



BLDEA's
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Holy basil or tulsi



Ocimum tenuiflorum, commonly known as holy basil or tulsi, is an aromatic perennial plant in the family Lamiaceae. It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropics.

Scientific name: *Ocimum tenuiflorum*

Family: Lamiaceae

Tulsi leaves are part of the worship of **Vishnu** and his **avatars** and some other deities, including **Krishna** and **Rama**, and other male **Vaishnava**

deities, such as [Hanuman](#) and some brahmanas. *Tulsi* is a sacred plant for [Hindus](#) and is worshipped as the avatar of [Lakshmi](#). Traditionally, *tulsi* is planted in the center of the central [courtyard](#) of Hindu houses or may be grown next to [Hanuman](#) temples.

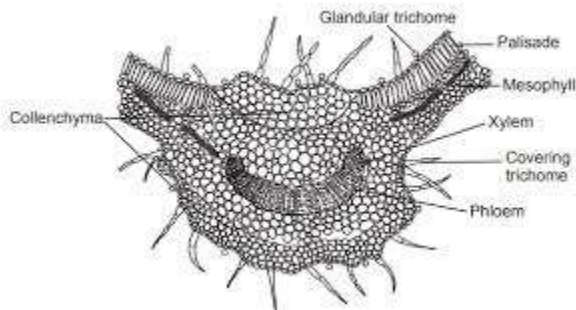
The ritual lighting of lamps each evening during *Kartik* includes the worship of the *tulsi* plant, which is held to be auspicious for the home. [Vaishnavas](#) traditionally use [Hindu prayer beads](#) made from *tulsi* stems or roots, which are an important symbol of initiation. They have such a strong association with Vaishnavas, that followers of Vishnu are known as "those who bear the *tulsi* round the neck".

Tulsi Vivah is a ceremonial festival performed anytime between [Prabodhini Ekadashi](#) (the 11th or 12th lunar day of the bright fortnight of the [Hindu month](#) of [Kartik](#)) and [Kartik Poornima](#) (the full moon of the month). The day varies regionally.

- Promotes Healthy Heart. Holy basil contains vitamin C and antioxidants such as eugenol, which protects the heart from the harmful effects of free radicals. ...
- Anti-aging. ...

- Treats Kidney Stones. ...
- Relieves Headaches. ...
- Fights Acne. ...
- Relives Fever. ...
- Eye Health. ...
- Oral Health.
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In traditional systems of medicine, different parts (leaves, stem, flower, root, seeds and even whole plant) of *Ocimum sanctum* Linn (known as Tulsi in Hindi), a small herb seen throughout India, have been recommended for the treatment of bronchitis, bronchial asthma, malaria, diarrhea, dysentery, skin diseases, ...



Morphological Characters

LEAF

- Size : 2 -5cm long
1.5-3.2 cm wide
- Type : Simple
- Shape : Elliptic, oblong,
obtuse or acute
- Colour : Green
- Odour : Aromatic



Fig.40.2 Tulsi plant