Tulsi / *Ocimum sanctum*

**Part consumed** - Leaves, Flowers, Roots, Seeds

**Form consumed** - Dried powder, Juice

**Maximum daily consumption by adults** –
- Powder - 6 g
- Juice - 5-10 ml

**Composition**
- Ursolic acid
- Limonene
- Rosmarinic acid
- Eugenol
- Oleanolic acid

**Indications as per Ayurveda**
- Analgesic
- Antimicrobial
- Antimalarial
- Respiratory disorders
- Fevers

**Modern clinical studies**
- Antioxidant
- Antibacterial
- Antiviral
- Anti-cataract
- Radio-protective