

Tulsi (*Ocimumsanctum* Linn)

Synonyms

- rqylh
- lqjlk
- xzkE;k
- lqyHkk
- cgqeÆtjh
- visrjk {klh
- xkSjh
- Hkwr?kzh
- nsonqUnfHk



Habitat-

Tulasi is found throughout India.

Commonly cultivated in front of the house and worshi

Morphology-

Habit - A perennial herb with a typical aromatic smell.

Stem-Erect, branched, quadrangular, slightly woody, solid, branches covered with soft hairs.

Leaf-Simple, opposite, short petioled, exstipulate, ovate, serrate, acute, gland dotted and has unicostate reticulate venation.

Useful parts - Patra (Leaf)

Ras,Guna,Virya,Vipaka

- Rasa -Katu Tikta
- Guna- Laghu Ruksha
- Vipaka- Katu
- Virya- Ushna

Types-

1. Holy basil - Tulasi - Ocimum sanctum
2. Tulasi - Phaninjaka-Ocimum gratissimum
3. Sweet basil - Barbari- Ocimum basillicum
4. Common basil- Shweta tulasi- Ocimum americanum
5. Camphor basil- Karpura tulasi- Ocimum camphor
6. Bush Basil- Marbuka- ocinium minium
7. Green basil- Kharapuspa-Ocimum pilosum

Useful parts – Patra (Leaf)

Karma (Actions):

Rogagnata (Therapeutic Indications)

- Shwasa
- Kasa
- Hikka
- Parshwashula
- Hridroga
- Agnimandya
- Kushtham
- Krimi
- Mukhadourgandhya
- Aruchi
- Chardi
- Jwara
- Vishavikara

Amayika Prayoga

(Therapeutic administration)

- Vishamajwara(Malarialfever)
- Kasa(Cough)
- Shitapitta(Urticaria)

Ganavargikarana

(Classical categorization)

- Charaka- Shwasahara varga
- Sushruta- Surasadi gana
- Bh.Pr.Ni - Pushpavarga 62-63

Pharmacological Activities

- Antiasthmatic
- Antirheumatic
- Antistress
- Antibacterial
- Antifungal
- Antiviral
- Anti-fertility
- Abortifacient
- Hypogly-caemic
- Antispasmodic
- Abortifacient
- Hypoglycaemic
- Antispasmodic
- Antipyretic
- Antiulcer
- Antiinflammatory
- Anticancer

Yoga (Formulations)

Name of the yoga Indications

Surasadi kwatha- krimi

Tulasiswarasadi taila- Putinanasa

Tribhuvanakirti rasa- Vatakaphajajwara

Agurvadya taila- Shitjwara

Hingusauvarchaladya ghrita- Vatagulma