

Ram tulsi



Common Name

English : Shrubby basil

Hindi : Ram tulsi

Manipuri : Ram tulsi

Scientific Name

Group : Angiosperm (Dicotyledon)

Family : Lamiaceae

Genus : Ocimum

Species : gratissimum Linn.

Habit : Bushy aromatic shrub

Parts Used : Stem, Seed, Leaf

Mode of Preparation : Fresh leafy shoot crushed for paste. Leaves used to make indigenous hair lotion. Leaves crushed & squeezed for juice & this juice is mixed with honey. Seeds soaked in water for infusion. Fresh leaf is used to enhance flavour in the preparation of tea.

Mode of use : Decoction, Fresh, Local Application

Ingredients : The whole plant contains an essential oil (0.6 – 0.8%) consisting of eugenol (45-70%) methyl eugenol (20%), carbacrol, ocimene, p-cymene, camphene limonene, a-pinene and b-pinene.

Ailment Treated: Leaf paste is applied on fresh wounds to check bleeding. Leaf decoction juice or traditional lotion made of this plant is good for scalp. Leaf juice with honey is given

in fever, cough and stomach ache. Seed infusion is used in urinary disorders.

Source: Cultivated in home garden.