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OVERVIEW OF *OCIMUM SANCTUM* (TULSI): WONDER HERB

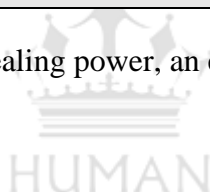
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ABSTRACT

In the current review, we have focused on the medicinal activity of plant tulsi (Holy basil). There is a great role of Tulsi in reducing fever. Along with fever, we have a review of other medicinal health benefits of the plant. The species of tulsi, it's general information with cultivation and collection are discussed. The decoction of tulsi leaves, neem leaves, powder of ginger and powder of long pepper can reduce fever and its symptoms considerably.

Keywords: - Tulsi, Fever reducing, healing power, an eye disorder.



INTRODUCTION

Tulsi is cultivated for religious and traditional medicine purposes and essential oil. The tulsi having use in tea as herb tea, the herb of tulsi is widely used in Ayurveda. Tulsi is very safe and useful in the treatment of any disease. Leaves of tulsi are nature's best antibiotics.¹⁻³

Cultivation and collection¹⁻³:-

1. Soil condition: - Rich loam, poor laterite, alkaline to moderately acidic soil.
2. Climate:- High rainfall and humid condition, high temperature has been found favorable for plant growth and oil production.
3. Propagation:- Through seeds.
4. Harvesting:- At full bloom, stage to obtain maximum essential oil and better quality oil.

Microscopic characters¹⁻³:-

1. Outermost layer epidermis is composed of tangentially elongated isodiametric cells and covered by a cuticle.
2. The hypodermis is collenchymatous.
3. Cortex is parenchymatous with air spaces.
4. Vascular bundles are collateral and open.
5. Xylem is without tracheid with libriform fibers.
6. Pith consists of lignified parenchymatous cells.

Tulsi for reducing fever³:-

The decoration of tulsi leaves, neem leaves, powder of ginger and powder of long pepper can reduce fever and its symptoms considerably. Tulsi tea is quite effective against malaria and dengue fever, especially during the rainy season. Tulsi has been used for thousands of years in Ayurveda for the cure of fever.

Consumption of these have proven fruitful in relieving fever, basil is an effective herb for bringing down fever. Tulsi leaves act as antibiotic, germicidal and disinfectant agents, protects animals from bacteria and viruses.

Tulsi is an antipyretic it helps to fight a fever and recovery health quickly. Tulsi with its antibacterial, antifungal, antioxidant, anti-inflammatory properties is used as a natural remedy for viral infections.

Chemical constituents:-

Table No. 1:

Chemical constituents	% in fresh leaves	% in dried leaves
Eugenol	57.94	6.34
Beta-caryophyllene	15.32	18.20
Beta-element	7.57	11.38
Germacrene D	9.10	3.24
Caryophyllene oxide	3.20	29.36

Uses¹⁻³:-

1. Healing power: - The tulsi plant has many medicinal properties. The leaves are a nerve tonic and additionally sharpen memory. [R1]
2. Respiratory disorders:-The herb is beneficial within the treatment of system disorder. A decoction of the leaves, with honey and ginger, is a good remedy for respiratory disease, asthma, influenza, cough, and cold.[R2]
3. Excretory organ stone: - Basil has a strengthening impact on the excretory organ. For the treatment of urinary organ stone, the juice of Basil leaves and honey is used, taken only for the six months.
4. Heart disorder:- Basil incorporates a helpful result in viscous sickness and also the weakness ensuing from them. It reduces the amount of blood steroid alcohol.
5. Eye disorder:- Basil juice is a good remedy for sore eyes and night blindness which is caused by a deficiency of the fat-soluble vitamin.

SUMMARY

Tulsi is a common herb grown in many households with a wide range of therapeutic properties. Tulsi is one of the most sacred herbs of India and is an integral part of ancient Hindu traditions. It is investigated that various parts of this plant are used for its anti-inflammatory, anti-fertility, anti-bacterial, hepatoprotective and other therapeutic. Traditionally crude extracts of various parts of plants have been used for their anti-diabetic, antioxidant, anti-stress, anti-hypolipidemic and antibacterial properties.

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