



A REVIEW

Therapeutic properties of *Ocimum sanctum* Linn. (Tulsi)

■ SHIVABASAPPA, SRIDEVI, R.S. ROOPA BAI AND UDAYKUMAR NIDONI

Department of Processing and Food Engineering, College of Agricultural Engineering, University of Agricultural Sciences, RAICHUR (KARNATAKA) INDIA (Email : shivukandkur424@gmail.com)

*Author for Correspondence

Research chronicle : Received : 16.01.2013; Accepted : 30.05.2014

SUMMARY :

Ocimum sanctum popularly known as Tulsi and called Holy Basil in English. It is ranked among the few wonder herbs, which has a versatile role in traditional systems of medicine. Several studies are being conducted regarding the efficacy of whole plant or its parts for treatment of different diseases and ailments. The active compound of the plant includes eugenol, ursolic acid, phenolic compounds, flavonoids etc. The health promoting and disease preventing properties such as antimicrobial, antioxidant, hepatoprotective, radio-protective, antistress, antiinflammatory, antidiabetic, antifertility, neuroprotective, antiulcer, cardio-protective, anticancer, anticarcinogenic, immunomodulatory and mosquito repellent properties have been described. These benefits have been investigated and verified by modern scientific research. The various aspects of therapeutic properties of *Ocimum sanctum* have been discussed in the present paper.

KEY WORDS : Anticarcinogenic, Antidiabetic, Eugenol, *Ocimum sanctum*, Therapeutic properties

How to cite this paper : Shivabasappa, Sridevi, Bai R.S. Roopa and Nidoni, Udaykumar (2014). Therapeutic properties of *Ocimum sanctum* Linn.(Tulsi). *Internat. J. Proc. & Post Harvest Technol.*, 5 (1) : 99-104.