

An Analysis of the Tulsi Plant (*Ocimum sanctum* L.)

Miss. Priya Pradip Kadam and Roshani Shridhar Gavde

Department of Botany

Hirwal Education Trust's College of Computer Science and Information Technology, Mahad-Raigad, India

priyakadam6191@gmail.com

Abstract: Native to the Indian subcontinent, Tulsi (*Ocimum sanctum* L.), sometimes known as holly basil, is highly esteemed for its curative properties within the Ayurvedic and Siddha therapeutic frameworks. Several *in vitro*, animal, and human studies have documented tulsi's various restorative properties, such as adaptogenic, antimicrobial, sedative, cardioprotective, and immunomodulatory effects; however, there are currently no comprehensive reviews of human studies regarding tulsi's clinical suitability and safety. I oversaw a thorough written audit of human examinations that provided a description of a clinical outcome following tulsi consumption. I searched electronic resources such as the Cochrane Library, Google Scholar, Embase, Medline, PubMed, Science Direct, and Indian Medical databases, as well as books, theories, conference protocols, and other materials for examinations. A total of 24 tests were identified that revealed beneficial effects for metabolic disorders, cardiovascular disease, resistance, and neurocognition. Every study reported perfect clinical outcomes, and no tests found any significant antagonistic events. The investigated studies support traditional applications and suggest tulsi is a potential treatment for lifestyle-related chronic illnesses such as diabetes, metabolic syndrome, and high blood pressure. More research is needed to determine the population's readiness to benefit from tulsi's beneficial effects, clarify dosage and portion structure, and look at the activity's instruments.

Keywords: Antioxidant, Anti-inflammatory, Anti-bacterial, Coughand Cold, Tulsi

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