

NAME OF THE PLANT

Holy Basil, scientifically known as *Ocimum tenuiflorum* or *Ocimum sanctum*, is a revered aromatic perennial plant in the Lamiaceae family. It is commonly known as Tulasi or Tulsi, it's often called "The Queen of Herbs" due to its widespread traditional use and numerous benefits.

CARE INSTRUCTION

- Holy Basil is relatively easy to grow and maintain, especially in warm climates.
- It needs at least 6 hours of direct sunlight per day. It can tolerate partial shade but will grow more vigorously and produce more leaves in full sun.
- Prefers well-draining, fertile soil. A slightly acidic to neutral pH (6.0-7.5) is ideal.
- You can mix in compost or other natural materials to make the soil richer and drain better.
- Requires consistent moisture, especially during dry periods. But avoid overwatering, which can lead to root rot.
- Holy Basil is very sensitive to cold. It thrives in temperatures above 20°C (68°F) and will not tolerate frost. In cooler climates, it's often grown as an annual or brought indoors during winter.

ECOLOGICAL BENEFITS

- Its flowers attract a variety of pollinators, including bees and butterflies, contributing to local biodiversity and supporting the ecosystem.
- It supports wildlife by providing food for insects like aphids, spiders, and slugs.
- Holy basil is known to have a positive impact on soil health and fertility.
- Like all plants, Holy Basil absorbs carbon dioxide from the atmosphere during photosynthesis, contributing to trapping carbon on a small scale.

INTERESTING DETAILS ABOUT THE PLANT

The botanical name *Ocimum basilicum* combines Greek and Latin words. "Okimon" (Greek) means smell, and "basilicum" (Latin) translates to "kingly herb". Widely used in Ayurvedic medicine for thousands of years. It's considered an adaptogen, meaning it helps the body adapt to stress. It's traditionally used for various ailments, including respiratory problems, stress reduction, anti-inflammatory purposes, and boosting immunity. Beyond its spiritual and medicinal uses, the leaves are sometimes used in culinary preparations, teas, and herbal infusions.