

Tulsi / Holy Basil - *Ocimum sanctum*

History and Medicinal Properties

Tulsi, also known as Holy Basil, is a species of basil (*Ocimum sanctum*) that is native to India and which has been used medicinally for thousands of years. It has an important role as an adaptogen in traditional Ayurvedic medicine, where it is believed to help maintain energetic balance in the body, to combat stress, and to prevent illness. Tulsi has a complex phytochemistry and is rich in essential oils. The species is now being studied extensively for its possible benefits in many diverse medicinal applications, such as prevention of cancer and regulation of thyroid function.



Tulsi at Laine Herbals

We usually grow big patches of tulsi and keep them in a greenhouse environment to give the happiest growing conditions and thus large, fragrant, and healing harvests. I distill the flowering tops that we harvest for the summer months regularly and collect leafing tops for the drying rack. Teas all winter long make a huge difference in my family's health and the hydrosol is so multi purposed we have them all over the house. The transformative effect of just a spray or two of the hydrosol in a room in our house is amazing. It has an immediate uplifting, clarifying energy that really feels like the true plant magic we were hoping to achieve with this project. This plant has been my Muse for many years, and I have seen many transformational stories unfold for people who have brought tulsi into their lives.

Dried Tulsi Tea

This Fall we will be offering bulk dried tulsi, along with mint, skullcap, chamomile, and other herbs for as long as we have them in stock. Hand picked and processed, tulsi makes an excellent tea on its own or blended with any other herbs you like. Gentle, warming and uplifting, it's just what a tea should be. It's perfect all year round and in the summer we ice it and drink it all the time! Best to dry it properly in the dark, cool, and with good air flow. I cut mine up to speed the drying.

Fresh Tulsi Tea

We have several Kapoor tulsi plants in pots for those who want to try to grow their own. These plants require some attention to pruning but are a blessing to have in the house. Just pinch the tops and drop into a cup of hot water or toss into a salad. I will be selling tulsi plants in recycled pots direct at markets during the summer.

The Living Plants

Living plants are rewarding in so many ways but the attention and time required to care for them doesn't fit into everyone's life all the time. The advantages include having fresh tea and plant material available at anytime. Growing plants has really helped me to be attuned to my intuition, and I would say that tulsi is one of the easier plants to grow, yet it thrives with daily devotional attention.



Caring for tulsi

Tulsi thrives in bright sun and warm temperatures. If you have a warm sunny spot it will love a container. I try to bring any containers in when it is below 10 degrees C.

Tulsi requires that at least once or twice weekly (sometimes more) you water, and prune all forming flowers, at least until you are ready to collect seed. The way to prune is to take the shooting flower stalks away just above the next two sets of forming leaves. I like to use a small pair of pruning scissors.