



Ayurvedic profile of *Krishna Tulsi* (*Ocimum sanctum* Linn.) – A review

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ABSTRACT-

The medicinal plants are extensively used by the traditional medicinal practitioners for correcting various diseases. *Krishna Tulsi* possesses *Katu* (Pungent) and *Tikta* (Bitter) *Rasa*, *Katu* (Pungent) *Vipaka* and *Ushna Veerya* (Hot in nature). According to *Ayurveda* it acts as *Deepana* (Improve digestion), *Kushtaghna* (Act on skin disorders), and *Hridya* (Act on heart diseases) etc. It alleviating *Kapha* and *Vata dosha* and aggravates *Pitta dosha*. In traditional system of medicine, different parts (leaves, stem, flower, root, seeds and even whole plant) of (*Ocimum sanctum* Linn.) have been used for the treatment of bronchitis, malaria, diarrhoea, skin disease, arthritis, eye diseases, insect bites and so on. *Ocimum Sanctum* is commonly known as *Tulsi* which is also called as “Queen of herbs” and one of the holiest and most healthiness giving herbs. *Ocimum Sanctum* contains eugenol, ursolic acid, carvacrol, isothymusin, cirsilineol, circumaritin, apigenin and rosameric acid which are

responsible for the therapeutic potential. The *Ocimum sanctum* L. has also been possess anticancer, antifertility, anti-diabetic, antispasmodic, analgesic, adaptogenic, anti-allergic, antihypertensive, cardio protective, memory enhancer, anti-hypercholesterolaemic, hepatoprotective, antifungal, antimicrobial, hepatoprotective, cardio-protective, antiemetic, anti-diabetic, anti-asthmatic, antioxidant, anticancer, chemo preventive, radio protective, immunomodulatory. This review elaborates ayurvedic as well as modern aspect of *Krishna Tulsi* (*Ocimum sanctum* Linn.)

Keyword: *Krishna Tulsi*, *Ocimum sanctum*, Ayurvedic, Pharmacological

INTRODUCTION-

Herbal medicine is in use from many years. Near about 80% of population of the world prefer herbal medicine as a primary health care. *Tulsi* is a sacred herb of Hindu mythology. It is a form of Basil and is sometimes called the Holy Basil. There is a complete festival in which *Tulsi* is married to Lord *Vishnu* which also proclaims the start of the marriage season. According to

Indian “*Padmottara Purana*”, a home where a garden of *Tulsi* plant exists is itself a centre of pilgrimage; neither servants of “*Yama*” nor disease can enter there and wherever *Tulsi* plant fragrance goes, the air get purified. The *Tulsi* plant possesses many active constituents which have specific fragrance.^[1] *Ocimum sanctum* is known as Holy basil in English and *Tulsi* in Sanskrit.^[2]

Krishna Tulsi belongs to plant family Lamiaceae. It has two varieties- *Krishna Tulsi* and *Shweta Tulsi*. It has also described as - *Vanya* and *Gramya*^[3] *Krishna Tulsi* is a popular home remedy for many diseases such as cough, wound, bronchitis, liver diseases, Catarrhal fever, otalgia, gastric disorders, genitourinary disorders, skin diseases, various forms of poisoning and psychosomatic stress disorders. It has also aromatic, stomachic, carminative, demulcent, diuretic, expectorant, vermifuge and febrifuge properties.^[4]

MORPHOLOGY-^[5]

Ocimum sanctum is an herbaceous, multi-branched, annual, erect, softy hairy, 30-75 cm. high found thoroughly up to 1800m. Its leaves are elliptical, oblong, acute or obtuse, entire or serrate, pubescent on both sides, minutely gland-dotted. Inflorescence is verticillate and flowers are purplish in colour, close whorl in the form of racemes. Nutlets are subglobose, slightly compressed, pale brown or red in colour. Seeds are reddish black and subglobose, rounded to oval mucilaginous, 0.1 cm long, slightly notched at the base, no odour and has a pungent smell.



Krishna Tulsi

DISTRIBUTION -^[6]

Ocimum sanctum grows in tropical and warm regions. Plant is originated in India and is distributed and cultivated throughout the country. It is cultivated up to 1800 m above the sea level. In India plant is grown from Himalayas to Andaman and Nicobar islands. It is widely grown in some areas of Asia and Africa. It grows naturally in moist soil. Size form and medicinal properties of the plant depend upon the type of the soil and variations in the rainfall. There are almost 150 species of *Ocimum* genus in the tropical regions of Asia.

CHEMICAL COMPOSITION-^[7]

The leaves of OS contain 0.7% volatile oil comprising about 71% eugenol and 20% methyl eugenol. The oil also contains carvacrol and sesquiterpine hydrocarbon caryophyllene⁴. Fresh leaves and stem contains circsilineol, circimaritin, isothymusin, apigenin and rosameric acid

➤ SYSTEMATIC POSITION-^[8]

Kingdom	<i>Plantae</i>
Subkingdom	<i>Tracheobionta</i>
Superdivision	<i>Spermatophyta</i>

Division	<i>Magnoliophyta</i>
Class	<i>Magnoliopsida</i>
Subclass	<i>Asteridae</i>
Order	<i>Lamiales</i>
Family	<i>Lamiaceae</i>
Genus	<i>Ocimum</i>
Species	<i>Sanctum</i>

VERNACULAR NAMES^[9]–

The vernacular names of plant *Tulsi* as such is as follows: Sanskrit: *Tulsi*, *Sursa*, *Gramya*, *Sulabha*, *Bahumanjari*, *Apetrakshasi*, *Gauri*, *Bhutaghni*, *Devdundubhi*, *And Vrunda*.

Marathi	<i>Tulas, Tulasi</i>
Hindi	<i>Tulasi</i>
Bengali	<i>Tulasi</i>
Gujrati	<i>Tulasi, Tulsi</i>
English	<i>Holy basil, Sacred basil</i>
Kannada	<i>Tulasi, Shree Tulsi, Vishnu Tulasi</i>
Malayalam	<i>Tulsi, Tulasa</i>
Tamil	<i>Tulasi, Thulasi, ThiruTheezai</i>
Telugu	<i>Tulasi</i>

➤ Classification according to *Samhita*'s and *Nighantu*'s-

Charakha^[10]	<i>Swasahara</i>
Sushruta^[11]	<i>Sursadi</i>
Vagbhata^[12]	<i>Sursadi</i>

NIGHANTU	VARGA
Bhavaprakasha Nighantu^[13]	<i>Pushpavarga</i>
Raja Nighantu^[14]	<i>Karaviryadivarga</i>
Dhanwantarinighnatu^[15]	<i>Karaviryadivarga</i>
Madanapaalanighantu^[16]	<i>Karpuradivarga</i>
Kaiyadeva Nighantu^[17]	<i>Oushadivarga</i>
Shodalanighantu^[18]	<i>Karaviryadivarga</i>
Priya Nighantu^[19]	<i>Shatapushpadivarga</i>
Haritakyadinighantu^[20]	<i>Pushpavarga</i>
Saligramanighantu^[21]	<i>Pushpavarga</i>
Nighantu adarsha^[22]	<i>Tulsyadivarga</i>

Various synonyms of KrishnaTulsi

Sr. No.	Name of the texts	SYNONYMS
1.	<i>Dhanwantari Nighantu</i> ^[15]	<i>Tulsi, Gramya, Surbhi, Bahumanjari, Gauri, Bhutaghni, Devdudubhi</i>
2.	<i>Raj Nighantu</i> ^[14]	<i>Tulsi, Sursa, Gramya, Apetrakshasi, Gauri, Bhutaghni, Vishnuvallaha, Suradundhubhi, Haripriya, Shyama, Tridashamanjari, Manjari</i>
3.	<i>Kaiyyadeva Nighantu</i> ^[17]	<i>Bhuteshta, Chakraprni, Sakrapatni, Shrimanjari, Nagamata, Apetrakshasi, Bhutaghni</i>
5.	<i>Bhavprakasha Nighantu</i> ^[13]	<i>Tulsi, Sursa, Gramya, Sulabha, Bahumanjari, Apetrakshasi, Gauri, Bhutaghni, Devdudubhi</i>
6.	<i>Madanapala Nighantu</i> ^[16]	<i>Tulsi, Sursa, Bahumanjari, Gauri, Bhutaghni</i>
7.	<i>Nighantu adarsha</i> ^[22]	<i>Tulsi, Sursa, Vrunda, Devdudubhi, Bahumanjari, Apetrakshasi</i>

ETYMOLOGY OF SYNONYMS:^[23]

1. **Tulsi:** This plant is without any comparison i.e. no plant stand beside it.
2. **Sursa:** It is having a nourishing sap with in itself.
3. **Devdudubhi:** Spikes like trumpet.
4. **Apetrakshasi:** It repels evils organisms.
5. **Kayastha:** Tulsi maintains body.
6. **Gramya:** It is grown in each and every home in India.
7. **Chakraparni:** Flowers are set densely in a circle.

Rasa panchak-

Rasa – *Katu*(Pungent), *Tikta*(Bitter)

Virya - *Ushna*(Hot in nature)

Vipaka – *Katu*(Pungent)

Doshagnata -*Vatu, Kaphahara* (Alleviates *Vata* and *Kapha* Dosha)

Part used-

Seeds, leaves, flowers, Root.

Guna-

1. *Tulsi* *patra:* *Ushna, Ruksha, Kaphanisaraka, shithara, vatahara.*
2. *Tulsi* *beeja:* *Madhura, Shita, Snighdha.*

Karma-

1. *Tulsi* *patra:* *Swedajanan, Deepana, krimighna, Durghandhanashak, Pratidushaka.*
2. *Tulsi* *beeja:* *Mutrajanan.*

CLASSICAL THERAPEUTIC USES-^[24]

1. **Kasa**(Cough): The juice of *Krishna Tulsi* given with *madhu* is useful in *kapharoga*.
2. **Kushta**(Skin disorders): *Mula swarasa* should be taken daily in the early morning.

3. **Sheetapitta**(Skin disorders):Application of *Tulsi* juice is the best remedy.
4. **Vishamajwara**(Fever):Leaves juice mixed with *Maricha* powder should be taken.
5. **Mutrakrcchra**(Difficulty in micturition): Seeds are useful.
6. **Krimiroga**(Worm infestation): The drugs of *Surasadi Gana* separately should be taken with madhu.

CONCLUSION-

There are numerous herbal plants in the world but the *Ocimum sanctum* is considered to be the ‘queen of herbs’ due to its tremendous medicinal values.*Krishna Tulsi* is *Katu –Tikta Rasatmak, Katu Vipaki* and *Ushna Veerya*. It pacifies the *Kapha* and *Vata Dosha*. It is mainly act on *SwasaRoga*(respiratory disorders), *Kasa* (cough), *Hikka* (hiccough), *Jwara* (fever),*Krimiroga* (worm infestation), *Kushtaroga*(skin disorder), *Hridroga*(Heart diseases) and *Mutravikara*(urinary disorder).So, it can be concluded that *Krishna Tulsi* is a traditional herb and clinically proved medicinal herb for both its therapeutic application and efficacy.

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