

Role Of Tulsi In Obesity

CHAPTER 21

Shrimaya Das

Department of Applied Chemistry, School of Applied Science, R&A Centre for Phytopharma,
Centurion University of Technology and Management, Odisha

Corresponding Author: 190705100008@cutm.ac.in

ORCID ID : <https://orcid.org/0000000321698682>

ABSTRACT

Obesity is a complex and cronic disease whose remedies has not yet been found . this makes the obesity dangerous now a days.Obesity is classified into five types.It is very complex disease which occurs due to the excessive amount of body fat.Middle age adults are mostly affected by this disease.it is mainly occurs due to their lifestyle and the junk food which is very popular among the young generation.Most common cause of obesity are physically inactive,overeating,genetics,diet with high carbohydrate,frequency of eating ,medication, and psychological factors. Some disease like hypothyroidism,insulin resistance, polycystic syndrome ,and cushing syndrome also be reason of obesity.IT increase the risk of other disease and health problem like heart disease, diabetes ,high blood preasure,and some certain cancers.so we understand the seriousness of obesity and start treating its as a disease .obesity is related to pcdo in girls which leads to infertility.mental or physical stress reduce metabolism in children and plays a big role in obesity.

Keywords: Obesity, Hyothyroidism, polycystic syndrome, cushing syndrome

Introduction

Tulsi in Hindi or Tulasi in Sanskrit is a highly revered culinary and medicinal aromatic herb from the family Lamiaceae that is indigenous to the India and been used within Ayurvedic medicine for a long time. In the Ayurveda s tulsi often referred to as exlix of Life for its relieve powers and has been known to cure many common diseases. In the Indian Materia Medica tulsi leaf extracts are described for treatment of bronchitis, rheumatism, and pyrexia . Other reported therapeutic uses include treatment of epilepsy, asthma or dyspnea, hiccups, cough, skin and haematological diseases, parasitic infections, neuralgia, headache, wounds, and inflammation and oral conditions .