

# Tulsi



*Ocimum tenuiflorum* L. Syn. *Ocimum sanctum* Linn.

**Family:** Lamiaceae

**Habit :** Shrub

**Origin & Distribution:** It is widely distributed covering the entire Indian sub continent ascending up to 1800 mtr. in Himalayas.

### **Therapeutic uses**

**Leaves:** Juice is used in catarrh and bronchitis, applied to the skin in ringworm and other cutaneous diseases and as drops to relieve earache. An infusion of leaves is used as stomachic in gastric disorders of children. If taken internally, it strengthens the liver and heart and is a good appetizer. It cures amenorrhoea and promotes the secretion of milk in lactating women.

**Root:** A decoction of root is given as a diaphoretic in malarial fever. The dried and powdered root is taken twice daily to cure spermatorrhoea.

**Seed:** Seeds given in disorders of genito-urinary system. The seeds rubbed in water are given for irritating cough, gonorrhoea, labour pains and dysentery. The seeds rubbed with cow's milk are given for vomiting and diarrhoea.

The juice of the fresh leaves, flower tops and the slender roots are considered to be good antidote for snakebite and scorpion sting. Santals use the plant in cholera, cough, postnatal complaints, haemorrhagic septicemia and dog bite.

The volatile oil is reported to possess antibacterial and insecticidal properties. It inhibits the in vitro growth of *Mycobacterium tuberculosis* and *Micrococcus pyrogenes* var. *aureus*. It has marked insecticidal activity against mosquitoes.

**Soil:** It grows well on a variety of soils – rich loam to poor soil, saline and alkaline to moderately acidic well drained soils.

**Climate:** It prefers fairly high rainfall and humid condition – long days and high temperature is needed for its better growth and oil production in tropical and sub-tropical climate.

**Land preparation:** Land is prepared by thorough weeding and then ploughing at least twice with 15 MT. FYM /Ha. and small canals are made for drainage.

**Propagation:** Seedlings are raised by sowing of fine seeds on well prepared raise bed in Nursery in the month of April to May. General nursery practice is followed. Seeds starts germination after 8 – 12 days and after 6 – 7 weeks seedlings with 5 – 6 leaves are taken for planting in the field.

**Planting:** Seedlings are planted in the field at spacing 45 cm. x 45 cm. or 50 cm. x 30 cm. for production of maximum herbage and irrigated soon after planting.

**Manuring:** Organic plant nutrient of good quality like Super Seven Shiny Balls @ 13 -15Kg /ha. may be applied after first and second harvesting.

**Irrigation:** Depending on the weather condition. In summer 2 – 3 irrigation/month is necessary.

**Weeding and Interculture:** Weeding is necessary at regular basis,

first weeding after 30 days of planting. One hoeing at 2 months after planting should be provided in interspaces of two lines. The plants are earthed up at the stage.

**Pest and diseases:** Plant is susceptible to powery mildew caused by *Oidium* spp. and *Rhizoctonia solani* which can be controlled by Sulphur @ 4gm/lit. of water or any organic formulation. Leaf rollers insects are controlled by spraying Malathion 0.2% or any organic formulation.

**Harvesting:** First harvesting is done after 90 – 100 days of planting when it is full bloom, after wards at every 65 – 75 days interval. Harvesting is done on bright sunny days; the crop is cut 15 – 20 cm. above the ground level.

**Yield:** Approx. yield – Fresh herbage 5 MT. / Ha. can be obtained twice or thrice a year.

**Post-harvest management:** Fresh herbage is spread out in open sun for few hours to reduce its moisture then dried under shed according to market demand or herbage is distilled in fresh form within 6-8 hours.



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