

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

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.

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

Medication Interactions

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

Contraindications

- Pregnancy: consult healthcare provider
- Children: moderate doses safe
- Allergy to Lamiaceae family

Caution & Safety

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

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

Possible Side Effects

- Rare allergic reactions
- Mild digestive upset in sensitive individuals
- Excessive intake may alter blood sugar or clotting

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



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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