

Tulsi Vana – Holy Basil – Ocimum Grattissium

Parts Used - Organic Leaves

Origin – India | Made in Colorado

Planetary Influence - Jupiter

Day of the Week - Thursday



Tulsi is one of the most revered herbs in Ayurvedic herbology. It grows in India and Southeast Asia. A member of the Lamiaceae family, it is aromatic and attracts bees and other insects. The leaves have been used in the worship of Lord Vishnu.

Properties: Adaptogen. Hot and bitter. It prevents disease, promotes well-being and longevity. It is aromatic, carminative, anti-microbial, anti-pyretic, diaphoretic. It is an expectorant and stimulates the immune system. It is a good source of Vitamin K.

Uses

- Rejuvenates and promotes longevity
- Parasite cleanse - Intestinal worms
- External use for skin diseases such as itching, ringworm, and skin infections
- Encephalitis
- Protects organs from industrial pollutants, heavy metals, stress, and excessive noise
- Calms the mind and body
- Helps respiratory disorders
- Source of Vitamin K so good for dental health
- Helps regulate glucose levels in people with mild to moderate non-insulin dependent diabetes
- Help protects the body from radiation treatment.

Side Effects

Don't use for 3 weeks after surgery

Don't exceed 3-5 drops per day because it can cause shortness of breath, nausea, or blood in urine.

Overuse can cause male infertility

Don't mix with prescription medication – can cause vomiting nausea and anxiety

Don't use if on Heparin or Warfarin

Do not take during pregnancy or while breastfeeding

If you have a medical emergency, please contact your health care professional.

Please confer with your health care professional before taking.

Not all of the uses listed above have been subject to modern clinical studies.