



Original Artwork by Riana Martinez

Tulsi - Herbal Monograph

Botanical Name

Ocimum tenuiflorum (syn. *Ocimum sanctum*), *Ocimum gratissimum*

Common Names

Tulsi, Holy Basil, Tulasi, Sacred Basil

Plant Family

Lamiaceae

Ally Summary

Tulsi is a sacred ally for resilience, devotion, and steady vitality. Both uplifting and grounding, it supports the nervous system while opening the heart, helping move stagnant energy and restore clarity during periods of stress, transition, or depletion. Long honored as a daily companion plant, tulsi teaches consistency, reverence, and quiet strength through ritual and relationship.

Physical Description

Tulsi is a shrubby, aromatic plant growing up to 3 feet tall. Leaves may be green or purple and grow in opposite pairs along slightly hairy stems. Small white to purple flowers bloom in dense racemes beginning in midsummer and are highly attractive to bees.

Growing & Harvesting

Tulsi prefers rich, moist soil with good drainage and full sun to partial shade. It grows as a perennial in warm climates and an annual in more temperate regions. Harvest leaves and flowering tops from midsummer through fall, ideally before full flowering for peak potency.

Native To

South Asia

Sustainability

No known sustainability concerns. (2026)

Parts Used

Leaves and flowering tops

Energetics

Primarily warming, with both warming and cooling qualities. Opening, stimulating, and balancing, tulsi moves stagnation while gently clearing excess heat from deeper tissues.

Actions

Adaptogen, alterative, nervine, anxiolytic, antidepressant, immunomodulating, antioxidant, antimicrobial, antiviral, antifungal, antispasmodic, carminative, expectorant, decongestant, stimulant, tonic, emmenagogue, galactagogue, radioprotective

Taste

Pungent, aromatic, bitter, slightly sweet, astringent, warming (I find almost like a hint of cinnamon)

Medicinal Uses

Tulsi is used to support stress resilience, nervous system balance, and emotional steadiness. It is a cornerstone herb for respiratory infections, congestion, asthma, and seasonal allergies due to its antiviral, antibacterial, expectorant, and diaphoretic actions. Tulsi supports digestion, metabolic balance, and healthy blood sugar levels, aids liver detoxification, and offers antioxidant

and protective benefits. It is also used for situational depression, anxiety, poor focus, and burnout patterns.

Preparations & Blending Notes

Commonly prepared as tea, tincture, glycerite, oxymel, infused vinegar, infused oil, or poultice. Blends well with rose, lemon balm, ginger, cinnamon, ashwagandha, cardamom, and other adaptogenic or nervine herbs.

Safety & Contraindications

Avoid use during pregnancy or if trying to conceive due to potential antifertility effects. Use caution with blood-thinning or blood-sugar-lowering medications, as tulsi may enhance these effects. May increase elimination of certain medications.

Dosage

Tea: 1 teaspoon dried leaf per cup of boiling water, up to 3 cups daily

Tincture: 40-60 drops (1:5 or 1:2), 3 times daily

Notable History & Folklore

Tulsi is revered in Hindu tradition and associated with Vishnu and the goddess Lakshmi or Vrindavani.

Commonly grown in household courtyards, it is used in daily prayer, ritual offerings, and household medicine. The Sanskrit name tulasi translates to "that which is incomparable," reflecting its sacred cultural role.

Magickal Properties & Uses

Associated with protection, purification, devotion, and heart-centered resilience. Used in ritual teas, altar offerings, cleansing blends, and devotional practices to strengthen spiritual resolve, attract blessings, and abundance.

Zodiac / Planets

Associated with Jupiter and the Sun

Chakras

Heart, Throat

Tips & Ideas

Drink tulsi tea daily during stressful seasons, transitions, or recovery periods. Use as a ritual morning tea to anchor intention and consistency. Add rose petals with tulsi in any practice or tea for amplification during heart-centering work or for emotional support, heart-mending.

Recipe

Warming Tulsi Elixir

Use as a calming ritual tea for stress resilience, mindset grounding, and heart opening.

Ingredients

- 2 teaspoons dried tulsi leaf (or 1 tablespoon fresh)
- 1 cinnamon stick
- 1 slice fresh ginger
- 3 cloves
- 1 teaspoon honey, or to taste

Method

1. Simmer tulsi, cinnamon, ginger, and cloves in 2 cups water for 10 minutes.
2. Strain into a mug.
3. Stir in honey while warm.

Discount Code-Word

Say **“INCOMPARABLE”** at checkout for 20% off your in-store tulsi purchase during January 2026 only, while supplies last.

References

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