

TULSI, QUEEN OF HERBS

MANGLA PARIKH AND BHAWANA SHARMA

Department of Genetics and Plant Breeding, Indira Gandhi Krishi Viswavidyalaya, RAIPUR (C.G.) INDIA

Tulsi is a native plant of India. It occupies the most respect and important position among all herbs and is a symbol of culture and religious inclination of the family. Every part of the Tulsi plant can be used in herbal remedies to treat a variety of conditions. Tulsi is known as “The Incomparable One”, “The Mother medicine of Nature” and “The queen of Herbs”. In the mythological literature, the plant Tulsi is continuously mentioned as one of the main pillars of herbal medicine.



Types of Tulsi: Generally the plant Tulsi is categorized into three types. They are the Rama Tulsi which have green leaves, the Krishna Tulsi which generally have purple leaves and the Vana Tulsi in which the plant is in its wild form.

Chemical constituents: A variety of biologically active compounds have been isolated from the leaves including ursolic acid, apigenin and luteolin. Essential oil of Tulsi has antibacterial, antifungal and antiviral properties and possesses 100% larvicidal activity against the culex mosquitoes.

Tulsi as medicinal herbs in Ayurveda: *Help to reduce stress:* Leaves are regarded as an ‘adaptogen’ or until stress agent. Every healthy person can chew 12 leaves of Tulsi, twice a day, to prevent stress.

Heart disorder and blood pressure: Tulsi has a positive effect over blood pressure and also a detoxicant, its regular use prevents heart diseases. A toxic may be prepared by mixing dry Tulsi leaves with butter and honey. The drinking of Tulsi-leaf tea keeps the blood pressure normal.



In cough: Tulsi is an important constituent of many ayurvedic cough

syrops and expectorants. The drinking of Tulsi leaf tea keeps one free from cough and colds or chewing Tulsi leaves relieves cold and flu.

In seasonal fever: Take Tulsi leaf juice with pepper thrice a day to bring down the temperature and clearing the infection.

In night blindness: Tulsi juice is an effective remedy for sore eyes and night blindness. Put 2 drops of Tulsi juice into the eyes daily at bedtime.

In ear infection: When there is pus in the ear and the ear emits a foul odour, a few drops of Tulsi extracts should be installed in the ear to clear the pus and combat infection.



In sore throat: Gargle with warm water in which Tulsi leaves have been boiled and drink the same until relief is obtained.

In malaria: Tulsi plant is repellent against mosquitoes. Tulsi-leaf extract are found to be cure against malaria.

In indigestion: Tulsi is also a remedy against constipation, indigestion, poor appetite and acidity.

In skin disorder: Applied locally, Tulsi juice is beneficial in the treatment of ringworm and other skin diseases.

Teeth disorder: The herb is useful in teeth disorder and used as mouth wash for reducing toothache. The powdered leaves mixed with mustard oil used as toothpaste. This is very good for maintaining dental health and for massaging the gums.

In respiratory disorder: The herb is useful in the treatment of respiratory system disorder. A decoction of the leaves is an effective remedy for bronchitis, asthma, influenza, cough and cold.

Health problem in women: Tulsi is known to help solve health problems in women that are associated with menstruation and pregnancy. Tulsi, strengthens the body’s immune system in children and protects them from infections.

In swine Flu: Tulsi can not only keep the dreaded swine flu or H1N1 flu at bay but also help in fast recovery of an effected person. Tulsi improves the body’s overall defence mechanism including its ability to fight viral diseases. Tulsi can control swine flu and it should be taken in fresh

Contd.... p. 77