

Tulsi as Immuno Booster

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Abstract: Immunity of the tulsi and the immuno modulatory action of tulsi has been assessed in a randomised, double blind trial that shows that an alcohol derived extract modulates immunity by improving marks such as IFN, and IL4, T helper and NK cells. Tulsi extracts have also been positively clinically tested against viral encephalitis and hepatitis. Tulsi leaf extracts that are standardised at 2m 5% ursolic acid in powder granule or microbead form. Tulsi extracts are available in organic quality.

Keywords: Ocimum, anti bacterial property, immuno boosters, anti oxidant activity.

Introduction

Tulsi or the holy basil is considered as one of the best herb that boost the immunity system. It contains phytochemicals, bioflavonoids, and anti oxidant compounds such as rosmarinic acid which is a very good antimicrobial agent for treating infections of the respiratory tract. Example, wild tulsi is usually cultivated around the Himalayas and has a strong aroma which helps in holy basil from the family Lamiaceae. It has been described the queen of plants. It has been one of the most valued and holistic herb used over years in traditional medicine. Tulsi used in different forms. Aqueous extracts from the leaves are used in herbal teas or mixed with other herbs or honey to enhance the medicinal value. Traditional uses of tulsi aqueous extracts include the treatment of different types of poisoning, stomach ache, common colds, headaches, malaria, inflammation, and heart diseases.

Immuno boosters development

1. Anti oxidant property

Tulsi contains 2 important water soluble flavonoid antioxidants known as orientin and vicenin. These potent antioxidants strengthen immune system protect cellular structures DNA and delay effects of skin aging. Basil's powerful oils help cleanse the skin from within.

2. Anti viral property

It is the herb for all reasons with vitamin C, antioxidants, antiseptic, and anti viral properties. For viral infections like cold, flu etc., medicinal tulsi leaves can be a perfect solution to fight viral infections it increases immunity and recover from infections.

3. Anti microbial property

Tulsi oil at conc. of 4.5 and 2.25% completely inhibited the growth of *S.aureus* and *E.coli* while the same conc. Only partly inhibited the growth of