

# A Mini Review Paper on the Power of Medicinal Plant (*Ocimum Sanctum*)

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**Abstract:** *The aromatic plant which belongs to the Genus Ocimum is popularly known as Basil, also called Tulsi the matchless one. Ocimum Sanctum has an ancient history which is rich and known since the Vedic times for its curative powers which are immense and beneficial to mankind. The extracts of ocimum sanctum consist of Amino Acids, Carbohydrates, Phenol and Terpenoids. Several studies have been carried by using herbal extracts which have a potential to determine the phytochemical properties and psychotherapeutic properties of Ocimum Sanctum. This herbal drug found in many Indian household is being used in many alternative therapeutic systems like Ayurveda, Siddha, and Homoeopathy. The studies that have been conducted invitro and vivo were able to determine the adaptogenic, anti-inflammatory, cardio protective, antimicrobial and immunomodulatory effects of Ocimum Sanctum. An extensive literature review by many researchers has been performed to study the medicinal uses of Ocimum Sanctum. Recent research has been carried out to study the action of Tulsi on Central Nervous System including anti-stress, anti-Alzheimer, anti-Anxiety, anti-Depressant, anti-Epileptic, and Antioxidant properties. Collection of the data was done after referring various articles from books, thesis, dissertations, Google scholar, PubMed, Science Direct, Medline and various medical database from the past ten years of research. Most of the studies that were conducted have reported positive results with few adverse effect reports. Further studies need to be conducted to determine the mechanisms involved and the proper amount of dosage required to prove the medicinal and therapeutic properties of Tulsi.*

**Keywords:** Ocimum Sanctum, Healing Properties, Antioxidant, Phytochemicals, Nutrients.

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