

Tulsi act as a herbal medicine

Submitted: 02 July 2021; Accepted: 12 July 2021; Published online: 20 July 2021

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Opinion

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Tulsi is a plant that grows throughout India. Holy Basil is the English name, and Tulasi is the Sanskrit name. Tulsi is a plant with hair on all sides that grows densely. It can reach a height of 75 cm-90 cm. It produces leaves that are up to 5 cm long and oval in shape. Tulsi is a member of the *Ocimum* genus. Plants in the genus *Ocimum* are members of the Lamiaceae family and can be found in tropical, subtropical, and warm temperate areas all over the world. Tulsi is known as the “Queen of Herbs” because of its ability to create essential oils that contain a wide range of aromatic components. Tulsi has a lovely scent and a robust flavor. It's the only plant on the planet that can continually absorb carbon dioxide. It releases oxygen first thing in the morning, which is beneficial to people who have respiratory issues. Because of the multiple medical benefits that the Tulsi plant provides, it is incredibly significant to humanity. Tulsi leaves are extensively used in the preparation of Ayurvedic medicines. The genus *Ocimum* produces aromatic herbs and shrubs that are among the most valued therapeutic plants. Tulsi metabolites (essential oils) have been found to have antioxidant and antifungal properties, as well as the capacity to heal a number of diseases, including bronchitis, in Ayurveda, an Indian system of medicine. As part of their defense mechanisms, Tulsi plants produce particular metabolites, which have medicinal properties and can aid in the treatment of a variety of human illnesses. They can be derived from a variety of sources, including leaves, flowers, roots, bark, seeds, and stems. The extracts from the plant are used to cure a wide range of diseases, including the common cold, inflammation, malaria, heart disease, headaches, stomach difficulties, kidney stones, cardiac problems, and more. Tulsi, or Indian basil, can also be used to purify the air. Flies, mosquitoes, and other insects are kept at bay by using the Tulsi plant as insect repellent. In the fight against malaria, it's incredibly useful. Tulsi leaves are commonly utilized due to their medicinal effects. Because it is a nerve tonic, it benefits memory enhancement. This fragrant plant aids in the evacuation of phlegm and catarrhal detritus from the bronchial tube. It also helps to

keep gastrointestinal troubles at bay. Tulsi is a herb that can help with respiratory issues. A decoction made from honey, ginger, and Tulsi plants can aid with bronchitis, influenza, and asthma.

Medicinal Properties

- Tulsi is an antioxidant that helps to keep blood sugar levels in check. As a result, diabetics will benefit from it.
- Tulsi aids in the reduction of total cholesterol. As a result, those with heart problems benefit from it.
- Tulsi aids in the reduction of blood pressure.
- You can also create an herbal tea using tulsi. It promotes the growth of stamina.
- Tulsi has traditionally been used to cure stomach issues, coughs, colds, malaria, and headaches.
- Tulsi oil has a larvicidal impact on malarial larvae.
- Tulsi has anti-inflammatory properties.
- Tulsi is present in various herbal cosmetics.
- Tulsi has anti-insect effects and is used in skin ointments because of its antibacterial capabilities. As a result, it's used to keep grains fresh.
- According to recent studies, Tulsi exhibits analgesic (pain-killing) properties similar to COX 2 inhibitor drugs. Ursolic acid, a component of Tulsi, may one day be employed as an antifertility (contraceptive) agent.
- It has antiviral, antibacterial, antitubercular, antifungal, and antimalarial properties.