

# Herb of the Month: Holy Basil

Holy Basil (*Ocimum sanctum*), also known by its Sanskrit names, Tulsi or Tulasi, belongs to the Lamiaceae/Labiatae mint family, and is a closely related species to the familiar sweet basil (*Ocimum basilicum*). Native to India, there are three main varieties, with the purple Krishna Tulsi being considered most esteemed. Next to Lotus, Holy Basil is the most sacred plant of India.

Ayurveda is the ancient traditional medicine of India, and various texts give much praise to Tulsi, including the well-known Vedas. Many revere Tulsi as a goddess in the form of a plant bestowed with great spiritual and healing powers-- opening the Heart and Mind and bestowing the energy of love and devotion (bhakti).

amount of gold could out-Tulsi leaf placed on the pan scale. Even today many Tulsi plant growing in their influence. Tulsi beads, made commonly strung in neck-ation malas or rosaries, to have spiritual as well as

The leaves of Tulsi for medicinal benefits, alth- including the roots, stems, nificant and differing med- lic properties. An impressive disease preventing and life Tulsi have been described millennia. In the past few efits have been investigated scientific research. Current evidence that Tulsi protects enhances stamina and en- dy's efficient use of oxygen; reduces inflammation; protects against radiation damage; lessens aging factors; supports the heart, lungs and liver; has antibiotic, antiviral and antifungal properties; enhances the efficacy of many other therapeutic treatments; and provides a rich supply of antioxidants and other nutrients.

Overall, Tulsi is a premier adaptogen, helping the body and mind to adapt and cope with a wide range of physical, emotional, chemical and infectious stresses, and restores disturbed physiological and psychological functions to a normal healthy state. These general vitality enhancing and health promoting properties, in addition to Tulsi's many more specific therapeutic actions, likely account for much of the exceptionally broad range of Tulsi's traditional medical uses, as well as contributing to its mythological importance and religious sanctity. Nutritionally it contains Vitamins A and C, Calcium, zinc and iron, Chlorophyll and many other phyto-nutrients. Here at the Good Earth it is available in our bulk herb department, in capsules, gel caps, tincture and in tea boxes in a variety of flavors.



According to legend, no weigh Krishna, but a single in loving devotion tilted the traditional Indians have a homes for its purifying from the woody stalks, are laces, bracelets, and medit- which are believed by many physical protection benefits. are most commonly used ough all parts of the plant, flowers and seeds, have sig- ical and religious symbo- array of health promoting, prolonging properties of and documented over five decades, many of these ben- and verified by modern research offers substantial against and reduces stress; durance; increases the bo- boosts the immune system;