

## Kapoor Tulsi, Ocimum sanctum, Holy basil - Plant



Tulsi or Tulasi (*Ocimum tenuiflorum*) or Holy basil is a sacred plant in Hindu belief. Hindus regard it as an earthly manifestation of the goddess Tulsi, a consort of the god Vishnu. The offering of its leaves is mandatory in ritualistic worship of Vishnu and his forms like Krishna and Vithoba.

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### Price

Sales price R 319

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### Description

## Description for Kapoor Tulsi, Ocimum sanctum, Holy basil

Sow seeds in early spring. Grows best in full sun in moderately rich and well-drained soil kept well watered. Space large-leafed cultivars (such as Thai Magic ) 1 1/2 apart and mulch to retain moisture. Many Hindus have tulsi plants growing in front of or near their home, often in special pots or special small masonry structures. Traditionally, Tulsi is planted in the center of the central courtyard of Hindu houses. The plant is cultivated for religious and medicinal purposes, and for its essential oil. It is widely known across South Asia as a medicinal plant and a herbal tea, commonly used in Ayurveda. Tulsi has been used for thousands of years in Ayurveda for its diverse healing properties. It is mentioned in the Charaka Samhita, an ancient Ayurvedic text. Tulsi is considered to be an adaptogen, balancing different processes in the body, and helpful for adapting to stress. Marked by its strong aroma and astringent taste, it is regarded in Ayurveda as a kind of "elixir of life" and believed to promote longevity. It is an elixir for cough; the leaves when chewed after meals acts as a digestive, and when taken before and after cold water bath controls temperature in the stomach and prevents cold. If sprinkled over cooked food in stored water, tulsi leaves prevent bacterial growth.

Common name	Flower colours	Bloom time	Height	Difficulty
Ajaka, Albahaca Santa, Bai Gkaprow, Baranda, Basilic Indien, Basilic Sacré, Basilic Sacré Pourpre, Basilic Saint, Brinda, Green Holy Basil, Hot Basil, Indian Basil, Kala Tulsi, Kemangen, Krishna Tulasi, Talsa, Manjari, Ocimum sanctum, Ocimum tenuiflorum, Parnasa, Patrapuspha, Red Holy Basil, Sacred Basil, Sacred Purple Basil, Shyama Tulsi, Sri Tulasi, Suvasa Tulasi	Magenta	Throughout Year. Preferably early summer and late spring.	1.50 to 2.00 feet	Easy to grow

and Tulsi Patra.

## Planting and care

plant care may require a bit of effort, but the results are well worth the work. Not all plants are fragrant, but the most common and hardy do produce a sweet, carrying fragrance. Common is a vine and has larger glossy green leaves than Royal. Both can survive in temperate climates if they are planted in a sheltered area.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun	Well-drained soil	Medium	36-40 degrees C	Apply any organic fertilizer

## Caring for Kapoor Tulsi

- Basil is a tropical plant but it still dislikes direct sunlight. So, do not keep your basil plant at a spot where the sun is beating down.
- Indirect sunlight is best for basil plants.
- Every leaf has a growth bud, so removing old flower blossoms encourages the plant to make more flowers instead of using the energy to make seeds.
- Clean away from around the base of the rosebushes any trimmed debris that can harbor disease and insects.

## Typical uses of Kapoor Tulsi

**Special features:** As a seasoning herb in many vegetable and meat dishes, or as a key ingredient of pesto and other condiments.

### Culinary use:

It is considered that consuming five leaves of tulsi on daily basis protects one from different types of diseases along with enhancement in memory power and intelligence.

Consuming tulsi leaf's juice with water on empty stomach in the morning increases memory power and glow along with an enhanced digestive power.

Tulsi tea is beneficial in several ways.

**Ornamental use:** The plant is used for ornamental purpose.

### Medicinal use:

Tulsi may cure fever, cold, cough and sore throat

Tulsi may beat stress

Tulsi may desolve kidney stone

Tulsi may protect the heart as it has medicinal properties

Tulsi may beat cancer

Tulsi may help in quitting smoking

Tulsi may beat stress

Tulsi may reduce blood sugar level

Tulsi may keep skin and hair healthy

## References

- <http://www.missouribotanicalgarden.org/>
- <http://www.flowersofindia.net/>
- [https://en.wikipedia.org/wiki/Tulsi\\_in\\_Hinduism](https://en.wikipedia.org/wiki/Tulsi_in_Hinduism)