

BanTulsi

Origanum vulgare

leaves, stem, flowers

Metabolic Stimulant

Detox + Digestive Ignition

Broad Spectrum Optimicrobial



by Prashanti de Jager ©2013

for many more insights into BanTulsi read

[Aushadhi: Guide to High Himalayan Herbs](#)

BanTulsi is Himalayan Oregano that acquired Tulsi's name via deep socio-religious contexts, illustrating its importance. Being deliciously fragrant and physically beautiful it demands engagement, and indeed, we have used this herb for at least 50,000 years. More recently, Hippocrates used oregano as an antiseptic, lung tonic and digestive while today it is a first-reach potent broad-spectrum antimicrobial immunostimulant, in fact, kudos to Ben Heron in establishing its renown and availability for MRSA therapy.

Names & Etymology

BanTulsi: wild tulsi-like herb

Origanum: Gk: mountain nymph/delight

Vulgare: Lt: crowd, common; Sk: varga

Sathra: by all means, together

Jakhmbuti: ~ shining herb

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Metabolic Boon

PhytoChemistry

Potent antioxidant aromatic phenols: carvacrol, thymol, borneol, caryophyllene, pinene; tannins; flavonoids: ursolic acid, rosmarinic acids, etc

Actions

Sharp Stimulant Aromatic Pungent, Anti-inflammatory, Antioxidant, Potent Broad-Spectrum Anti-infectious, Antibacterial, Antiseptic Antiviral, Antifungal, Antiworm

Indications

Inflammation, Allergies, Cancer, Congestion, Fatigue, Infections, Gram+, Gram-, Staph, Candida, Giardia, Fungal, Respiratory, Coughs, Cold, Flu, Asthma, UTI

Which BanTulsi is Superior?

When you are on a high ridge in the Himalayas that is covered in oregano and thyme you have no doubt that there could be no more potent oregano on this good Earth. Yet, to grow your own aromatic culinaries at home is key direct empowerment.