



# HOLY BASIL/RAMA TULSI

*Ocimum tenuiflorum*

ANNUAL | LAMIACEAE FAMILY

ZONES: HARDY TO ZONES 10 TO 12

EXPOSURE: FULL SUN

MATURE HEIGHT: 3 FT | SPREAD 2 FT

BLOOM: PURPLE | SUMMER



Medicinal



Culinary



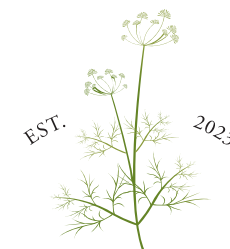
Pollinators



Container



Indoor



HERB & VINE

— healing plants —

Holy basil has many edible parts, the flowers, leaves, seeds, and extract can all be used medicinally. The fresh flowers are used to treat bronchitis; the leaves and seeds treat malaria; and extract for stomach ulcers and eye diseases. The entire plant can be used to treat nausea and vomiting.

- Ayurvedic medicine calls it "The Queen of Herbs," "The Incomparable One," "The Mother Medicine of Nature."
- Therapeutic\*: an adaptogenic herb that is also an antioxidant and provide stress relief, it is used for anxiety, stress, managing diabetes and high cholesterol, and promote longevity.
- Culinary: used in the same ways as sweet basil though it is commonly cooked or used in teas rather than raw. Fragrant leaves have a spicy bite that is a mix of clove, mint, and basil flavor.

Caution: Not for use in pregnancy. Consult with a qualified healthcare practitioner before using herbal products.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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