

Tulsi



Common Name

English :Holy basil/ Sacred basil

Hindi :Tulsi

Manipuri :Tulsi

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Lamiaceae

Genus :Ocimum

Species :sanctum Linn.

Habit :Small bushy shrub

Parts Used :Root, Leaf and Seed

Mode of Preparation :Fresh leaves crushed with honey for fresh consumption. Fresh leaves crushed for local application. Fresh leaves crushed for juice extract. Seeds boiled for extract. Fresh root crushed for local application & boiled for extract. Leaves boiled with rice water for hair wash.

Mode of use :Decoction, Fresh and Local Application

Ingredients :The plant possesses insecticidal and antibacterial properties. Leaves yield an essential oil with an appreciable note of cloves. This oil contains eugenol, carvacrol, methyl eugenol and caryophyllene. Seeds contain fatty acid like Palmitic , Stearic, Oleic, Linoleic and Linolenic acid.

Ailment Treated:Leaf juice taken for stomach disorder,

ringworm and other skin diseases. Leaf paste used for reducing pain caused by the stings of bees and wasps and the problems caused by worms and leeches. Leaf juice is useful for sores and sinusitis. Decoction of roots given as a diaphoretic in malarial fevers. Seeds demulcent and used in urinary disorders. Decoction of leaf with rice water is a good hair lotion.

Source: Every Hindu families in Manipur maintains at least one plant in their courtyards.