

Review Paper on Tulsi

Vaishnavi Ghatage, Sheetal Bandgar,
Gayatri Shelake, Suvarna Chandanshive, Mr. Manohar Kengar
Nootan College of Pharmacy, Kavthe, Mahankal

Abstract: *Tulsi (Ocimum sanctum L.), also known as holy basil, is native to the Indian subcontinent and is highly regarded for its medicinal properties in both Ayurvedic and Siddha medicine systems. Numerous in vitro, animal, and human studies highlight Tulsi's wide range of therapeutic effects, including its adaptogenic, antimicrobial, anti-inflammatory, cardioprotective, and immunomodulatory properties. However, there are no comprehensive reviews of human studies on Tulsi's clinical effectiveness and safety. We conducted an extensive literature review of human studies that assessed clinical outcomes following Tulsi consumption. Our search covered a variety of sources, including books, dissertations, conference proceedings, and electronic databases such as the Cochrane Library, Google Scholar, Embase, Medline, PubMed, Science Direct, and Indian medical databases*

Keywords: Tulsi

