

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