

## *Ocimum sanctum* (Tulsi) Medicinal Shrub is Excellent for Lung Disease

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Received: July 18, 2020; Published: July 27, 2020

### Abstract

Most beautiful medicinal shrub in India is *Ocimum sanctum* which is available in every house with utmost care. Its medicinal value is unparalleled. In ancient Charak Shastra it is mentioned and written in Sanskrit.

It is placed in Shrub. Its inflorescence is racemose type. Floral arrangement and dispersion during maturation is very interesting. If you placed this shrub in ground growth will be remarkable. If you placed in certain confined earthen pot with measured soil (500 - 800g) growth will be checked but you can monitor scientifically. Morning and evening watering will be helpful to grow. Medicinal value is in extract of leaved. Even inflorescence has medicinal value to improve reproductive health of gonads.

**Keywords:** *Ocimum sanctum*; Charak Shastra; Medicinal Values in Extract of Leaves

### Introduction

This medicinal plant can grow in shade and with proper care it will propagate nicely accordingly to shape of pot and amount of soil. PH is more or less 7.5 - 8 is suitable to grow.



**Figure:** *Ocimum sanctum* grows in courtyard.

Slightly alkaline soil is suitable to grow this medicinal shrub. Phyllotaxy alternate. Pollination by wind, by insect and by butterflies. Self-pollination by wind helps to grow more baby plants. Even in small pot they grow. My previous researchers work on this plant and apply to prepare a sweet which is helpful and serve as dessert in many celebrations. Tulsi Rosogolla (A. Mitra) now in commercial scale available in metro city Kolkata. It is helpful in diet to cure many lung disease and helpful to cure cough and cold virus [1-5].

### **Materials and Methods**

A small earthen pot is suitable to grow this medicinal shrub (*Ocimum sanctum*). Approximately 500 - 800g of soil will grow this shrub and if you chew 4 - 5 leaves in the morning before having breakfast it will cure many diseases. It is helpful to cure cough and cold and it is helpful to improve cognizant. It is helpful to improve oral cancer. It is helpful to improve overall immunity.

Small plant you may buy from nursery and grow in open air. Within few weeks you can notice changes of plant. It will give flower and it will give seeds and you will get new generation by dispersal of seeds.

### **Result**

Number of leaves and number of stems increase within a week. Inflorescence racemose type. Baby plants appear in the same pot by wind dispersal. New plants you sell in market both online as well as in local market. Kolkata and in every house it is top priority to maintain this sacred plant.

### **Discussion**

Constant monitoring of plant growth and care of baby plants will sustain industry to maintain garden. Demand is very high in India as well as in other countries of Asia, U.S.A, U.K, Australia, Africa, New Zealand, Denmark, Poland and Norway.

### **Conclusion**

Keeping this most sacred plant is necessary in every house to avoid death. Newborn baby suffers in cough and cold virus. Expectorant like Benadryl has formulation from this drug yielding plant. Even many tonics and Vicks lozenges has formulation to cure cough and cold which contain *O. sanctum*.

### **Acknowledgement**

I am grateful to my parents and grandparents and my family. I am grateful to my professors and successors.

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**Volume 6 Issue 8 August 2020**

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