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Review Article

Ocimum tenuiflorum

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A Comprehensive Review on Ocimum tenuiflorum

Sahu O[1*]

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[1*] Omm Sahu, Undergraduate Student, Department of Botany, Berhampur University, Odisha, India.

Ocimum tenuiflorum is also known as Tulsi, Ocimum tenuiflorum is one of the revered medicinal plants in Indian medicine. Its ethnobotanical undertones together with its wide range of pharmacological abilities and significant cultural value make Tulsi immensely popular. This review analyzes Tulsi and explores its medicinal aspects considering the healing activities of antioxidants, anti-inflammatories, antimicrobial agents, and stress relieving agents. The paper searches its rich phytochemical properties identifying bioactive compounds such as eugenol, ursolic acid, and flavonoids, and analyzing their implication in health and disease. Its influence goes beyond health as the paper highlights environmental aspects of Tulsi, specifically air purification and pest repellents, demonstrating Tulsi's adaptability to various agricultural conditions. Finally, the paper addresses the perennial relevance of Tulsi in the cultural, spiritual, and alternative medicine world. Combining scientific literature and ethnobotanical resources, this effort seeks to document the relevance of O. tenuiflorum to modern pharmacology and sustainable agriculture while appreciating its cultural history.

Keywords: Ocimum tenuiflorum, Tulsi, Medicinal plants, Phytochemical compounds, Ayurvedic pharmacology, Bioactive compounds, Herbal medicine

Corresponding Author

Omm Sahu, Undergraduate Student, Department of Botany, Berhampur University, Odisha, , India.
Email: sahuomm874@gmail.com

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Introduction

Tulsi or Holy Basil which *is Ocimum tenuiflorum* is a plant that is known to many cultures, especially in India, where it has assumed a special position for its medicinal qualities since centuries. Having the "Queen of herbs" title. The name "*Tulsi*" is derived from Sanskrit, and it means "in comparable one". *Ocimum tenuiflorum* (or *Ocimum sanctum L*.) includes 2 botanically and phytochemically distinct cultivars that include Rama or *Sri Tulsi* (green leaves) and *Krishna* or *Shyama Tulsi* (purplish leaves), while *Ocimum gratissimum* is a third type of *Tulsi* known as *Vana* or wild/forest *Tulsi* (dark green leaves). Despite being distinct species with *Ocimum tenuiflorum* having six times less DNA than *Ocimum gratissimum*. From ancient times, different parts of *O.tenuiflorum* (stems, leaves, flowers, seeds) have been used as medicine for the treatment of several health issues. This plant shows many medicinal properties such as antioxidant, antidiabetic, anti-inflammatory. In addition to its medicinal properties, *Tulsi* plays a vital role in modern agriculture and the environment. Also, *Tulsi* has deep cultural roots, particularly in India, where it is considered a symbol of purity, health, and well-being. The plant is integral to various religious rituals and is often grown in sacred spaces like the household courtyard, where it is associated with spiritual and healing practices. This paper aims to provide a detail review of *Ocimum tenuiflorum*, focusing up on its medicinal, chemical, environmental, and cultural importance. By combining current research and traditional knowledge, the paper will highlight the broad applications of *Tulsi* in modern science, agriculture, and culture.

Chemical composition & Bioactive compound

Ocimum tenuiflorum is popular due to its well-understood medicinal applications as a result of its biochemical diversity. The plant has numerous bioactive constituents that are predominantly found in its leaves, flowers, seeds, and volatile oils. These make *Tulsi* an antioxidant, antimicrobial, anti-inflammatory, and adaptogenic herb.

Kingdom: Plantae

Phylum: Spermatophyta (Angiospermae)

Class: Dicotyledonae (Magnoliopsida)

Order: Lamiales

Family: Lamiaceae

Genus: Ocimum

Species: *Ocimum tenuiflorum*

Components of Nutrition

Furthermore, *Tulsi* leaves also contain:

- Calcium, iron, zinc, fiber, and vitamins A and C
- Low fiber and protein intake

Tulsi is a functional food in herbal brews and tea because it helps maintain optimal health and well-being by supporting the immune system when combined with these protective nutrients.

Essential Oils

The essential oil extracted from *Tulsi* leaves is rich in volatile compounds, with **eugenol** often comprising 60–70% of the oil. Other components include **methyl eugenol**, **borneol**, **citral**, and **camphene**, which are known to contribute to *Tulsi*'s fragrance as well as its pharmacological action.

Important Phytochemical Components-

Flavonoids: *Tulsi* is known to contain flavonoids such as luteolin, apigenin, vitexin, orientin, and vicenin, which possess antioxidant and anti-inflammatory properties. These compounds protect tissues from damage by free radicals and regulate cellular processes. preventing cholesterol coagulation on blood vessel walls, improving blood flow, and regulating blood pressure. This reduces risks of myocardial infarction, stroke, and atherosclerosis.

Phenolic Compounds Rosmarinic acid: A leading phenolic compound known to have neuroprotective and anticancer activities. Chlorogenic acid and caffeic acid – Known to possess antioxidant and anti-diabetic effects. Other phenolics such as p-coumaric acid, vanillic acid, and ferulic acid improve the therapeutic value of the plant. Rosmarinic acid's antioxidant and anti-inflammatory properties protect the liver from damage caused by toxins, chemicals, and drugs. It reduces lipid peroxidation and restores antioxidant enzyme levels, supporting liver health and detoxification.

Triterpenoids and Steroids Ursolic acid and oleanolic acid: Anti-cancer, hepatoprotective, and anti-inflammatory activities. β-sitosterol and stigmasterol – Plant sterols with immunosuppressive and cholesterol depressing activities.

These triterpenoids help regulate lipid metabolism by lowering *elevated* cholesterol and triglyceride levels, It contributes to improved metabolic health and reduced risk of cardiovascular diseases.

Essential Oils: Methyl eugenol constitutively dominates the essential oil of *O.tenuiflorum*. It also contains βcaryophyllene and eugenol which are important for antimicrobial and insect-repelling activities. Other active constituents include limonene, linalool, and α-pinene. Methyl eugenol has been used as an anesthetic in rodents and may contribute to pain relief, although its use in humans requires caution due to dose-dependent effects.

Alkaloids and Saponins: Present in smaller amounts in methanolic extracts. L-asparaginase, This enzyme can potentially be used in cancer treatment. They help in reducing fever, supporting *Tulsi*'s traditional use in treating febrile illnesses. Saponins can improve digestion and support gastrointestinal health, partly by reducing stress-related digestive complaints.

Table 1: Major Bioactive Compounds in *Ocimum tenuiflorum* and Their Medicinal Properties

Compound	Category	Found In	Medicinal Properties
Eugenol	Phenolic compound	Leaves, Essential oil	Antioxidant, Anti-inflammatory, Antiseptic
Ursolic Acid	Triterpenoid	Leaves	Antimicrobial, Anti-cancer, Anti-inflammatory
Rosmarinic Acid	Polyphenol	Leaves	Antioxidant, Neuroprotective, Anti-allergic
Linalool	Terpene alcohol	Essential oil	Anxiolytic, Mild sedative, Anti-inflammatory
Carvacrol	Monoterpenoid	Essential oil	Antimicrobial, Antioxidant
Caryophyllene	Sesquiterpene	Essential oil	Anti-inflammatory, Analgesic
Apigenin	Flavonoid	Leaves	Antioxidant, Anti-cancer, Anti-anxiety
Luteolin	Flavonoid	Leaves	Anti-inflammatory, Antioxidant
Orientin	Flavonoid, Glycoside	Leaves	Anti-aging, Antioxidant, Radioprotective
Vitamin C	Vitamin	Leaves	Immune support, Antioxidant
Calcium, Iron, Zinc	Mineral nutrients	Leaves	Bone health, Blood formation, Immune function

Bioactive Compounds of *Ocimum tenuiflorum*

Ocimum tenuiflorum or *Tulsi* is associated with the rich spectrum of bioactive compounds that have its therapeutic value. These compounds affect physiological functions and formed increased scientific interest because of their involvement in health and disease management.

The major constituents contain bioactive compounds such as eugenol, ursolic acid, rosmarinic acid, linalool and caryophyllene. Each of these compounds have different claimed medicinal benefits which will be detailed below.

Eugenol: *Tulsi* contains eugenol, a phenolic compound that is particularly prominent in the essential oil of Krishna *Tulsi*. Its Chemical formula is $C_{10}H_{12}O_2$. Eugenol significantly decreases inflammation and has antioxidant properties. It decreases oxidative stress by neutralizing free radicals and inhibiting lipid peroxidation. In addition, eugenol decreases the activity of cyclooxygenase enzymes, thus decreasing the production of inflammatory prostaglandins. Eugenol is regarded as a medicine due to its analgesic properties and is commonly used in dental care. Also, eugenol's antibiotic activity is effective against many strains of bacteria and fungi.

Ursolic Acid: *Tulsi* leaves contain ursolic acid ($C_{30}H_{48}O_3$), a compound belonging to the pentacyclic triterpenoid family. It is well known for its ability to prevent hyperglycemia and cancerous growth. By changing gene expression and enzyme activity, ursolic acid causes apoptosis in cancerous tissues and raises the patient's insulin sensitivity. By blocking pro-inflammatory cytokines, it also helps to reduce inflammation and provides the benefits of hepatoprotection. This substance is being researched for potential applications in the treatment of metabolic disorders and cancer. Some anti-aging skincare products contain it because of its regeneration qualities.

Rosmarimic Acid: Strong polyphenolic compound with molecular formula $C_{18}H_6O_8$ are Rosmarinic acid. Strong antioxidant and neuroprotective properties abound in *Tulsi* leaves, which also contain it extensively. By reducing interleukin and TNF-α generation, this chemical lowers oxidative damage and downregulates inflammatory paths. Both conventional and modern medicine use it to control inflammatory diseases. It is also effective for allergic reactions, and neurodegenerative disorders including Alzheimer's. Its availability helps explain why *Tulsi* is used in herbal teas and supplements meant to boost the immune system and cognitive ability.

Linalool: Found in minute amounts in *Tulsi* essential oil, linalool is a naturally occurring terpene alcohol ($C_{10}H_{18}O$).

Acting through modulation of GABA-A receptors in the central nervous system, its anxiolytic and sedative effects are well known. Linalool also shows modest insecticidal qualities and anti-inflammatory action. Often used in stress-reducing and sleep-enhancing formulations, its soothing scent makes it a main ingredient in aromatherapy. Although present in smaller quantities, its major contribution to *Tulsi*'s therapeutic aroma and psychological effects is significant.

Caryophyllene: Found in the essential oil of *Tulsi*, Caryophyllene is a sesquiterpene ($C_{15}H_{24}$). Special among terpenes, it interacts directly with the CB2 cannabinoid receptors in the body without generating psychoactive effects. This interaction has rather anti-inflammatory and analgesic effects. Furthermore beneficial for the digestive system, caryophyllene helps lower gastrointestinal inflammation. Its non-additive analgesic effect makes it under investigation in the creation of alternative painkillers.

Flavonoids (Apigenin, Luteolin, Orientin): Rich in many flavonoids, *Tulsi* especially apigenin, luteolin, and orientin helps to explain its broad pharmacological actions. Strong antioxidants, these polyphenolic compounds guard cells from oxidative stress. Luteolin shows great anti-inflammatory and neuroprotective action; apigenin is well-known for its anti-cancer and anti-anxiety effects; orientin is known for its radioprotective and cardioprotective actions. These flavonoids taken together help *Tulsi* to be more effective in preventing and controlling chronic diseases, especially those connected to aging, inflammation, and oxidative damage.

Environmental & Agricultural Significance

Ocimum tenuiflorum (*Tulsi*) is not just a pillar of traditional medicine but also has a revolutionary role in environmental sustainability and agricultural innovation. Its ecological roles vary from improving soil health to climate resilience and natural pest management. This section discusses its multifaceted environmental and agroecological advantages in detail.

Soil Health Enhancement and Phytoremediation: *Tulsi* contributes significantly to soil enrichment. Decomposition of its leaf litter adds soil organic carbon and enhances favorable microbial action, especially nitrogen-fixing and phosphate-solubilizing bacteria. These microbes increase the availability of nutrients for crops, enhancing soil fertility with time. *Tulsi* also has phytoremediation capabilities, where it absorbs and immobilizes poisonous heavy metals like lead (Pb), cadmium (Cd), and chromium (Cr) from polluted soils. Studies by environmental researchers have established that O. tenuiflorum is effective in decreasing content of bioavailable metals and that it is therefore a potential species for ecological recovery of industrially polluted land.

Air Purification and Carbon Sequestration: Among its lesser-known but impactful roles, *Tulsi* acts as a natural air purifier. It has been shown to absorb harmful pollutants like sulfur dioxide (SO_2), carbon monoxide (CO), and volatile organic compounds (VOCs) from the air. The plant's high transpiration rate and photosynthetic efficiency make it capable of fixing substantial amounts of atmospheric carbon dioxide (CO_2), thereby contributing to carbon sequestration. Additionally, *Tulsi* releases oxygen even at night (like a CAM pathway), which is uncommon in plants. These characteristics render it extremely useful to enhance indoor and outdoor air quality, particularly in polluted urban areas.

Use as Pest Repellent and Antimicrobial in Agriculture: *Tulsi* is a natural fungicide and pesticide in organic agriculture. The essential oils obtained from the leaves of *Tulsi*, which are rich in eugenol and methyl eugenol, have strong bactericidal and insect-repellent properties. They have been proven effective to repel mosquitoes, aphids, whiteflies and to control fungal pathogens like Aspergillus niger and Fusarium oxysporum. Farmers utilize *Tulsi* extracts as biopesticides or plant it as a border crop in field edges to repel pests and minimize crop injury without relying on synthetic pesticides. This renders *Tulsi* very valuable in integrated pest management (IPM) schemes.

Biodiversity Promotion and Pollinator Support: Since O. tenuiflorum is rich in nectar, it attracts a diverse range of pollinators such as honeybees (Apis cerana), butterflies, and beneficial insects and hence promotes on-farm biodiversity. Its perennial flowering habit provides constant food to pollinators, which in turn promotes the reproductive success of the crops around it. *Tulsi* also promotes agroecological balance by promoting natural predator communities, which control pest populations without the use of chemical inputs.

Its insect-plant mutualistic role makes it a gem in ecologically based farming systems.

Climate Resilience and Drought Tolerance: *Tulsi* exhibits excellent adaptability to climatic stresses. Its large and deep root system and capacity to control stomatal action contribute to its drought resistance and enable it to cultivate in arid and semi-arid areas. In contrast to most commercial crops, *Tulsi* is easy to cultivate in low-input systems and does not need much irrigation, fertilizers, or application of pesticides. Moreover, it is moderate saline and temperature tolerant and thus a clever crop for farmers who are confronting the effects of climate change. It is being increasingly incorporated into climate-smart agriculture initiatives focused on enhancing farmer lifestyle while ensuring environmental conservation.

Urban Greening and Agroforestry Integration: In urban settings, *Tulsi* is a central figure in green infrastructure. Because of its small size and fragrant smell, it is commonly grown in home gardens, balconies, rooftops, and office spaces. Its presence within urban areas has the effects of improved air quality, diminished urban heat island phenomenon, and enhanced psychological comfort. Within rural situations, it is cultivated in agroforestry systems where it is interspaced with fruit tree crops and wood species. With its low canopy and non-competing root system, it will not compete with other crops while still forming a ground cover which suppresses the growth of weeds and loss of water through evaporation.

Table 2: Environmental and Agricultural Benefits of *Ocimum tenuiflorum*

Environmental Role	Mechanism	Impact
Soil Remediation	Heavy metal uptake, organic matter enrichment	Detoxifies polluted soils; improves fertility
Air Quality Improvement	Absorbs SO_2, CO, VOCs	Reduces urban and indoor pollution
Biopesticide Source	Essential oil-based pest and fungal inhibition	Lowers chemical pesticide use
Pollinator Support	Continuous nectar source	Increases biodiversity, enhances crop yield
Drought Tolerance	Deep roots, stomatal control	Suitable for arid and climate-challenged regions
Urban Greening	Compact, ornamental, purifying plant	Enhances air, beauty, and mental wellness in cities

Traditional and Cultural Importance of *Tulsi*

Ocimum tenuiflorum holds an extraordinary place in the spiritual, social, and healing traditions of many cultures, particularly in India. Referred to as the "**Mother of Ayurveda**" and "**The Incomparable One**" (***Tulasi*** in Sanskrit), this plant is more than a botanical species—it is a sacred symbol, a daily ritual, and a healing companion in millions of households.

Tulsi* in Hindu Religious Practices:** *Tulsi* occupies a revered status in Hinduism. It is considered a manifestation of the goddess **Vrinda**, a form of Lakshmi, and is often associated with purity, protection, and spiritual well-being. Most Hindu households maintain a *Tulsi* plant in a central courtyard or near the entrance, often in a specially built ***Tulsi* Vrindavan** (altar). Devotees offer water daily, light oil lamps, and perform prayers, believing *Tulsi* protects the home from negative energies and disease. ***Tulsi Vivah, the ceremonial marriage of *Tulsi* to Lord Vishnu (Shaligram), is celebrated with grandeur during Kartik month, symbolizing the divine union and marking the beginning of the Hindu wedding season.

Ayurvedic and Folk Medicine Systems: For centuries, *Tulsi* has been a cornerstone of Ayurveda, India's ancient system of medicine. Classical Ayurvedic texts like Charaka Samhita and Sushruta Samhita praise *Tulsi* as a *Rasayana* (rejuvenator) that promotes longevity and balance. It is prescribed for a variety of ailments including:

- Respiratory issues (asthma, bronchitis)
- Digestive disorders
- Skin infections
- Mental stress and insomnia

Tulsi is often taken as a tea, powder, fresh juice, or decoction, and combined with other herbs like ginger, honey, and black pepper for synergistic effects. In rural traditions, fresh leaves are chewed daily to build immunity and purify the blood.

Cultural Symbolism and Daily Rituals: *Tulsi* is not only worshipped but also woven into daily life rituals. In Indian culture, it symbolizes fidelity, motherhood, and purity. Newly married women often begin their mornings by offering prayers to the *Tulsi* plant. The fragrance of its leaves and the gentle rustling are believed to calm the mind and center one's emotions.

In Vastu Shastra (traditional Indian architecture), *Tulsi* is recommended to be planted in the northeast direction of a house to bring harmony, prosperity, and positive energy.

Use in Ceremonies and Sacred Offerings: *Tulsi* leaves constitute a major part of religious offerings (pujas), especially to Lord Vishnu, Krishna, Rama and Shri Jagannath. According to general beliefs, even the most complex prayer remains incomplete without a *Tulsi* leaf. At festivals such as Janmashtami, Ekadashi, and *Tulsi* Vivah, its leaves are offered in large quantities as an indication of devotion. The *Tulsi* Mala (rosary from *Tulsi* wood) is chanted by devotees for meditation and mantras, as it is thought to sharpen spiritual concentration and purify the aura.

Oral Traditions and Mythological Significance: Many Indian epics and scriptures including the Skanda Purana, Padma Purana, and Bhagavata Purana narrate stories that glorify *Tulsi*. One such story recounts how Vrinda's devotion turned her into the *Tulsi* plant and how Lord Vishnu promised to honor her forever. These oral traditions pass from generation to generation, reinforcing *Tulsi*'s spiritual stature. Even in funeral rites, *Tulsi* is used. A *Tulsi* leaf and a drop of Ganga water are usually put in the mouth of a dying individual to secure spiritual emancipation (moksha).

***Tulsi* in Other Cultures and Global Contexts:** While firmly rooted in Indian practice, *Tulsi* has also entered Southeast Asian customs, and in Thai cooking it is called kraphrao. In the West, it is commonly named "Holy Basil" and is becoming popular as a herbal tea, adaptogen, and anxiety reducer in the wellness community. As Ayurveda becomes international, *Tulsi* is being accepted for both spiritual symbolism and for its pharmacologic potential.

Pharmacological and Medicinal Research on *Ocimum tenuiflorum*

For centuries, *Ocimum tenuiflorum* L., also known as *Tulsi* or Holy Basil, has been a vital component of traditional medical systems, especially Ayurveda, Siddha, and Unani.

Its varied pharmacological profile has attracted a lot of scientific attention in recent decades. An extensive discussion of its therapeutic potential, backed by recent research, is given in this section.

Properties of Antioxidants: *Tulsi*'s high phytochemical content, which includes eugenol, rosmarinic acid, apigenin, and luteolin, is largely responsible for its potent antioxidant qualities.

These compounds play a crucial role in neutralizing reactive oxygen species (ROS), thereby reducing oxidative stress that contributes to chronic diseases such as atherosclerosis, diabetes, and neurodegeneration.

Methanolic extracts of O. tenuiflorum were found to dramatically increase the activity of antioxidant enzymes such as glutathione peroxidase (GPx), catalase, and superoxide dismutase (SOD) in hypercholesterolemic rats in a study by Suanarunsawat et al. (2006).

Tulsi's ability to shield rat liver mitochondria from lipid peroxidation was shown in another experiment by Chattopadhyay (2003).

Antiviral and Antimicrobial Action: Numerous gram-positive and gram-negative bacteria, fungi, and even viruses have been shown to be susceptible to the antimicrobial effects of O. tenuiflorum essential oils and extracts. Compounds like carvacrol, ursolic acid, and eugenol are mostly responsible for the antimicrobial activity.

A study by Prakash and Gupta (2005) found that aqueous extracts had inhibitory effects on Candida albicans, Staphylococcus aureus, Klebsiella pneumoniae, and Escherichia coli.

Vasudevan et al. (1997) also investigated the antiviral potential of *Tulsi*, finding that its extracts demonstrated promise against the H1N1 influenza strain and inhibited the replication of the herpes simplex virus (HSV-1).

Hypoglycemic and Antidiabetic Impacts: *Tulsi* has demonstrated promise in raising peripheral glucose utilization, lowering blood glucose levels, and boosting insulin secretion.

These effects are facilitated by *Tulsi*'s flavonoids and triterpenoids. In a clinical study by Agrawal et al. (1996), 40 patients with type 2 diabetes received *Tulsi* leaf powder for four weeks.

The findings showed that both postprandial and fasting blood glucose levels had significantly decreased. These results were corroborated in animal models by another study conducted by Rai et al. (1997).

Analgesic and Anti-Inflammatory Properties: Compounds like ursolic acid, β-caryophyllene, and eugenol are associated with *Tulsi*'s anti-inflammatory qualities. These substances alter pathways like cytokine regulation and COX-2 inhibition.

Similar to conventional NSAIDs, Singh and Majumdar (1995) showed that *Tulsi* could lessen paw edema in rats caused by carrageenan. The tail-flick and hot-plate models also showed the analgesic effect.

Antistress and Adaptogenic Properties: Herbs known as adaptogens aid the body's ability to deal with stress. Because of its impact on the immune and neuroendocrine systems, *Tulsi* has been categorized as an adaptogen. *Tulsi* extract decreased stress, anxiety, and sleep disturbances in healthy volunteers in a randomized double-blind study by Bhattacharyya et al. (2008). Compounds like ocimumosides A and B, which balance neurotransmitters like dopamine and serotonin and lower corticosterone levels, are thought to be responsible for its adaptogenic activity.

Impact on Immunomodulation: By boosting humoral and cell-mediated immunity, *Tulsi* regulates the immune response. *Tulsi* raises antibody titers and stimulates macrophage activity in mouse models, according to studies by Mediratta et al. (2002).

Hepatoprotective and Cardioprotective Actions: *Tulsi*'s lipid-lowering and antioxidant qualities are linked to its cardioprotective benefits. *Tulsi* leaf extract dramatically lowered serum cholesterol and triglycerides in hyperlipidemic rats, according to a study by Gholap and Kar (2004).

Flavonoids and polyphenols are thought to protect the liver by stabilizing cell membranes and preventing oxidative damage.

Potential Anticancer Effects: *Tulsi* has demonstrated anti-proliferative effects in vitro against a variety of cancer cell lines, albeit this research is still in its early phases. Ursolic acid and apigenin are two examples of compounds that can suppress metastasis, inhibit angiogenesis, and cause apoptosis. According to a study by Manikandan et al. (2007), *Tulsi* extract caused cell cycle arrest and reduced the viability of human lung carcinoma cells (A549).

Table 3: Medicinal Properties of *Ocimum tenuiflorum*

Property	Active Compounds	Clinical/Scientific Effect
Antioxidant	Eugenol, Rosmarinic acid, Apigenin	Scavenges free radicals, prevents oxidative damage
Antimicrobial	Eugenol, Ursolic acid	Inhibits bacteria, fungi, and viruses
Antidiabetic	Flavonoids, Ursolic acid	Lowers blood sugar and improves insulin sensitivity
Anti-inflammatory	Ursolic acid, Caryophyllene	Reduces inflammation and pain
Adaptogenic	Eugenol, Ocimumosides A & B	Relieves stress, anxiety, and fatigue
Immunomodulatory	Various polyphenols	Enhances immunity and antibody response
Cardioprotective	Eugenol, Beta-sitosterol	Protects heart, lowers cholesterol
Hepatoprotective	Linalool, Flavonoids	Prevents liver damage from drugs and toxins
Anti-cancer (potential)	Apigenin, Ursolic acid	Induces apoptosis in cancer cells (early-stage research)

Conclusion

Ocimum tenuiflorum (*Tulsi*) stands as a remarkable plant that bridges ancient wisdom with modern scientific research. Revered for centuries in traditional Indian medicine and deeply embedded in cultural and spiritual practices, *Tulsi* continues to be an object of rigorous scientific inquiry.

This review has highlighted its diverse significance—ranging from its rich phytochemical composition and bioactive compounds to its profound medicinal, agricultural, environmental, and cultural relevance. Modern pharmacological studies have validated many of its traditional uses, confirming *Tulsi*'s roles as an antioxidant, antimicrobial, antidiabetic, anti-inflammatory, and adaptogenic agent.

Compounds such as eugenol, ursolic acid, rosmarinic acid, and luteolin have been identified as key constituents responsible for these bioactivities. Furthermore, *Tulsi* contributes significantly to sustainable agriculture due to its insect-repelling properties and its role in soil restoration. It also serves ecological functions such as air purification and pollinator support.

Culturally, *Tulsi* remains central to rituals, health traditions, and daily life across Indian households—symbolizing purity, protection, and health.

In combining traditional knowledge with modern research, this paper reaffirms *Ocimum tenuiflorum*'s multifaceted importance and its promising potential for future applications in medicine, agriculture, and environmental management.

Continued interdisciplinary research is essential to explore unexplored bioactive molecules, develop clinically validated therapeutic products, and integrate *Tulsi* more extensively into sustainable and culturally aware healthcare systems.

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