

## Benefits of growing Tulasi (Holy Basil) plant at home

Holy Basil commonly known as Tulasi is considered as the Queen of Herbs. The plant is considered sacred by Hindus and is worshiped mainly by the married women for a prosperous and blissful married life. If you are planning to grow a Tulasi plant in your home and want to know the benefits of having the plant at home, go through the article to know about it.

### About the Tulasi plant

The botanical name of Holy Basil or Tulasi plant is *Ocimum sanctum* which belongs to Lamiaceae family. It is a typical tropical shrub which is widespread as a cultivated plant. The plant is considered very sacred by the Hindus and it is compulsorily grown in the house of every Hindu family in India. Tulasi has a great significance in the Hindu tradition and the plant is worshiped by the Indian married women in particular for a happy and prosperous married life. In fact, the house in Hindu families remains incomplete without this sacred plant. Holy Basil plant occupies a great place in the Hindu families and is given a godly status and is considered as one of the forms of Lakshmi - the Hindu Goddess of Wealth. The plant which is known as 'Queen of Herbs' has extremely beneficial potential values which makes it an amazing herb.

There are 3 varieties of these plant which include:

1. Krishna Tulasi: this plant has dark purple stem with dark green leaves which are smaller in size.
2. Vishnu Tulasi: This is also known as Lakshmi Tulasi and this plant has light green stem with light green leaves.
3. Vana Tulasi: This is a wild variety of Holy Basil which grows wildly.

### Spiritual significance of growing Holy Basil plant

As per the Hindu religion, the Holy Basil plant is considered as the incarnation of Goddess Lakshmi - the wife of Lord Vishnu. According to the belief, Lord Vishnu is highly pleased when worshiped with a garland made of Tulasi or with the Tulasi Dalam - a small twig of Tulasi. In fact, performing an Archana - a special kind of worship - with Tulasi is considered very effective. And due to its special requirement in most of the Vaishnavite temples, the plant is cultivated and grown in the temple yards / gardens in order to meet the requirement. The Holy Basil plants are not only a part of the Hindu temples but these are grown and found almost in every household of the Hindu family.

The plant is also known by the name 'Brinda' and is considered dear to Lord Krishna. Keeping aside the spiritual significance of the plant, undoubtedly the plant is 'The Incomparable One' with its numerous

health benefits like a potential adaptogen, antibacterial and anti viral agent, antioxidant, immuno modulator, anti depressant and lots more.

### About the plant

Holy Basil is a perennial plant and is cultivated as a shrub which grows up to a height of 30-60 cm. It is an outdoor plant which needs ample of sunlight and water for its growth. The plant bears beautiful small violet flowers during spring. Due to its high holy and medicinal benefits, the plant is considered the 'Queen of Herbs'.



The botanical name of the plant is *Ocimum sanctum* and the plant belongs to the mint family. The leaves of Holy Basil look similar to those of mint. Mainly the plant is a native of tropical land.

### Growing Tulasi plant in the courtyard / balcony

It is not an exaggeration to say that there is no Hindu who does not know about this plant. In fact, every Indian / Hindu is very much aware of the medicinal importance of Tulasi plant and the benefits of growing the plant in the courtyard of their house or in the balcony of their flats.

You can either sow the seeds of Tulasi in the pot which later sprouts into a plant or you can directly get the saplings from the nurseries which you can transplant into the pot. Like every other garden plant, Tulasi too needs to be cared for its healthy growth. From time to time you need to enrich the soil in the pot with nutrients or manure to ensure the supply of nutrients to the plant. Water the plant regularly during summer season to avoid dryness of the plant which might lead to the death of the plant. However, the onset of monsoon season, avoid too much of watering as the plant receives sufficient water from rains. Place the potted plant in a place where there is sufficient sunlight to ensure proper growth of the plant.

As the plant grows wild during monsoon, keep pruning the plant from time to time to avoid the bushy growth of the plant. At the same time protect your Tulasi plant from pests and other sluggy creatures for which you can sprinkle turmeric water. You can even use powdered camphor to prevent the spread of pests which destroy the plant.

### Essential health benefits of Tulasi

The leaves of the plant formed a part of Ayurvedic medicines since age old days and in the recent past the importance and health benefits of the plant is understood by the West as well. Thus the plant gained its popularity due to its high levels of medicinal / herbal values. Not only the leaves of the plant but even the stems of Tulasi plant has high medicinal values. Following are some of the essential benefits of the plant:

- The leaves of Tulasi plant have been proven as a good tonic for the nerves.
  - The extract of boiled leaves acts as a preventive cure for common cold and fever. Gargling with the extract of boiled leaves helps in treating sore throat and cough.
  - So also a decoction made of Tulasi leaves, honey and ginger helps in relieving bronchitis, flu, common cold and seasonal cough. Even a decoction of Tulasi leaves, cloves and common salt makes good medicine for influenza.
  - Recent studies reveal that regular consumption of the juice made of Tulasi leaves and honey helps in removing stones from the kidneys.
  - Most important Tulasi is a very good medicine for reducing the cholesterol levels in the blood as it acts as a good purifier of blood.
  - Tulasi leaves are said to be one of the best anti-stress agents which help in fighting depression naturally.
  - Tulasi leaves when chewed raw helps in removing the bad breath and thus improves oral health by preventing many of the mouth infections and ulcers.
  - Crushed leaves of Tulasi are one of the effective remedies for all skin related diseases. When the crushed leaves are applied on the forehead, some times it helps in removing headache.
- Above all, applying the crushed Tulasi leaves in the site where there is insect sting / bite on the skin, it helps in relieving the person from pain by detoxifying.
- In addition to all these wonderful medicinal values of Tulasi plant, recent studies have revealed that Tulasi has a wonderful property of detoxifying the fluorides from the water.

### Conclusion

The high levels of medicinal values of this wonderful sacred plant have placed the plant at higher order and have given a divine touch to the plant. It is a tested fact that married women who regularly worship Tulasi plant potted in their courtyard or balcony, enjoy a long, blissful and happy married life. Due to the high medicinal value of this sacred plant, it spreads positive vibes in the surroundings.

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