

Holy Basil or Tulsi

Latin Names: Ocimum Sanctum / Ocimum Tenuiflorum

English Name: Holy Basil

Sanskrit / Indian Name: Tulsi, Vishnu Priya



Cure for: Basil is an effective diaphoretic and febrifuge in most colds, flu and lung problems. It removes excess Kapha (or congestion) from the lungs and nasal passages, increasing Prana (Breathing) and promoting sensory acuity. It also removes high Vata from the colon, improves absorption and strengthens the nerve tissue, increasing memory. It has the property of destroying bacteria and insects.

Basil is regarded as an adaptogen or anti stress agent. It is also good for maintaining dental health.