

Tulasi



Botanical Name : *Ocimum sanctum* Linn.

Family : Labiatae

Vernacular names-

English : Indian Basil/Holy basil /sacred Basil

Hindi : Tulsi

Kannada : Krishna Tulsi

Malayalam : Tulsi, trittav, Krishna tulsi

Sanskrit : Tulsi, surasah

Tamil : Tulsi

Telugu : Tulsi

Unani : Tulsi

Synonyms :

Surasa, Bhuutaghni, Suravalli, Sulabhaa, Manjarikaa, Bahumanjari, Deva dundubhi, Apet-raakshasi, Shulaghni, Graamya.

Classification categorization -

Charaka-Svāsahara

Sushruta- Surasādi, Vagbhata, Surasādi

Varieties -

1. sukla Tulasi (*O. americanum* Linn.)

2. Krisna Tulasi (*O. sanctum* Linn.)

3. *O. basilicum*— rama tulasi

4. *O. klimendScharicum*.— karpooora tulasi

Morphology :

Branched, aromatic under shrub 30-50 cm high, sometimes woody, hairy.

Leaves—simple, opposite, oblong or ovate-oblong, obtuse or acute, – entire or subserrate.
Petioles slender hairy

Flowers— very small, borne in terminal and axillary racemes.

Fruits— subglobose or broadly oblong nutlets.

Flowers and fruits almost throughout the year (mainly during September-February).

Distribution :

Found throughout India. Now being cultivated extensively

Chemical Constituents :

eugenol, carvacrol, nerol, eugenolmethylether, Bornyl acetate, cadinene, camphene, camphor, carvacrol, beta-caryophellene, eugenol, eugenol methyl ether, humelene, methyl chavicol, limonene etc.

Properties :

Rasa- Katu, Tikta

Guna – Laghu, Rüksha

Virya – Usna

Vipäka- Katu

Karma : Kapha-vatahara Deepana, Krimighna Putigandhahara

Indications : Hikka, Kasa, svasa, Visaroga, Parvasula, Krimi, Visama Jvara. asthma, cardiopathy, otalgia, bronchitis, hiccough, fever, vomiting, lumbago, skin disease, fever, cough, psychosis

Part Used :

Leaf, root, seed.

Dosage :

Fresh juice 10-20 ml, root decoction 50-100 ml, seed 3-6 g.

Important Formations :

Surasadi gana Kasaya, Surasadi taila, Tumburvadi yoga, Nimbadi lepa, Sahacaradi taila, bilwadi gulika, tulasi patradi tailam.