

Tulsi

Ocimum sanctum

leaves, stem, flowers, roots

Anti-Stress Adaptogen

Metabolic & Endocrine Balance

Detox & Digestive Ignition



by Prashanti de Jager ©2013
for many more insights into Tulsi read
Aushadhi: Guide to High Himalayan Herbs

For over five millennia, the esteem that Tulsi has earned makes it one of the most cherished and truly legendary of India's healing herbs. From general well-being to acute critical imbalances, Tulsi's magnanimous healing nature is used and honored daily by millions for whom it is a first reach herb for cough, colds, flu as well as for any fever or infection. Tulsi's potent capability of invoking true wellness via dozens of mechanisms ascends it to the peak of the Yogic, Ayurvedic and Puranic traditions.

Names & Etymology

Tulsi: balanced balance, incomparable

Ocimum: Gk: aromatic

Sanctum: Lt: sacred, Sk: sat = truth

Vrinda: multitudes, choir

Jakhmbuti: ~ shining herb

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Control Fever

PhytoChemistry

Essential Oils: eugenol, carvacrol, caryophyllene; Adaptogenic Saponins; Flavonoids: orientin, apigenin; Triterpenoids: urosolic acid; Polyphenols: flavones, flavonols

Actions

Sharp Stimulant Aromatic Pungent Rasayana, Adaptogenic, Rejuvenative, Tonic, Anti-Stress, Anti-aging, Anti-inflammatory, Antioxidant, Potent Broad-Spectrum Antibiotic

Indications

Inflammation, Fever, Allergies, Stress, Coughs, Cold, Flu, Asthma, Cancer, Congestion, Fatigue, Infections, Staph, Cardioprotective, Cognitive Enhancement, UTI, BPH

Which Tulsi is Superior?

The more carefully cultivated an herb is often the weaker it becomes as it is eustress that makes an herb strong, in and of itself and as a medicine. As potent as Kahmenpur Tulsi is, I haven't seen stronger Tulsi than mid-altitude wild-cultivated