

Ocimum sanctum (Tulsi) Traditional and Homeopathic Uses

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Abstract—Ocimum sanctum Linn., commonly known as Tulsi or Holy Basil, is a widely distributed medicinal plant traditionally used in India for a variety of health conditions. Different parts of the plant have been described for use in complaints involving the respiratory system, digestion, skin, eyes, ears, fever, bites, and other disorders. The plant has also been reported to possess several pharmacological activities, including antimicrobial, antidiabetic, anti-fertility, anti-anaphylactic, anti-stress, cardio-protective and antipyretic effects. This article summarizes the traditional and homeopathic utility of Ocimum sanctum based solely on the provided source material.

Index Terms—Ocimum sanctum; Tulsi; Holy Basil; homeopathic use; traditional medicine; pharmacological activity; medicinal plant

I. INTRODUCTION

According to a survey reported by the World Health Organization, traditional medicine is utilized by approximately 80% of the population in India. Ocimum sanctum, commonly known as Tulsi or Holy Basil, is widely distributed in India, extending from sea level to about 1800 metres in the Himalayan region. Traditionally, different parts of Tulsi have been used for a broad range of ailments, including cough, cold, asthma, bronchitis, digestive disorders, skin problems, eye and ear infections, fever, and snake and scorpion bites. With its characteristic strong aroma and astringent taste, Tulsi occupies an important place in traditional Indian medicine and is regarded in Ayurveda as an “elixir of life” associated with longevity.

II. PHARMACOLOGICAL PROPERTIES OF OCIMUM SANCTUM

Part of the plant	Activity
Leaves	anti-malarial activity (against p. vivax), antifungal, anti-fertility activity, anti-cancer (carcinogenic), antiviral and antibacterial activity.
Root	The root acts as a diaphoretic in malarial fever, anti-larvicidal (against mosquitoes), antifungal (aspergillus niger).
Flower	Antispasmodic agent
Stem	Genitourinary disorders
Seed	Reduced blood and uric acid levels in albino rabbits
Whole plant	Control diabetes mellitus, antidote for scorpion and insect bite

III. UTILITY OF OCIMUM SANCTUM

Anti-microbial activity

Tulsi has been reported to be effective against several bacterial pathogens, including strains of E. coli, Staphylococcus aureus, and Mycobacterium tuberculosis. These observations support its traditional importance in relation to infections and immune health.

Antidiabetic effect

Components of Ocimum leaf extracts may stimulate physiological pathways involved in insulin secretion, which may explain the antidiabetic effects reported for the plant.

Anti-fertility activity

Benzene extract of Ocimum leaves has been reported to reduce sperm count, motility and fructose content, producing reversible anti-fertility effects that return to normal after treatment is stopped.

Anti-anaphylactic activity

Ocimum extract exhibits antihistaminic and anti-anaphylactic activity. The reported effects are primarily associated with mast-cell stabilization, suppression of IgE and inhibition of inflammatory mediators.

Anti-stress activity

Ocimum is recognized for anti-stress activity and has been used in Indian medicine for various disorders. A 70% ethanolic extract has been described as normalizing neurotransmitter levels disturbed by noise stress. It has also been reported to relieve headaches and to show potential in relation to cognitive disorders such as dementia and Alzheimer's disease.

Cardio-protective activity

Tulsi has been reported to possess cardio-protective properties and to protect against myocardial damage.

Anti-pyretic activity

The antipyretic activity of Ocimum sanctum related to prostaglandin-inhibitory properties.

Sexually transmitted disease

Extracts from the Holy Basil plant have demonstrated the ability to inhibit the growth of *N. gonorrhoeae*.

Kidney Stone

Basil leaf juice mixed with honey has been described as strengthening the kidneys and helping to expel renal stones when taken consistently for six months.

Stress

Tulsi leaves are described as adaptogens that protect against stress. The supplied source describes chewing 12 leaves twice daily and also reports relief of headaches. A paste of basil leaves and sandalwood

applied to the head has been traditionally used to cool the body and alleviate headache and heat exhaustion.

Eye Disorders

Basil juice has been described as useful for night blindness and eye pain associated with vitamin A deficiency. The supplied source also describes placing two drops of black basil juice in the eyes every night before bed.

Insect bites and Skin disorder

Basil has been described for preventing and relieving insect bites and stings. Fresh root paste is used for insect and leech bites, while its juice has also been described for ringworm and other skin conditions and, in some traditional practices, for leukoderma.

Teeth Disorder

Basil has been described for dental complaints. Sun-dried powdered leaves may be used for washing the teeth and basil oil as a dental paste. These practices are associated with gum massage, prevention of bad breath, maintenance of oral health and treatment of pyorrhea.

Homeopathic Uses:

Mind: Forgetfulness, difficult to concentrate, drowsiness with sluggishness falls asleep while answering a question.

Head: Pulsating & throbbing pain as if thousand nails were being driven into it.

Ear: loud sound appears to be very painful, offensive pus from the ear.

Nose: Nasal catarrh associated with frequent sneezing. Secretions are white or yellow.

Tongue: Bright red or its edges and sides are red and middle portion deeply coated.

Throat: Difficult deglutition; Hoarseness of voice, ulceration of throat, glary phlegm, enlargement of both tonsils.

Stomach & abdomen: Heaviness of abdomen, does not relieved in spite of frequent passage of stools gurgling sound can be felt on pressure abdomen.

Chest: pains are felt on both side of chest. < while coughing or sneezing pleuritic pain in chest; patient cannot lie quiet in bed. wheezing & rattling sound felt in chest. Very useful remedy in asthma of infants & children.

Stool: Very offensive, yellowish or greenish liquid stool involuntary stool during high fever. Diarrhea during rainy season & autumn.

Urine: Involuntary urination of children.

Female: lochia; very offensive & last for long period profuse bloody discharge, After delivery.

Fever: Influenza and fevers associated with cough; acute pains in the body; bone pains; terrible headache; typhoid fever with chilliness; burning sensation all over the body; delirium; drowsiness and comatose condition

IV. CONCLUSION

Ocimum sanctum (Tulsi) is an important medicinal plant with diverse traditional and homeopathic uses. This study highlights its significance in managing various health complaints in homeopathy and need for further study for better outcome.

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