

# Tulsi (Holy Basil)

**Botanical Name:** *Ocimum tenuiflorum*

**Family:** Lamiaceae

**Energetics:** Warming, aromatic, adaptogenic

**Taste:** Slightly bitter, peppery, aromatic

**Actions:** Adaptogen, nervine, anti-inflammatory, immune support, respiratory support

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## Overview

Tulsi, or Holy Basil, is revered in Ayurvedic medicine for its adaptogenic, immune-supporting, and stress-relieving properties. It promotes mental clarity, respiratory health, and overall vitality.

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## Uses

### Internal Uses

- Adaptogen to support stress resilience
- Supports immune system
- Anti-inflammatory support
- Respiratory support for coughs and colds

### External Uses

- Infused oils for skin and scalp health
  - Aromatherapy for relaxation and mental clarity
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## Medication Interactions

- May interact with anticoagulants, antidiabetic medications, or thyroid medications
  - Monitor blood sugar and thyroid levels if using internally
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## Contraindications

- Pregnancy: consult healthcare provider
  - Children: moderate doses safe
  - Allergy to Lamiaceae family
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## **Caution & Safety**

- Moderate internal intake recommended
  - Monitor for allergic reactions
  - Avoid excessive intake in combination with medications that affect blood sugar or clotting
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## **Herbal Pairings**

### **Blends Well With**

- Ashwagandha (adaptogenic synergy)
- Lemon Balm (calming and digestive support)
- Ginger (digestive and immune support)

### **Avoid Combining With**

- Anticoagulants or antidiabetic medications without supervision
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## **Possible Side Effects**

- Rare allergic reactions
  - Mild digestive upset in sensitive individuals
  - Excessive intake may alter blood sugar or clotting
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## **Forms & Dosage**

### **Tea / Infusion**

- 1–2 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–3 cups daily

### **Tincture (1:5)**

- 2–4 mL, 1–2 times daily

### **External / Infused Oil**

- Apply topically as needed
  - Aromatherapy: a few drops in diffuser
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## Notes

Tulsi is a warming, aromatic adaptogen ideal for stress resilience, immune support, and respiratory health. Best used in teas, tinctures, and external applications.

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