



Holy Basil INFUSION

CALMS THE MIND
Digestive tonic

Ingredient

Holy Basil	leaf	<i>Ocimum sanctum</i>	Organic
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DOSAGE

INTERVENTION: 4-6 cups per day, for 2 to 3 weeks.

TREATMENT: 2-4 cups per day, for many weeks.

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 2 tbsp of herbs, cover and let steep for 10 to 15 minutes. Filter.

MODE OF ACTION

As an adaptogen, holy basil increases the organism's resilience and helps it adapt to the stress of day to day life. It keeps corticosterone levels low and reduces the harmful effects of stress such as memory loss, sleep disturbances, headaches, sexual dysfunction and irritable bowel syndrome. Holy basil increases energy and vitality while reducing anxiety, fatigue and symptoms of mild depression. It improves memory and cognitive functions and protects against memory loss due to aging. *Ocimum sanctum* has a calming effect that promotes clarity of mind and opens the individual to relaxation and calm. It brings a feeling of well-being and joy. In Ayurvedic medicine, it is considered a rasayana and has the capacity to penetrate deep in the tissues in order to normalize Kapha and Vata.

As a warming digestive tonic, holy basil soothes gas, spasms, colic, bloating and nausea. It reduces stomach acid and increases production of the protective mucus of the stomach. Holy basil activates certain liver functions such as the cycle of cytochrome P450 which neutralizes toxic chemical compounds so that they can be safely eliminated. It also kills parasites.

The warm infusion of holy basil is expectorant, decongestant and antispasmodic. It helps eliminate excess Kapha from the lungs. It is used in the treatment of bronchitis and allergic rhinitis. It is an immune modulator, a diaphoretic and reduces fever and is therefore useful when there is infection. Holy basil is a bronchodilator and helps reduce the symptoms of asthma.

Ocimum sanctum is antibacterial, antiviral and antifungal. It fights *Streptococcus mutans*, a micro-organism responsible for tooth decay, and is used as a mouthwash to treat bad breath, gum diseases and mouth sores. As an antioxidant, holy basil protects cells against free radicals and radiation. The eugenol and linoleic acid that it contains contribute to its anti-inflammatory action.

Holy basil contains essential oils (eugenol, carvacrol, linalool), triterpenes (ursolic acid), flavonoids (orientin, vicenin, apigenin), rosmarinic acid, phytosterols (β -sitosterol), carnolic acid and vitamins (A,B).

HELPFUL ASSOCIATIONS

ASHWAGANDHA for exhaustion and intense stress.

SKULLCAP for anxiety.

REISHI for weakened immune system due to stress, seasonal allergies.

DREAMTOP for sleep difficulties.

ESTOMIX for acid reflux, bloating, gas.

ETHNOBOTANY

Nervous system: stress, memory, concentration, agitation, nervousness, sleep disorders, cognitive decline, anxiety, fatigue, exhaustion.

Digestive system: bloating, gas, abdominal cramps, indigestion, irritable bowel syndrome, parasites.

Respiratory and immune systems: fever, bronchitis, loose cough, asthma.

Other uses: convalescence, degeneration, general detoxifier, anemia, eczema, gout, metabolic syndrome.

HISTORY

Ayurvedic medicine considers holy basil as the *Queen of All Herbs* and a vital elixir of life valued for its medicinal and spiritual virtues. Better known as Tulsi, it helps develop and hone consciousness, helps with meditation and promotes compassion. Cultivated near temples and homes, it is known to purify the air and to sanctify its surroundings. It is a sacred herb used in the Ayurvedic tradition to balance the chakras and to bring joy. Traditionally, holy basil was used in India for bronchial troubles, stomach aches and fever caused by malaria. In Thailand, it was used to treat digestive troubles such as gas, intestinal cramps, and for colds and flu.

CONTRA-INDICATIONS

None known.

INTERACTIONS

None known.

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