



Tulsi (Holy Basil)

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- Galaxy of more than 400 medicinal plants extract
- Research & Formulation for specific purpose
- Commercial Herbarium

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Kingdom : Plantae
Division : Magnoliophyta
Class : Magnoliopsida
Order : Lamiales
Family : Lamiaceae
Genus : Ocimum
Species : O. tenuiflorum
Scientific Name : Ocimum Sanctum

"The Queen of Herbs" - is the most sacred herb of India. Tulsi (Ocimum sanctum), although also known as Holy Basil, is a different plant from the pesto variety of Basil (Ocimum basilicum). Tulsi has been revered in India for over five thousand years, as a healing balm for body, mind and spirit, and is known to bestow an amazing number of health benefits. ORGANIC INDIA is pleased to offer Organic Tulsi, for the first time, as a stress-relieving, energizing and delicious tea. For our ORGANIC INDIA Tulsi Tea Collection we utilize a proprietary combination of 3 varieties of Tulsi: Rama Tulsi (Ocimum sanctum), Krishna Tulsi (Ocimum sanctum) and Vana Tulsi (Ocimum gratissimum). Each variety lends its own distinct and characteristic taste that contributes to the delicious flavor and aroma of our blend.

Spice Description

There are many different types of basil, however the succulent, large-leaved, sweet basil is by far the most popular variety for culinary use. Basil's refreshing, clove and anise-like aroma conjures memories of summer, hardly surprising when one considers how this warmth-loving annual thrives in the heat and expires with the first chills of winter. Sweet basil plants grow to around 20 in. (50 cm) high and even more in ideal conditions. The stems are tough, grooved and square with dark-green, oval, crinkly leaves from 1 in. (30 mm) to 4 in. (100 mm) long. The tiny, white, long-stamened flowers should be nipped off to prevent the plant from going to seed and finishing its life cycle. This will also encourage thicker foliage and hence more abundant harvests for the basil-loving cook.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

The taste of sweet basil is far less pungent than the permeating, heady aroma of the freshly picked leaves would suggest, thus large quantities can be used with safety. Dried sweet basil leaves are quite different from the fresh, and although the fragrant, fresh-smelling top notes disappear upon drying, a concentration of volatile oils in the cells of the dehydrated leaves give a pungent clove and allspice bouquet. This is matched by a faint rrinty, peppery flavor that is ideal for long, slow cooking.

Other varieties of basil are bush basil which has small leaves 1/3 -1/2 in. (10-15 mm) long. It grows to about 6 in. (150 mm) high and the foliage has a less pungent aroma and lower flavor-strength than sweet basil. The two types of purple basil, serrated leaved 'purple ruffle' and the smoother 'dark opal basil' mainly grown for decorative purposes, have a mild pleasing flavor and look attractive in salads and as a garnish. 'Hairy basil' or 'Thai basil' has slender oval leaves with deep serrations on the edges and a more camphorous aroma than sweet basil. Although the seeds of this variety (referred to as subja in India) have no distinct flavor, they swell and become gelatinous in water and are used in Indian and Asian sweets, drinks and as an appetite suppressant.

Holy basil or tulsi as it is called in India, has mauve-pink flowers, is perennial and is lightly lemon scented. Cinnamon basil has a distinct cinnamon aroma, with long, erect flower heads. It is also an attractive plant and its leaves complement Asian dishes. The perennial camphor basil (*O. kilimanscharicum*) is not used in cooking, but its distinctive camphorous aroma makes it a pleasant decorative herb to have in the garden.

Holy Basil in Ayurveda

A herb that has had a long and strong association with ayurveda is the Holy basil. The herb has a long history as a medicinal as well as traditional Indian household herb, dating back more than 4000 years.

Most traditional Indian homes have at least one plant of Holy basil growing in their yard, which they use for both medicinal as well as religious purposes.

Basically a tropical herb, Holy basil has a strong pungent taste and a distinctive sweet aroma that makes it a favorite for various culinary preparations as well. However, we will limit our discussion in this article to the medicinal aspects of the herb.

Habitat and Growing Conditipons :

tropical, much branched, annual herb, up to 18 inches tall; it grows into a low bush. The tulsi or holy basil considered sacred by the Hindus, has small leaves with a strong smell and purple flowers. Grows in full sun / partial shade, well drained soil. This plant is originally from India.

Holy Basil in Other Languages

Arabic: raihan

Chinese: lo-le

Dutch: basilicum

French: basilic

German: basilienkraut

Indian: sabzah, tulsi, gulal tulsi

Indonesian: selasih, kemangi

Italian: basilico

Japanese: meboki

Malay: selaseh, kemangi

Phillipino: belanoi, sulasi

Portuguese: manjericao

Russian: Bazilik

Spanish: albahaca

Sri Lanka: suwenda-tala, maduru-tala

Swedish: basilkort

Thai: horopa, manghk, krapow, bai horapa

Vietnamese: rau que



Thippali in Other Languages

Gujarati: Lindi pipar (roots are known as Ganthoda)

Marathi: Pippali

Bengali: Pipul

Kannada: Hippali

Tamil & Malayalam: Tippali

Hindi Name : Pepper

Sanskrit Name : Pippali

Uses & Benefits of Thippali

- * Thippali helps in expelling out the mucus accumulated in the respiratory tract.
- * It strengthens the nervous system, improves the gastrointestinal condition and normalizes the peristaltic movements.
- * The herb serves as a good digestive agent.
- * Its oil and paste is applied on wounds and skin-related ailments.
- * Thippali helps in suppressing pain and reducing inflammation.
- * The herb helps maintain the normalcy of the digestive tract and tones up the urinary tract.
- * Its fruits are used for respiratory tract diseases like cough, bronchitis and asthma.
- * It benefits in anorexia, indigestion, flatulence, abdominal pain, hyperacidity, piles, paralysis of the tongue, diarrhea, cholera, chronic malaria, viral hepatitis, diseases of the spleen and tumors.
- * It is given with amalaki, to treat anemia.
- * The decoction of the plant is used in sciatica and hemiplegia.
- * The herb is mixed with honey to control hiccups.
- * Thippali is used as an aphrodisiac, since it boosts the reproductive system.
- * It is used as a sedative in insomnia and epilepsy.
- * The infusion of the herb's root is used after childbirth, to induce the expulsion of the placenta.

Medicinal and pharmacological activities

Immunomodulatory activity: Tests such as haemagglutination titre (HA), macrophage migration index (MMI) and phagocytic index (PI) in mice have demonstrated the immunostimulatory action of Thippali fruits to be both specific and non-specific. The effect was more prominent at lower doses (225 mg/kg) and was marginally reduced when the dose was increased." In another study, it was found to offer protection against externally induced stress,' A famous Ayurvedic preparation containing Thippali, Pippali Rasayana, was tested in mice infected with Giardia lamblia and found to produce significant activation of macro phages, as shown by an increased MMI and phagocytic activity.

Stimulant effects: Isolated piperine showed a central stimulant action in frogs, mice, rats and dogs and increased the hypnotic response in mice. It antagonised respiratory depression induced by morphine or pentobarbitone in anaesthetised dogs and petroleum ether extract of the fruits antagonised morphine-induced respiratory depression in mice, A comparative study conducted with piperine and nalorphine, for effects against morphine-induced respiratory depression and analgesia, found that both reversed respiratory depression but, unlike nalorphine, piperine did not antagonise morphine-induced analgesia in rats,

Antiasthmatic activity: Studies have been carried out to validate the traditional claims of Ayurveda for antiasthmatic activity of Thippali. An extract of the fruits in milk reduced passive cutaneous anaphylaxis in rats and protected guinea pigs against antigen-induced bronchospasm.

Culinary Uses

Basil's pervading, clove-like aroma makes it such an ideal complement to tomatoes that it is often referred to as 'the tomato herb'. It is interesting to note how flavors across the herb and spice spectrum can have similar attributes, and it is often these degrees of commonality that give us an indication of the breadth of uses they can encompass. Cloves also happen to go well with tomatoes and there are many commercially made tomato sauces and canned foods such as Scandinavian herrings with tomato, that contain either cloves or the very clove-tasting spice, allspice.

Basil also complements other vegetables such as eggplant, zucchini, squash and spinach. When added within the last half an hour of cooking, basil enhances the flavor of vegetable and legume (split peas, lentil) soups. Most salads, especially those with tomato, benefit greatly from the addition of fresh basil.

Basil goes well with poultry when used in stuffing, is included in soups and stews and added to sauces and gravies. Fish brushed with olive oil, dusted with freshly ground black pepper, wrapped in foil with a few basil leaves and barbecued, is a simple and effective way to enjoy this versatile herb. Basil is used in pâtés and terrines, where its volatile notes will help counteract the richness of liver and game. A tasty vinegar to have on hand for making salad dressings is made by placing a dozen or more fresh, washed basil leaves in a bottle of white wine vinegar and leaving it for a few weeks.

There are countless species of basil - Richters' catalogue lists 37 - but the enduring winner in the kitchen is Sweet Basil (*Ocimum basilicum*), with its close relative Genovese Basil being preferred for pesto. Pesto, the ultimate basil experience, is made from basil, parmesan cheese, pine nuts, garlic, salt and oil and is one of the most effective ways to store and use basil. Pesto can be the basis of a quick meal when tossed through freshly cooked pasta and is an excellent spread on fresh crusty bread, topped with slices of fresh tomato and washed down with a glass of good Shiraz.

The lemon basil, with their citrus tang, are excellent for desserts, soups, tea, lemonade and for cooking with fish and chicken.

Asian cultures have their own species and uses of basil. Fancy purple or opal basil adds herbaceous character to stir-fries and stocks all over Thailand. A chiffonade of fresh leaves can perk up Asian soups, and frequently flowering buds that show particular pungency are used to impart impressively strong herbal character. With the Asian affinity for unusual textures, there is even a coconut-based drink with black basil seeds for a slight peppery kick.

Cinnamon Basil does not cook well, but contributes an interesting piquancy to stewed tomatoes. Thai basil, with its pronounced anise-licorice aroma and flavoury is excellent with green curries and stir-fry dishes.

Basil leaves are best used whole or torn; most cooks advising against cutting the leaves with a knife, as this tends to dissipate the aroma. To make dried basil taste a little closer to fresh when putting on grilled tomatoes, zucchini or eggplant, mix 1 tsp (5 mL) of basil with 1/2 tsp (2 mL) each of lemon juice, water and oil and 1/8 tsp (0.5 mL) of ground cloves. Let stand for a few minutes, then spread onto halved tomatoes or slices of eggplant before grilling.

Preparation and Storage

Avoid buying fresh basil that is wilted or has black marks on the leaves. Bunches of fresh basil may be frozen and stored successfully for a few weeks. The best method is to place a small bunch in a clean plastic supermarket bag, blow some air in to inflate it, and place in the freezer where it will not be squashed. You will find it quite convenient to then nip off just a few of these frozen leaves when they are required. Another effective way to preserve basil is to pick the larger leaves, wash and dry them and then place each leaf in a wide-mouthed shallow jar, sprinkling a little salt on each leaf as you stack them up in the container. Fill the jar with olive oil so all leaves are covered, screw the lid on firmly and keep in the refrigerator. Depending upon the quality of the fresh leaves, basil stored this way should last up to three months before any blackening occurs.

Dried basil is dark green in color and is readily available from food stores, however as for all other dried herbs, only buy dried basil in good quality packaging to retain maximum flavour and store in a cool dark place.

Tulsi Medicinal Uses:

Regular use of this medicine for cough, cold, chronic or new catarrh, nausea, cold by birth, respiratory problem, pain in the eyes and head, low or high blood pressure, heart disease, acidity, constipation, gas, weakness of the kidneys, stones, deficiency of vitamin A or C and the diseases caused thereby, skin diseases, fever.

Jaundice:

Basil is the best medicine for jaundice. Take ten basil leaves with 10gm of radish juice and consume 10gm with jaggery regularly for one month thrice daily in jaundice.

Piles:

Eat three to five basil leaves everyday. Put five basil leaves in drinking water before half an hour. This helps in piles. Grind the basil leaves and apply the lep on the haemorrhoids. And half a piece of camphor in this paste and avoid hot and spicy food items. Restrict sour food items totally for complete relief.

Cold:

Take 7 holy basil leaves, 5 cloves and boil in one glass of water. Make pieces of holy basil leaves and cloves before boiling them in water. When the water reduces to half then add rock salt and drink it hot. After drinking this decoction cover the body with clothes and let it sweat. Temperature becomes normal instantly and is also good in cold, catarrh and fever. This medicine can be taken twice or thrice in day depending on the severity of the problem.

If the small children catch cold and phelgm then give ginger juice or holy basil juice with 5 to 7 drops of honey for instant relief.

Stomachache:

Basil leaves helps in stomachache. Consuming one spoon each of basil and ginger juice helps in cramps and stomachache.

Stomach Worms:

Heat the basil and ginger juice and take one spoon for two days at an interval of three hours to reduce stomach worms, they are evacuated with stools.

Acidity:

Make a powder out of flower of basil, skin of neem, small pipal and black pepper and take three gm of this powder on empty stomach to help in acidity. This helps in fighting the disease.

Thickening the sperm:

Basil helps in seminal problems, take 50gm each of basil seeds and sugar candy and take 2.5 gm of this powder with milk every morning. If the basil seeds are not available then basil roots can be taken with sugar candy. The basil roots are also beneficial for strengthening and thickening the sperm and bring back the masculinity.

History

Prof Shrinivas Tilak, who teaches Religion at Concordia University, Montreal has made this historical citation: In a letter written to 'The Times,' London, dated May 2, 1903 Dr George Birdwood, Professor of Anatomy, Grant Medical College, Mumbai said, "When the Victoria Gardens were established in Bombay, the men employed on those works were pestered by mosquitoes. At the recommendation of the Hindu managers, the whole boundary of the gardens was planted with holy basil, on which the plague of mosquitoes was at once abated, and fever altogether disappeared from among the resident gardeners."

Care

Parsley plants need to be regularly pruned to enable new leaves to mature. Keep the soil moist but not overly wet.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

Ingredients

Supplement Facts:

Serving size: 1 Vegicap

Servings per container: 60

Each 250 mg capsule contains: Ocimum Sanctum (Tulsi) Extract 9: 1

Dosage: 1-2 Capsules two times a day after meal or or as directed by your health practitioner.



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL
(A Division of Taj Pharmaceuticals Limited)
<http://www.tajagroproducts.com>
E-mail :
tajagroproducts@gmail.com
tajagrointernational@gmail.com