



TULSI

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ABSTRACT

The predominant cause of global morbidity and mortality is lifestyle related chronic diseases. Many of which can be addressed through ayurveda with its focus on healthy lifestyle practices and regular consumption of adaptogenic herbs. Of all the herbs used within ayurveda, Tulsi (*Oscimum Sanctum* Linn) is prominent and scientific research is how confirming its beneficial effects.



INTRODUCTION

Diseases of modern life

Despite the many wonders of science and industry, modern life is fraught with stress. We are in the midst perfect global pandermic of obesity, diabetes, cancer, dementia, depression and other chronic diseases caused by modern lifestyles and their associated lack of physical activity, high intake of sugar, fat, salt, alcohol and tobacco and exposure to a toxic Cocktail of industrial chemicals.

Ayurveda and lifestyle medicine

As a science of life and the world's oldest medical system, ayurveda as a holistic approach to health and disease that focuses on preserving and promoting good health lifestyle practices.

Ayurveda's use of medicinal and culinary herbs draws upon India's incredible biodiversity with a variety that is unsurpassed by any medical system. Yet, of all the herbs used, none as a status comparable to tulasi or only Basil (*Osmum sanetum*).

Tulasi a potent adaptogen

Tulsi is an aromatic shrub in the Basil family hamiaceae (tribe Ocimeae) that is thought to have originated in North Central India and now grow native throughout the Easter world tropics. Within ayurveda, Tulsi is known as "The incomparable one", "mother medicine of nature" and " the queen of herbs" and is revered as an elixir of life. That is without equal for both its medicinal and spiritual properties.

Physical stress

The actions that protect against the toxic effects of chemicals and radiation also help to address the toxic effects of many physical stress.

Through announcing various cellular and physiological adoptive functions, adaptogenic herbs such as Tulasi are able to protect against this damage.

Tulsi as a vehicle of consciousness

One of the greatest of Tulsi's benefits in the modern world comes from its global distribution based on its cultivation using ethical, fair trade, organic and ecological farming practices from a "Green revolution" to an "ecological intensification revolution".

USES OF TULSI

Tulsi (Sanskrit: Surasa) has been used in Ayurvedic and Siddha practices for its supposed treatment of diseases.

- **Insect repellent**

For centuries, the dried leaves have been mixed with stored grains to repel insects.

- **Nematicidal**

The essential oil may have nematicidal properties against *Tylenchulus semipenetrans*, *Meloidogyne javanica*, *Anguina tritici*, and *Heterodera cajani*.

- **Disinfection**

Water disinfection using *O. tenuiflorum* extracts was tested by Bhattacharjee et al 2013 and Sadul et al 2009. Both found an alcoholic extract to be more effective than aqueous or leaf juice. Sundaramurthi et al 2012 finds the result to be safe to drink, and additionally to be antimicrobial. A constituent analysis by Sadul found alkaloids, steroids, and tannins in the aqueous, and alkaloids and steroids only in the alcoholic extract.

Chemical composition

Some of the phytochemical constituents of tulsi are oleanolic acid, ursolic acid, rosmarinic acid, eugenol, carvacrol, linalool, and β -caryophyllene (about 8%).

Tulsi essential oil consists mostly of eugenol (~70%) β -elemene (~11.0%), β -caryophyllene (~8%), and germacrene (~2%), with the balance being made up of various trace compounds, mostly terpenes.

CONCLUSION

Modern day scientific research on Tulsi demonstrates the many psychological and physiological benefits from consuming Tulsi and provide a testament to the wisdom inherent in Hinduism and ayurveda, which celebrates Tulsi as a plant that can be worshipped, ingested, made into tea and used for medicinal and spiritual purpose within daily life.