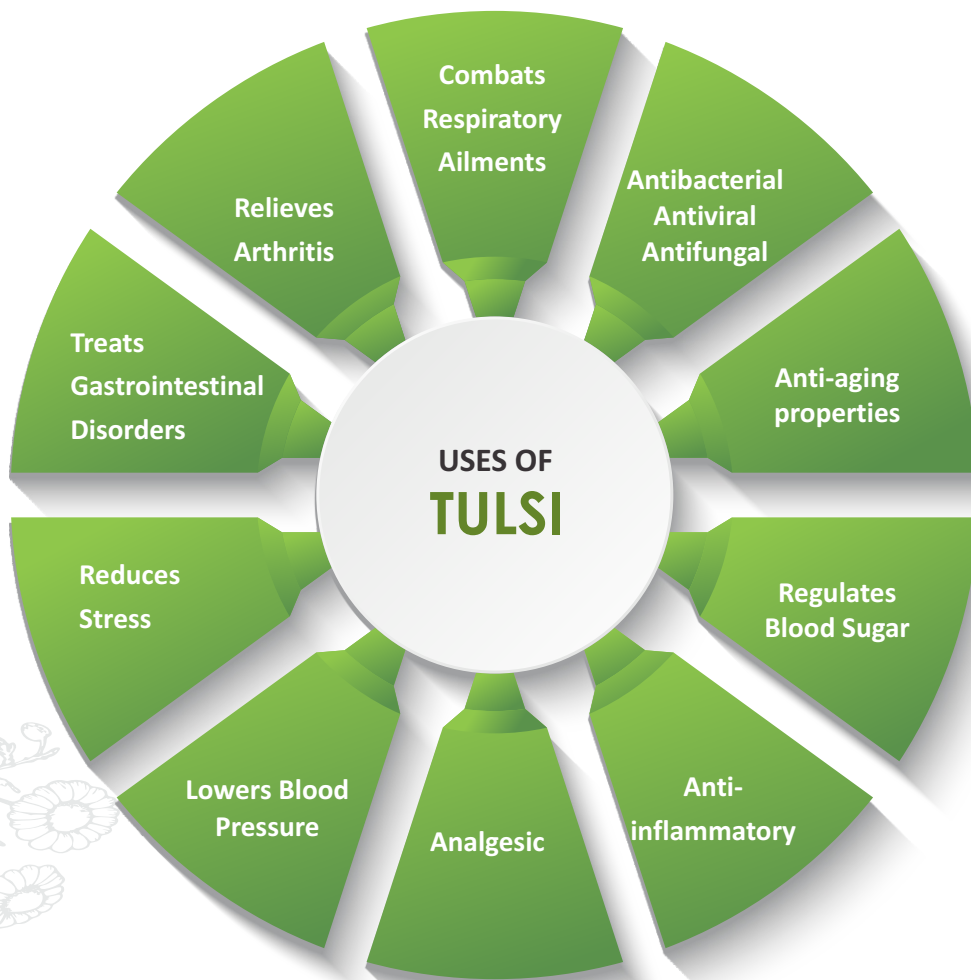
**Class:** Magnoliopsida

**Order:** Lamiales

**Family:** Lamiaceae

**Genus:** Ocimum

**Common name:** Holy Basil, Tulsi, Tulasi.



**Phytochemicals:** Oleanolic acid, Ursolic acid, Rosmarinic acid, Eugenol, Carvacrol, Linalool, and  $\beta$ -caryophyllene.

People with low immunity levels are supposed to be especially susceptible to the covid-19 and Tulsi can be extremely effective for fighting weak immunity. Ayurveda is the world's oldest medical system that can manage any disease without side effects.

Holy Basil. The leaves of this easily available plant are rich in phytonutrients (such as antioxidants, flavanol) chlorophyll, vitamins, and minerals, as well as Eugenol, a bioactive compound that has anti-microbial, anti-fungal and anti-bacterial properties and reduces stress and plasma glucose levels.

Including them in your daily diet intake, will improve your immunity and health. The food you eat plays a key aspect in determining your overall health and immunity.

### Literature and Properties



- Tulsi (Holy Basil), *Ocimum sanctum*, is an aromatic herb used extensively in Ayurveda medicine.
- Considered a sacred herb in India, Holy Basil has been called the The Elixir of Life. It is often planted around doorways and has a special place in the courtyard of Hindu homes.
- Tulsi's broad spectrum antimicrobial activity suggests it can be used as hand sanitizer, mouth wash and water purifier.
- It is always good to have a strong immune system as it will help you stay healthy without being affected by small bacterial and viral infections every now and then. One of the easiest ways of boosting your immunity is taking tulsi drops in water every day.
- Ayurveda considers tulsi a purifier of the mind, body and spirit. The oil is reported to possess anti-bacterial and anti-fungal properties and may help with skin and scalp problems.
- According to the ancient healing system of Ayurveda, Tulsi is considered a "sattvic" plant, which maintains harmonious balance within the body and thereby produces virtue and joy. Tulsi can be especially helpful for problems caused by Kapha.
- Tulsi can help to decrease the risk of diabetes and boosts immune system functions of your body.
- Tulsi oil, in particular, is said to be effective for warding off insects, when used as a bug repellent. Diluted Tulsi oil may also work as a good deodorizer to help eliminate body odor.
- Providing protection against dental problems. It helps eliminate bacteria that may cause tartar, cavities, bad breath and plaque, while providing a protective effect at the same time.
- Its astringent properties also help the gums hold the teeth tighter, so they will not fall out easily.
- Tulsi is jam packed with antibacterial, anti-inflammatory, and antioxidant properties, that all work together to heal the skin.
- Helping protect against cardiovascular problems. The eugenol in tulsi may help manage cholesterol levels in the blood.
- Alleviating fever. It is an excellent germicidal, antibiotic, fungicidal and disinfectant, and may efficiently protect your body from pathogenic organisms.
- Easing respiratory ailments like bronchitis. It helps relieve respiratory congestion, thanks to its beneficial components.

We at **Konark**, provide Tulsi Liquid extract, Soft extract – 05:01 and Dry extract – 09:01; Tannins >5% by titration.