

Therapeutic Uses of Tulsi - A Review Paper

Dr. Sandeep Kumar Yadav¹

Assistant Professor, Department of Botany, Govt Dungar College, Bikaner, Rajasthan, India¹

Abstract: In Ayurvedic and Siddha medicine systems tulsi is highly respected for its medicinal uses. Holy basil is another name of tulsi (Sanskrit-Surasa). Tulsi having many therapeutic actions like antibacterial, adaptogenic, antimicrobial, anti-inflammatory, cardioprotective and immunomodulatory effects. All these studies were conducted *in vitro* or human studies. Eugenol (an essential oil) and ursolic acid present in tulsi. Therapeutic uses of tulsi were reviewed in this paper. Electronic databases including the Elsevier Science Direct, Google Scholar, EMBASE, Medline, Cochrane Library PubMed and Indian Medical databases and Unani databases were studied and reviewed.

Keywords: Tulsi, Vavilov, Therapeutic, Antibacterial, Electronic Databases.

I. INTRODUCTION

Tulsi is regarded holy plant in Indian continents from ancient times. People worship it and grow in their home, some of them protecting by Raksha sutra. Habit of tulsi is shrub plant and habitat According to Vavilov, the centre of origin of tulsi is main Indian region and Indo Burman region and is now around the world like Pacific islands, Caribbean region and parts of Africa it is widely cultivated (1,2). Tulsi has been used for medicinal and culinary use beyond asia about 3000 years

Taxonomic position- Tulsi is belonging to the family Labiate. Its botanical name is *Ocimum tenuiflorum* syn. *Ocimum sanctum*. In India and Nepal three morphotypes are cultivated which is ram tulsi the most common type, with broad bright green leaves that are slightly sweet) wild variety-Vana tulsi and less common Krishna tulsi (purplish green-leaved).

Phytochemical constituents- Tulsi have various active principal components like oleanolic acid, linalool, eugenol, rosmarinic acid, carvacrol, ursolic acid and β -caryophyllene (3) Eugenol (approximate 70%) β -elemene, β -caryophyllene, and germacrene with various trace compounds, mostly terpenes are mainly essential oil present in tulsi (4)

Cosmetic uses- It's had anti-inflammatory, antifungal, healing and antibacterial properties. It benefits the skin by preventing acne, blackheads and relieves skin infections. It stimulates blood circulation so it is benefited in hair growth and promoting hair growth.

Medicinal uses- In Ayurveda's system, tulsi is best examples for approach to health. It tastes both bitter and hot and it is used in kapha and vata because its infiltrate the tissues in deep, normalize dry tissue. It prevent disease, promote longevity, wellbeing, dealing with the stresses of daily life, general health and mental health when it is consume daily. It is said to be enhance sweetness to the voice, fostering beauty and giving luster to the complexion and intelligence, stamina and a calm emotional disposition. [5,6]

In addition to these health-promoting properties, tulsi is used as a jack of all trade treatment for a range of conditions including anxiety, cough, otalgia asthma, diarrhea, fever, dysentery, arthritis, eye diseases, , malaria, indigestion, back pain insect, skin diseases, ringworm hiccups, vomiting, gastric, cardiac and genitourinary disorders, snake and scorpion bites and indigestion. [5,6,7]

Tulsi works as herb that helps and promotion of equilibrium, is wide utilized in indian medication thought of as a adaptogen, tulsi contains a distinctive combination of medical specialty actions that promote eudaemonia and resilience. In Western medication whereas the idea of an adaptogen, isn't wide utilized, Western science has discovered that tulsi will so possess several medical specialty actions that fulfill this purpose. Its therapeutic properties have been studied in various Electronic databases which has hundreds of experimental studies including *in vitro*, *in vivo* (animal and human experiments). It has a unique combination of actions that include: neuro-protective, Antimicrobial (including antiviral, antifungal, antiprotozoal, antibacterial, antimalarial, anthelmintic), mosquito repellent, anti-oxidant, anti-cataract, memory enhancement, analgesic, anti-inflammatory, chemopreventive, radioprotective, hepato-protective, anti-diarrheal, anti-pyretic, immunomodulatory, anti-thyroid, anti-spasmodic, central nervous system depressant, anti-carcinogenic, anti-diabetic, cardio-protective, anti-hypertensive, anti-hypercholesterolemia, antiallergic, antiasthmatic, antileukodermal,



antitussive, diaphoretic, antiulcer, antifertility, antiemetic, anti-arthritic, adaptogenic, anti-stress, anticataract and anti-coagulant activities. [7] It restore physiological and psychological function of the body and cope with mind and Various emotional, physical, chemical and infectious stress through different pharmacological actions.

II. CONCLUSION

Holy basil or tulsi is a jack of all trade drug, it have various active principal components. It is used in spiritual, cosmetics and medicinal purposes and various chemical physiological function in body which resulted relax mind and body.

REFERENCES

- [1]. Wagner WL, Lorence DH, 2014. Flora of the Marquesas Islands website. Washington DC, USA: Smithsonian Institution.
- [2]. Govaerts R, 2014. World Checklist of Lamiaceae. Richmond, London, UK: Royal Bot Gard, Kew.
- [3]. Sundaram R Shanmuga, Ramanathan M, Rajesh R, Satheesh B, Saravanan D (2012). "Lc-MS Quantification of Rosmarinic Acid and Ursolic Acid in Theocimum Sanctumlinn. Leaf Extract (Holy Basil, Tulsi)". J of Liq Chromatogra & Related Tech. 35(5): 634.
- [4]. Padalia, Rajendra C.; Verma, Ram S. (2011). "Comparative volatile oil composition of four Ocimum species from northern India". Natural Product Research. 25 (6): 569–575.
- [5]. Mohan L, Amberkar MV, Kumari M. Ocimum sanctum linn. (TULSI)-an overview. Int J Pharm Sci Rev Res. 2011;7:51–3.
- [6]. Pattanayak P, Behera P, Das D, Panda SK. Ocimum sanctum Linn. A reservoir plant for therapeutic applications: An overview. Pharmacogn Rev. 2010;4:95–105.
- [7]. Mondal S, Mirdha BR, Mahapatra SC. The science behind sacredness of Tulsi (Ocimum sanctum Linn.) Ind J Physiol Pharmacol. 2009; 53: 291–306