

## A Review on Health Benefits of Tulsi

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**Abstract:** *The emphasis of Ayurveda on maintaining healthy lifestyle habits and the consistent intake of adaptogenic herbs has the potential to mitigate numerous significant factors contributing to global morbidity and mortality. Ayurvedic medicine places significant importance on tulsi (Ocimum sanctum Linn), a plant whose benefits have been substantiated by scientific research. This herb exhibits a distinctive array of pharmacological properties that enable it to mitigate various forms of stress, including physical, chemical, metabolic, and psychological stressors. Research indicates that tulsi offers protective effects for organs and tissues against the adverse impacts of prolonged physical activity, ischemia, physical restraint, excessive noise, and exposure to cold environments. Furthermore, tulsi has been shown to enhance memory and cognitive functions while also possessing anxiolytic and antidepressant effects. It effectively counters metabolic stress by reducing blood glucose levels, blood pressure, and oxidized cholesterol. The plant's broad-spectrum antimicrobial properties make it valuable in treating wounds, supporting animal husbandry, preserving food and herbal materials, and promoting traveler health, as well as in the formulation of hand sanitizers and mouthwashes. Beyond its practical applications, tulsi holds spiritual significance, allowing cultivators to connect with nature's creative forces. Organic farming practices involving tulsi can contribute to addressing food security, alleviating rural poverty, combating hunger, and mitigating environmental degradation..*

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