Queen of Herb (Tulasi) Plays Important Role in Siddha System: A Review

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Abstract:
Tulasi named as Queen of herb in India. It is one of the holiest and sacred and most appreciated of the lot of healing and healthiness giving herbs. *Ocimum sanctum* is an annual herb belonging to the mint family with 150 varieties worldwide. *Ocimun tenuiflorum* (synonym – *Ocimum Sanctum*) is known as tulasi (Holy basil), is an aromatic perennial plant in the family lamiaceae. It has multiple therapeutic action including: cough, pain of flatulence, children’s liver complaints, ear ache, tooth ache, abortion, loss of consciousness, night blindness, children’s afflictions dysentery, poison, wound, sinusitis, kidney diseases, Leucoderma, Slimming down, A cosmetic treatment, Typhoid fever, Stomach pain, Head lice, Pains and For teething trouble in children. In present review, hard work has been made to link different aspects of scientific studies on this medicinal plant.

Key Points: Tulasi, Ocimum sanctum, Queen of herb.

I. INTRODUCTION:
Tulasi named as Queen of herb in India. It is one of the holiest and sacred and most appreciated of the lot of healing and healthiness giving herbs. *Ocimum sanctum* is an annual herb belonging to the mint family with 150 varieties worldwide. *Ocimum tenuiflorum* (synonym – *Ocimum Sanctum*) is known as tulasi (Holy basil), is an aromatic perennial plant in the family lamiaceae. It has highly medicinal uses in siddha and Ayurveda medicinal system. It has multiple therapeutic action including: cough, pain of flatulence, children’s liver complaints, ear ache, tooth ache, abortion, loss of consciousness, night blindness, children’s afflictions dysentery, poison, wound, sinusitis, kidney diseases, Leucoderma, Slimming down, A cosmetic treatment, Typhoid fever, Stomach pain, Head lice, Pains and For teething trouble in children.

They declares that lord Vishnu in his vaikantha, honours the fragrance of tulasi. It decorated with a garland of tulasi leaves and the plant itself is called vishnupriya beloved of Vishnu. Tulasi was a devotee of Vishnu who become finally married to him. Wherever the fragrance of tulasi goes, the air gets immediately purified.

The therapeutic uses of plant are considered as safe, inexpensive & efficient as their ease of availability. It has helpful of anti-ageing, immune-modulary properties.

**Nutritional value**
It contains vitamin C & A and minerals like calcium, zinc and iron, swells chlorophyll and many other phytonutrients. It has protein =30 kcal, 4.2g, Carbohydrates 2.3g, Fat: 0.5g, Calcium: 25mg, phosphorus: 287mg, Iron: 15.1mg, Edible portion 25mg and Vitamin c per: 100g
II. MEDICINAL VALUE OF TULASI:

Simple medicinal values in siddha system:

Cough: Giving the leaf juice of tulasi with that of vasaka (Adhatodavasaka or adhsua in Hindi) is highly beneficial.

Pain of flatulence (gas collection in the belly and bloating): A decoction of the leaves of tulasi should be given to be drunk. This will largely mitigate the pain.

Children’s liver complaints: A good remedy is the decoction of the leaves of tulasi.

Ear ache: Use as ear drop the fresh juice of tulasi leaves slightly warming up. Pain will stop immediately.

Dry cough: Grind the inflorescence of tulasi and dry ginger in onion juice, add honey and give this to be licked up as an electuary. This is very beneficial.

Tooth ache: Prepare a pill from a paste of black pepper and tulasi leaves and keep it at the aching tooth. The pain will stop.

Abortion: If a cup of a decoction of tulasi leaves is drunk every month after the period commences and done so for three days, the foetus will not stay.

Ozoena: This is an exudation of foul smelling matter at the nose. Keep smelling a snuff made up of the powders of the inflorescence and the root of tulasi. This proves very beneficial. This will destroy the germs of the scalp and also stop the foul smell from the nose. Or, sniff thrice a day the strained powder of the dry leaves of the dark tulasi.

Swellings behind the ears: Grind tulasi leaves, tender shoots of castor plant and a little salt. Apply this paste after making it lukewarm. The pain will subside and the swelling will also disappear.

Loss of consciousness: A beneficial procedure is to give a few drops of the juice of tulasi leaves added with a little saindhav salt in the nose. Consciousness will come back immediately.

Night blindness: Using the juice of tulasi leaves as an eye drop several times a day will prove beneficial.

Children’s afflictions: Prepare a sherbet or a sweet drink from tulasi leaves and give it in a dosage of 3 mashes. This proves beneficial in many afflictions in children such as cold and fever, cough, vomiting, bowel complaints and flatulence.

Dysentery: A remedy is to mix a powder nutmeg with a cold infusion of tulasi.

Poison: In all cases of poisoning, drinking tulasi juice to the fill is advisable.

Wound: For any kind of fresh wound or any injury, grind tulasi leaves and apply. This will heal up and fill the lesion. For infested wounds, clean with water in which neem leaves are boiled and tie the area with cotton dipped in tulasi juice.

Pains: Applying and massaging with tulasi juice gives relief even in serious pains like those of arthritis (pains at the joints), osteoarthritis and the pains at the tendons.

Sinusitis: Sinuses are narrow places in the bones of the nasal region of the face. A blockling of them due to phlegm often takes place resulting in constant running nose especially during winter. Even in severe cases of this type where surgical operation is the usual remedy, treatment with Tulasi for a fortnight may avoid the need of such a surgery.

Kidney diseases: Treating them with tulasi and simultaneously stopping or highly reducing salt intake would be greatly beneficial. This will set right the kidney functioning and overcome all pains during urination.

Leucoderma: Constant application of the juice may remove the spots soon or the latter would disappear gradually and the skin would assume its normal healthy appearance.

Slimming down: To remove the excess fat tissue and reduce the body to its healthy and slim shape, using tulasi would be helpful. This is also useful in feeble digestive ability, gas trouble and reducing the body weight and colitis (or twisting pains in the stomach) also respond well.

A cosmetic treatment: If the face has become disfigured with freckles, block spots and the like, keep rubbing with the fresh juice of the leaves of the dark tulasi. When this gets dried after an hour or so, wash with water; apply thinly sandal wood oil or chaulmoogra oil. A fortnight of this treatment will remove the disfigurements and restores the lustre. Any spot will disappear by 2-3 times of rubbing.

Typhoid fever: Regular giving of tulasi with the fresh juice of the black tulasi tea morning and evening should be adopted. Such a tea is prepared as follows. Take equal portions of the panchanga (i.e. roots, branches, leaves, flowers and seeds) of tulasi, bruise them and cook in half a seer of water till the latter is reduced to a quarter, strain through a clean piece of cloth, add a fine powder of seven grains of black pepper and true talamishri. Give this in a rather warm state. This constitutes one dose. Repeat it in the evening. When fever comes down after 5-6 days 2-4 spoonful’s of milk may be added with the tea.

Stomach pain: Mix with each of the juice of fresh ginger and tulasi leaves, add a pinch of black salt and take this once in 3 hours.

Head lice: Prepare a decoction from tulasi leaves keep it overnight exposed to the dew, rub the head with this in the morning. 2-3 days of treatment will cure the distress.

For teething trouble in children: Take the leaves of dark tulasi, boil in water till one simmer comes about. Remove from the fire, and stone. Strain and keep giving once in an hour and do so twice.

III. CONCLUSION:

Tulasi is a popular remedy for ailments such as cough, pain of flatulence, children’s liver complaints, ear ache, tooth ache, abortion, loss of consciousness, night blindness, children’s afflictions dysentery, poison, wound, sinusitis, Kidney diseases, Leucoderma, Slimming down. A cosmetic treatment, Typhoid fever, Stomach pain, Head lice, Pains and For teething trouble in children. It has promotes longevity medicine for prevention and cure of many illness. This article clearly shows that tulasi has been used by humankind to treat various ailments from prehistory to contemporary. Further
research should be encouraged to utilise the herbs with medicinal properties.

IV. REFERENCE:


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