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Ocimum - The Healing Herb

Dr. Rupali A Telang¹, Dr. Shilpa S Patil²

1 Professor, Department of Homoeopathic Pharmacy, KLE Homoeopathic Medical College, KLE Academy of Higher Education and Research, Belagavi

2 Associate Professor, Department of Homoeopathic Materia Medica, KLE Homoeopathic Medical College, KLE Academy of Higher Education and Research, Belagavi


Email Id: serviceheb@gmail.com

ABSTRACT:

Ocimum which has served as a boon for human beings, commonly known as tulsi has been used traditionally as a medicine, in Ayurveda, siddha and Homoeopathic system of Medicines and also household remedy against various human ailments. The same herb is used to prepare the medicines in different systems and its use differ as the preparation also differs. The objective of this paper is to review the literature regarding Ocimum basilicum, Ocimum cannum, Ocimum gratissimum, and Ocimum sanctum specifically for its chemical properties, therapeutic benefits in Ayurveda and Homoeopathy and scientific studies as there is lack of awareness of types of ocimum and there uses, word tulsi is commonly used for various varieties of Ocimum. This review consists of all publications relevant to Ocimum basilicum, cannum, gratissimum, sanctum that were identified by the author through a systemic search of major computerized medical database.

Keywords

Ocimum Sanctum, Tulsi, Ocimum cannum, Ocimum Basilicum, Ocimum Gratissimum

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