

# Tulsi Poojan: Artistic, Literary and Cultural Importance

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## TULSI – A Sacred Plant

Tulsi or Vrinda is a sacred plant in Hindu belief. Hindus regard it as an earthly manifestation of the goddess Tulsi/Vrinda; she is regarded as a great worshipper of the god Vishnu. It is regarded as a threshold point between heaven and earth. It is believed that god Brahma resides in its branches, all Hindu pilgrimage centres reside in its roots, the Ganges flows through its roots, all deities reside in its stem and its leaves and the Hindu scriptures – the Vedas in the upper part of its branches. It is considered as household god particularly referred to as a “Women’s deity”. It removes negativity and eliminates Vastu Dosh of a house. Talk to our expert for more information.



## About Tulsi Puja Vidhi

Tulsi Puja brings prosperity and happiness to the family. It helps to attain salvation and reduce sins. It reduces the Dev Dosh.. Freshwater should be offered to Tulsi, and a lamp should be lighted every morning and evening while chanting TulsiPranam Mantra. It is believed that Tulsi was born on Kartik month’s Amavasya. Therefore, worshipping Tulsi in Kartik month is considered very important.

## About TulsiVivah – The Legend

Once upon a time, there was a demon called Jalandhar. He had a chaste wife named Brindha. Due to her piousness, the demon had secured immortal powers and became invincible. Unless the chastity of Brindha was challenged, the demon could not be conquered. Upon the behest of the gods, Lord Vishnu disguised himself in the form of Jalandhar and violated her. Thereupon, Shiva killed him in the battle. Brindha cursed Lord Vishnu that he would turn black and would get separated from his wife. Brindha burnt herself in atoning for her sin and then became Tulsi plant attaining immortality. As per her prayers, she was married to Lord Vishnu in this form.

## About TulsiVivah Ceremony

On the day of PrabodhiniEkadashi, the devotees wake up early in the morning and take holy bath and clean their homes. The Tulsi plant is placed in the centre of the house, given a holy bath and decorated with turmeric, vermilion, sacred thread, ornaments and flowers. The idol of Krishna/Shaligram is decorated with male attire and placed adjacent to the Tulsi plant. Usually, on the day of TulsiVivah, the devotees observe a day-long fast, and the Vivah takes place in the evening. The ladies of the household with the attendees perform the marriage. After invoking the presence of Tulsi and Krishna, the mantras are chanted and a cotton thread is tied around the statue and plant as a mark of wedding lock. After the ceremony, ‘Prasad’ or ‘bhog’ is distributed to all the devotees. The auspicious TulsiVivah in 2019 is on 9th November, Saturday.

Tulsi, the basil plant, is sacred to Hindus, and is worshipped across India. It features prominently in a lot of Hindu rituals, and as it happens, already has a day dedicated to it.

Tulsi is a consort of Lord Vishnu, and their marriage is celebrated annually as TulsiVivah in the lunar

month of Kartikshuklapaksha, between prabodhini ekadashi and poornima (between the eleventh day and full moon day of the waxing cycle of the moon). This year in north India, the day fell on November 1. However, there is nothing wrong in dedicating another day to her. It appears that the observing of TulsiPujan Divas involves planting a Tulsi at your home, watering it, and following the usual puja rituals. So far, so good.

But a festival is supposed to be a day of celebration. Whether we observe TulsiPujan Divas or Christmas, let's be motivated by positivity and cheer, and not out of competitive festivity, insecurity, or the desire to keep out the "other".

Basil help from winter hack, cold migraine, and so forth Tulsi is additionally tanked by adding it to tea. It is accepted that by taking basil squeeze, the mucus detonates and the individual can talk once more. Tulsi house gives immaculateness to the yard. Because of placing Basil in water, numerous illnesses are taken out. It improves water quality. In the house where there is no Tulsi plant, the Goddess also doesn't care for being in the house. Upon the arrival of Ekadashi, the love of Tulsi is additionally made. Putting Tulsi on the patio of the house brings satisfaction and thriving.

The tulsi plant otherwise called " basil "is exceptionally normal in Indian Households. It is the most hallowed of the relative multitude of spices found in India. It has been utilized in India for all more than 5000 years and is notable for its mending properties on the mind, body and soul. The tulsi plant is otherwise called *Ocimumtenuiflorum*. The plant is broadly famous in south Asian nations. There are three variations of Tulsi; Rama Tulsi, Krishna Tulsi and VanaTulsi. Every one of the variations has its unmistakable taste. Generally, leaves, seeds and dried roots are the pieces of the sacred Basil utilized in drugs. Tulsi has assumed a vital part of humanity's entire existence because of the invaluable advantages and utilizes its offers. The concentrate acquired from the plants are utilized to fix different sicknesses, for example, basic cold, aggravation, jungle fever, heart illnesses, skin health management, dental consideration, alleviation from respiratory problems, asthma, fever, lung issues, heart infections, stress and some more. Tulsi contains many good mixtures and has solid cell reinforcement, hostile to bacterial, against viral, adaptogenic and invulnerable upgrading

properties. Tulsi additionally helps in the sanitization of air. Set apart by its solid fragrance and astringent taste, Ayurveda is viewed as a "mixture of life" and cannot advance life span.

It is the best tonic to support the stomach-related organ and help make an ordinary harmony between food particles and stomach-related sharpness. Aside from every one of these advantages, it has been as of late found that tulsi has natural advantages. Tulsi gives out oxygen for 20 hours and ozone for 4 hours alongside the development of nascent oxygen which assimilates destructive gases like carbon monoxide, carbon dioxide and sulfur dioxide from the climate.

In the wake of knowing all the stunning advantages of this spice, I'm certain every one of you would attempt these home cures that will do something unique for you. Nonetheless, suppose you don't have a simple admittance to the tulsi plant. In that case, you can attempt this characteristic spice as a tablet, i.e. Tulasi from Himalaya that would treat all contaminations directly from fever to heart sicknesses.

The Tulasi plant which is also known as the basil plant is helpful in many ways. It helps in cleansing the climate and makes it more breathable. Tulasi plant is known for its therapeutic benefits. Moreover, it helps in making your mind calm and composed, thus making you feel relaxed and stress-free from the daily stress of life.

In the Hindu region, having a Tulasi plant in the house is a holy tradition. People worship the plant and the Tulasi plant is used in curing many problems and diseases. Tulasi is used in many customs and rituals of Hindu culture. It is found in three assortments i.e. Rama Tulasi which has green leaves, Krishna Tulasi which has purple leaves and VanaTulasi is just a wild Tulasi. The height of the Tulasi plant is 1-3 feet and the leaves are measured as 1-2 inches.

In many ayurvedic medicine and products, Tulasi is one of their major ingredients. It is the best tonic or medicine for stomach-related problems and infection, helps in treating fever, stress, respiratory problems, and many more diseases. It helps in the sanitization of air and has the natural sources of providing oxygen for at least 20 hours and ozone for 4 hours. It also helps in the absorption of destructive gases like carbon dioxide, carbon monoxide, and sulfur dioxide from the climate.

With the help of Tulasi, you can be healthy and active and can cure all your problems with the help of this natural ingredient. Tulasi contains detoxifying properties which make the skin clear and make your pimples and acne go away. You can use the Tulasi as an ingredient in making food healthier and also improve the taste.

This plant is famous in south Asian regions and has been utilized in India for more than 5000 years. In ancient times, where there was no advanced medicine and treatment, people use the extracts of Tulasi to treat wounds and cure many diseases. It also strengthens the immune system of the body as it contains solid cell reinforcement which protects the body from viruses and bacteria. The Tulasi plant also has some fragrance and a very strong taste.

You can use Tulasi as medicine for a longer time as it is a natural ingredient and cannot harm your body in any possible way. The Tulasi plant is known by many names like Holy Basil, Blessed Basil, and *Ocimum tenuiflorum*. All the parts of the Tulasi plant are useful as the leaves can be used in making medicines and stem, flower and oil have non-medical uses. In India, every member of the house worships this holy plant so that all the negative vibes go away and the surroundings of the house become clean and pure.

It is said that if we consume Tulasi on a daily basis then it will make our body function even more effectively and help us in coping up with stress and anxiety issues. With the help of a single plant, we can overcome so many problems and diseases and live our lives more healthily and boost our immune system.

Tulasi plant is considered a holy plant in Indian culture. Almost every household in India has a Tulasi plant in their back or front yard as they believe that the Tulasi plant brings god vibes in homes. This plant has been used in making medicine since ancient times. It also helps in making you physically and mentally fit. It helps in relaxing and calming the mind so that you can get rid of stress, tension and headache and prevent diseases related to the nervous system.

There are two major kinds of the Tulasi plant i.e. one with green leaves and the second with a purple shade of leaves. The height of the plant is 1-3 feet and the leaves are 1-2 inches in length. There are other names of Tulasi plants like Indian Basil, Blessed Basil, and

*Ocimum tenuiflorum*. You can boil the leaves of the Tulasi plant to add in your morning tea to cure stomach-related problems and other respiratory problems.

- 1 Tulasi is considered a holy plant in India.
- 2 It is known by many other names like Holy Basil, Tulasi, and blessed basil.
- 3 Tulasi is found in 3 assortments i.e. Rama Tulasi, Krishna Tulasi, and VanaTulasi.
- 4 You can find green and purple shaded Tulasi leaves in India.
- 5 The height of the Tulasi plant is around 1-3 feet and the leaves are 1-2 inches tall.
- 6 The Tulsi plant has been used as a medicine since old age.
- 7 The plant acts as a cure for your physical as well as mentally related problems.
- 8 It helps in curing asthma, fever, cold, heart sickness, and many other diseases.
- 9 You can use the leaves of the Tulsi plant in food and beverages.
- 10 As a holy plant, it provides good vibes to your home and sanitizes the environment.

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