



HERBS

Medicinal and Culinary
Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Ocimum**

Species: **africanum**

Plant Family: **Lamiaceae**

Common Name: **Tulsi, Temperate**

Garden Care

Annual: 70 days to maturity. Plant prefers full sun and regular garden soil. Kapoor tends to run fast to flower, especially if the seedlings are crowded. Individuate seedlings early and pinch back any premature flowers. Sprinkle seeds on surface, barely cover, tamp, and keep evenly moist until germ, which takes about a week. Thin or transplant to 1' apart.

Herbal Actions

Action	Detail
Anticatarrhal	Supports the body to dissolve, remove, or prevent the excess formation of mucus in the respiratory passages.
Adaptogen	A tonic that helps balance the body by supporting its ability to deal with physical, mental, and emotional stress.
Antibacterial	Inhibits the growth and production of bacteria.
Antidepressant	Lessens the frequency, occurrences, or intensity of depressive states.
Antifungal	Inhibits the excess growth and production of fungal infections.
Anti-inflammatory	Alleviates inflammation.
Antiprotozoal	Inhibits the growth and production of protozoans.
Antiviral	Inhibits growth and production of viruses.
Carminative	Aids the release of gas from the intestines and reduces the production of gas.
Diuretic	Increase secretions and elimination of urine from the body.
Expectorant	Aids in the removal of mucus (along with trapped debris and pathogens) from the lungs.
Galactagogue	Encourages the production and secretion of breast milk.
Hypoglycemic	Lowers blood sugar levels.
Hypotensive	Lowers blood pressure.
Immunomodulator	Regulates and balances the immune system.
Anxiolytic	Herbs used to reduce anxiety.
Antimutagenic	These herbs interfere with the mutagenicity of a substance.
Hypocholesterolemic	Lowers blood cholesterol levels.
Radioprotective	Protects against the injurious effects of radiations.

Type of Plant

Herbaceous
Annual

Parts Used

Flowers
Leaves

Contraindications

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.

Habitat

Water Medium
Sun
Part Sun/Shade
PH Average

Preparations

Tincture
Compress
Poultice
Edible
Infused Oil
Vinegar