



HOLY BASIL (TULSI)

- **Scientific Name:** 'Ocimum sanctum'
- **Ayurvedic Medicine:** It is used in traditional **Ayurvedic medicine** for various health issues.
- **Cultural Significance:** It is considered sacred in Hinduism, often worshiped and grown in homes and temples.
- **Health Benefits:** It helps reduce stress, improve respiratory health and boost immunity.
- **Medicinal Properties:** Known for its antioxidant, anti-inflammatory and antimicrobial properties.
- **Antibacterial Properties:** It helps fight against bacterial infections.
- **Anti-Inflammatory:** It helps reduce inflammation and alleviate symptoms of various conditions.
- **Respiratory Health:** It is used to relieve symptoms of respiratory issues such as bronchitis and asthma.
- **Skin and Hair Benefits:** It helps to improve skin health and reduce dandruff.
- **Growing Conditions:** Prefers well-drained soil and full sun to partial shade.
- **Easy to Grow:** Can be grown indoors and outdoors, making it a popular choice for home gardens.