
AN ANALYSIS OF MEDICAL PROPERTIES OF TULSI

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ABSTRACT

Chronic diseases caused through poor lifestyle choices are primary cause of morbidity & mortality globally, & many of them may be addressed with Ayurveda's emphasis on good living practises & frequent use of adaptogenic herbs. most significant herb in Ayurveda is tulsi (Ocimum sanctum Linn), & contemporary research is now demonstrating its health advantages. Tulsi appears to offer a one-of-a-kind combination of pharmacological actions that might help with metabolic, physical, psychological & physiological stress. It has found safeguarding organs & tissues from numerous physical & chemical stress produced through heavy metals & industrial pollutants, along with physical stress induced through extended physical exertion, ischemia, physical limitation, cold, & excessive noise. It has shown to aid with metabolic stress through reducing blood sugar, blood pressure, & cholesterol levels, a log with psychological stress through boosting memory & cognitive function & serving as an anti-depressant & anxiolytic. Its antibacterial activity, that includes action against a number of animal and human ailments, suggests that it could be used as hand sanitizer, mouthwash, & water filter, & in animal husbandry, tissue damage, preservation of food, & passenger's health. Tulsi herb growth is both spiritual & economical, as it connects producer to nature's creative energies, & organic agriculture offers solutions to food security, rural poverty, starvation, destruction of environment, & climate variability. Tulsi's use in daily life reflects Ayurveda wisdom & serves as instance of prehistoric wisdom providing solution for modern difficulties.

KEYWORDS: Ayurveda, Ocimum Sanctum L, Science, Technology, Tulsi.

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