



# 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