



**Botanical
Garden**

IIT Mandi



Indian
Institute of
Technology
Mandi

***Ocimum sanctum* Linn**

Family: Lamiaceae

Common names: Holy basil, Ram tulsi



Description:

Ocimum sanctum is found throughout India, ascending up to 1800 m in the Himalayas. It is a much-branched aromatic, hairy and erect herb. Stem is woody and perennial, giving out numerous branches. Leaves are opposite, entire or serrate, toothed and dotted with minute glands. Flowers are purplish or crimson, small, closely whorled racemes. Seeds are dark-brown, small, oblong and pointed.

Utilization:

The plant is held sacred by Hindus all over India. Leaves are used as condiment in salads and other foods for their medicinal properties. Leaves are also used in making herbal tea. The juice or infusion of the leaves possesses anticancer, antidiabetic, antifungal, antimicrobial, hepatoprotective, cardioprotective, antiemetic, antispasmodic, analgesic and diaphoretic properties (Prakash *et al.*, 2005). An infusion of the leaves is used as stomachic in gastric disorders of children. A decoction of the root is given as a diaphoretic in malarial fevers while the decoction of leaves is given in common colds.

Part used	Disease
Leaves	anticancer, antidiabetic, antifungal, antimicrobial, hepatoprotective, cardioprotective, antiemetic, antispasmodic, analgesic and diaphoretic.

References:

Prakash P and Gupta N; (2005) Therapeutic uses of *Ocimum sanctum* Linn (Tulsi) with a note on eugenol and its pharmacological actions: a short review. Indian J Physiol Pharmacol. 49(2):125-31.