

A Case Study of Tulsi-Botanical Variants & Uses

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Abstract: *There is increasing awareness and need for strengthening body's immunity. Tulsi is one among the plants that has potential to do so. The traditional sacred plant of India known for its medicinal and other uses is more relevant today than ever before. It is time to know more about different aspects of the adaptogenic herb and go all-out for its spread and use. This paper describes botanical variants of the plant, its medicinal and other uses, principal active constituents and their working at cellular level.*

Keywords: medicinal plant, green pharmacy, green pesticide, antioxidant, COX-2

I. INTRODUCTION

Use of medicinal plants as such and herbal products is increasing steadily, principally to keep off accompanying ill effects of synthetic chemicals. Additionally, some among them strengthen body's immunity in fighting infecting pathogens.



Need for such immunity was realized more since the breakdown of SARS-CoV-2 (Covid-19) pandemic in early 2020. It is now amply clear that enhanced immunity and oriental lifestyle are simple ways in hand to fight the pandemic. Much familiar adaptogenic Indian herb Tulsi or Tulasi (Holy basil, referred also by other names like Vrinda, Manjari, Vaishnavi and Tritattu) is an important plant in the context. Boosting body's immune system apart, tulsi mitigates many health hazards associated with sedentary lifestyle, obsession with junk food, obesity, diabetes, depression, inhaling odious automobile fumes and industrial discharges, and physical and mental stress to which today's fast spaced life is exposed to. It is an opportune time to know more about this sacred herb, plethora of its benefits and go for its extensive growing.

Tulsi in Indian Ethos:-

Tulsi (Sanskrit word meaning 'incomparable'), a much revered plant in the tenets of Hindu beliefs, is considered as the earthly manifestation of Goddess Lakshmi. Legend says that Tulsi was an ardent lover of Lord Krishna and so was cursed by Radha, the Lord's companion to descend on the earth as a plant. The holy plant occupying a high place in Indian ethos is grown in a specially built structure in the courtyard (tulsimanch) and treated like the temple in home. In urban dwellings with space constraint, tulsi is grown in earthen or masonry or plastic pots. Lighting of a lamp (deep/deepam) near the plant at dusk is a daily ritual in many homes. It is believed that death fears to enter a home where the divine plant is worshipped. Nurturing of the plant is said to lead to moksha (salvation), while uncared withering hinders the way for good fortune. Wearing tulsi mala (a string of beads, usually 108, carved from stem) during chanting of prayers marks veneration to God and integrates body, mind and soul during meditation.

Objective of research paper

- To define the Tulsi plant
- To identify types of Tulsi plant in India
- To awareness about Tulsi plant health
- To identify uses of Tulsi

Research Mythology

This paper is based on primary data and secondary data collection. All data used for research purpose only. The secondary data was collected from various sources like previous research papers, newspaper, Paper Articles, reference books, and various government and non government websites. A preliminary investigation is undertaken by contacting 50 owners of the parson, garden agriculture industries. Rational and random sampling method is applied.

.Analysis of data and information from the questionnaires: -

The study shall bring out some of the important characteristics of sample units and their problems. These characteristics relate to the form of use of tulsi as holistic, medicine and other purpose. In addition to this, some allied information which is derived from the study will also be considered

Beneficial of Tulsi Leaves

Tulsi is known as Basil leaves are one of the **best home remedies** to cure problems like cold, sore throat and cough.

Here are the beneficial properties found in Tulsi leaves (Holy Basil)

- Zinc
- Manganese
- Omega-3
- Calcium
- Magnesium
- Iron
- Vitamin A, B, C, and K

Follow these steps to prepare a decoction of Tulsi leaves

- First get some Tulsi leaves and wash it properly.
- Get half glass of water and add washed Tulsi leaves in the water.
- Boil this water until it becomes half of it.
- Then turn off the gas and drink this decoction hot.
- You can consume this twice a day.

Other 12 Benefits of Tulsi Leaves as under

1. Cure fever: If a person is suffering from fever, then he/she can get rid of their fever with the help of Tulsi leaves. You just need to make a decoction (Kadha) of Tulsi leaves or you can also consume Tulsi juice.

Tulsi has anti-inflammatory, analgesic, anti-bacterial, and anti-viral properties that work like magic to heal you from fever.

In ancient time and even today, some people consume basil, decoction and juice to reduce fever.

2. Cure skin infection: Basil leaves are extremely beneficial to cure a skin infection. To get rid of the skin infection, you need to make a paste of Tulsi leaves (do not forget to wash Tulsi leaves with water before you make a paste of it) and apply this paste on the infected area. You need to apply this paste on the infected skin area for a few days and after a while, you will see the result.

3. Cure a cold and cough: A lot of people caught cough and cold because of climate change and this is the time you can consume Tulsi decoction (Kadha) to avoid seasonal diseases and infection like cough and cold and viral fever.

4. Get rid of stress: As per some of the research, Tulsi leaves contain anti-stress agent and these anti-stress agents are really effective to help you get rid of the stress problem.

Not only has this Tulsi left helps to improve your mental health. You can also practice some of the yoga poses to relieve stress that also helps a lot.

5. Get rid of bad breath: If you hate bad breath, then Tulsi is the ultimate wonder for you. Tulsi leaves are known as a natural mouth freshener.

To get rid of bad breath, you can first get some Tulsi leaves and wash it properly. Then boil it in water for a few minutes and leave the boiling water for some time.

Consume this liquid when it is lukewarm and rinse your mouth properly.

6. Enhance your immunity: Tulsi leaves are amazing to increase your immunity. If possible, consume the extract or juice of Tulsi leaves daily.

From ancient time, Tulsi leaves are amazing to boost our immune system. Tulsi leaves are extremely beneficial which helps to increase the production of antibodies in our body which further helps our system to fight against infection in the body.

7. Clean water: If you don't know this, then this might be useful for you. Tulsi leaves are used to purify water. The anti-bacterial properties that are found in this holy basil are helpful to kill harmful bacteria in the water.

These techniques were really popular in the ancient time to purify the drinking water, and you can also add some Tulsi leaves in your water container to get the "benefits of Tulsi leaves".

8. Improve digestion: Tulsi leaves work beautifully to cure stomach related disorders like bloating, pain, indigestion and heaviness.

If you feel any type of stomach related disorder like it is mentioned above consuming Tulsi leaves extract is beneficial for you.

You can make a drink by adding Tulsi leaves, ginger, sugar or jaggery in a glass of water and boil it. Drink this mixture and this will help you get rid of the stomach disorder.

9. Improve sexual health: Men who are facing issues related to sexual health, consuming Tulsi leaves extract can be really beneficial to improve their sexual health.

For this, you need first extract Tulsi leaves, seeds, Tulsi stem, peel and roots in a bowl.

Then add these ingredients in water and then boil it. You need to drink this extract for at least 15 days and you will get the result.

10. Weight loss: Yes, it is true Tulsi leaves help to reduce your weight loss, but this does not mean that just by drinking Tulsi leaves extract you will lose all your weight.

Tulsi leaves have some beneficial properties which help to improve your immune system.

11. Improves heart health: Tulsi leaves are extremely beneficial to prevent blood clot and lower cholesterol level. Therefore, Tulsi leaves are amazing to lower the chances of a heart attack and prevent such a severe incident before it becomes life-threatening.

12. Prevent kidney stones: With the help of a simple home remedy, people who are suffering from kidney stones will get rid of it easily.

For this just add honey with 3 to 4 tablespoon of Tulsi leaves juice and drink this for at least 2 to 3 months and your kidney stones will be naturally flushed out from your body.

With the Tulsi Leaves, a lot of people can get rid of their health problems. If you think these home remedies are beneficial then you can share these amazing home remedies with your family and friends.

HOLYBASIL

It is known as Tulsi and is the most revered houseplant, in India it is associated with ayurveda and hindu religion as goddess of wealth, health and prosperity. The plants have strong medicinal properties compared to second group species. There are several varieties popular based on the regional religious beliefs which are known by several vernacular and common names such as in Sanskrit it is named as Rama Tulsi and Krishna Tulsi, in Malayalam it is called Trittavu, in Marathi as Tulshi, Tulasi in Tamil, Thulsi in Telugu and Holy Basil in English. Not to be confused with *Ocimum Tenuiflorum*, it is a synonym for *Ocimum Sanctum*. There 4 species popular of Holy basil:

MEDITERRANEAN BASIL

It is known as Sweet basil and is the most popular variety of basil which is found all over the world including Asia, Europe, America and Africa. It is most consumed herb worldwide and known by several common names such as king of

herbs, royal herb, great basil and Saint-Joseph's-wort etc, it is used in culinary preparations and used in several types of popular cuisines like Italian, Thai etc

- 1.. Rama tulsi (ocimum sanctum)
2. Krishna tulsi (ocimumtenuiflorum)
3. Amrita tulsi (ocimumtenuiflorum)
4. Vanatulsi (ocimumgratissum)
5. Sweet basil (ocimumbasilicum)
6. Thai basil (ocimumthyriflora)
7. Purple basil (ocimumbasilicum)
8. Lemon basil (ocimumcitriodorum)
9. Vietnamese basil (ocimum cinnamon)
10. American basil (ocimum americanum)
11. African blue basil (ocimumkilimandscharicum)
12. Italian genovese basil (ocimumbasilicum)
13. Lettuce basil
14. Green ruffles basil
15. Cardinal basil
16. Greek basil
17. Spicy globe basil
18. Summer long basil

MEDICINAL USES OF TULSI:

Other medicinal uses, supported by studies conducted across the subcontinent, of tulsi include treating asthma, arthritis and heart problems. According to Globinmed.com, "The essential oil (of tulsi) has been found to have antibacterial, anti-yeast and insecticidal action. The seeds and oil have also been found to show mild antibiotic effects." Tulsi (Ocimum sanctum), commonly known as Holy Basil, is an herb indigenous to South Asia. Tulsi's healing attributes have been documented for centuries, and it remains the core of Ayurveda (India's herbal medicine). Tulsi has long been one of the most common medicinal plants used in India, though the West is just waking up to its powers. Cosmetic companies have recognized its bactericidal attributes and now use it in a wide array of beauty products.

TULSI TO SAVE TAJ MAHAL FROM POLLUTANTS:

Tulsi (Ocimum sanctum) chosen for its anti-pollutant anti-oxidation and air-purifying properties making it an ideal ornamental shrub in the vicinity of the Taj Mahal. Now Tulsi is being used to help Taj Mahal to retain its pristine allure. Even as the monument of love yellowing with age awaits its promised beauty pack for well over two years, forest department has come up with another quick-fix project -- plant a Tulsi drive in Agra. The recommended complexion care regimen, officers claim, has full backing from ancient texts which hold Tulsi to be the panacea for all problems from cosmic to cosmetic. The department is all set to launch the Tulsi plantation drive from January 2009. The public-private joint venture is expected to provide an eco-protection cover to sensitive Taj trapezium zone surrounding the 17th century monument as well as the other two world heritage monuments -- Agra Fort and Aitma-ud-Daula tomb.

II. CONCLUSION

All these medicinal ingredients makes Tulsi a must have for longer and peaceful life. This small plant is certainly a very good source of medicinal properties. After in depth and rigorous research it has been proved and certified that it is safe to consume Tulsi in any form.

All these remedial properties are well accepted and honoured by modern science. Tulsi is the herb that cures the mankind from all odds naturally in today's superficial not-so good lifestyle. It is considered as India's Queen of herbs. They are largely used in Ayurveda medicines. It has got medicinal properties as well as cosmetic properties.

Tulsi is grown in almost all Indian homes. Water boiled with Tulsi leaves is good for sore throat. It can also be gargled. Chewing Tulsi leaves treats cold and flu. Tulsi leaf when eaten in the morning purifies blood. It can be used as tooth powder by drying its leaves and mixed with water.

It helps in protecting the entire respiratory tract. It has many cosmetic properties and is used in herbal soap and also for body scrub. It helps in controlling dandruff. Tulsi oil can be used for controlling dandruff. It can be used by mixing with Coconut oil.

Tulsi leaves juice and ginger juice cures stomach ache, cramps and also gets relief from stomach worms. Tulsi or Basil leaves mixed with 1 tsp of honey will cure severe cold.

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