

Use of tulsi in oral and systemic diseases- A short review

Shaik Ali Hassan^{1*}, Sumit Bhateja², Geetika Arora³

¹Dental Surgeon, ²HOD, ³Reader, ¹Dept. of Oral Medicine, ³Dept. of Public Health Dentistry, ^{1,2}Manav Rachna Dental College, Faridabad, Haryana, ³Inderprastha Dental College & Hospital, Ghaziabad, Uttar Pradesh, India

***Corresponding Author: Shaik Ali Hassan**

Email: alishaikhassan@gmail.com

Abstract

Nature has presented on us a rich organic riches and various sorts of plants develop in various pieces of world. The therapeutic plants are generally utilized by the conventional restorative professionals for relieving different maladies. In customary frameworks of medication, various pieces of *Ocimum sanctum* Linn have been suggested for the treatment of different disorders. In this article we will tell about the use of tulsi in systemic and oral diseases.

Keywords: Tulsi, Cox-2, Candidiasis, Oral submucous fibrosis.

Introduction

The name 'Tulsi in Sanskrit signifies 'the unique one'. The holy basil, *Ocimum sanctum* L. (otherwise called *Ocimum tenuiflorum*) Tulsi, is famous for its strict and otherworldly sacredness, just as for its significant job in the conventional Ayurvedic and Unani arrangement of comprehensive wellbeing and natural prescription of the East.¹ Although Tulsi is known as a general vitalizer and increments physical perseverance. The stem and leaves of blessed basil contain an assortment of constituents that may have organic movement.

Use of tulsi in systemic diseases

Antidiabetic

Ethanollic concentrate of *O. sanctum* L. altogether diminishes the blood glucose, glycosylated hemoglobin and urea with an attendant increment in glycogen, hemoglobin and protein in streptozotocin-instigated diabetic rodents.²

Wound recuperating movement

Ethanollic concentrate of leaves of *O. sanctum* L. builds the injury breaking quality, injury epithelialization process. The concentrate likewise altogether diminishes the counter mending exercises of dexamethasone in all twisted recuperating models.³ *Ocimum sanctum* L. might be helpful in the administration of unusual mending, for example, keloids and hypertropic scars.⁴

Radio-defensive impact

Uma Devi et al⁵ announced that two water-solvent flavonoids, Orientin (Ot) and Vicenin (Vc), disconnected from the leaves of *O. sanctum* L. give noteworthy security against radiation.

Cancer prevention agent

Watery concentrate of *O. sanctum* L. altogether builds the movement of hostile to oxidant chemicals, for example, superoxide dismutase and catalase level.⁶

Antimicrobial

Linoleic corrosive in *O. sanctum* L. fixed oil shows great antibacterial action against *Staphylococcus aureus*, *Bacillus pumius* and *Pseudomonas aeruginosa*.⁸ Geeta et al⁹ studied that the fluid concentrate of *O. sanctum* L show wide zones of restraint contrasted with alcoholic concentrate against *Klebsiella*, *E. coli*, *Proteus*, *S. aureus* and *Candida albicans* when contemplated by agar dispersion strategy.

Gastroprotective

Home grown readiness containing *O. Sanctum* L. has been recommended to abbreviate the course of sickness, clinical side effects and biochemical parameters in patients experiencing viral hepatitis. It is useful in improving hunger. The juice of crisp leaves is utilized to treat loose bowels, dyspepsia, ceaseless fever and hemorrhage.¹⁰

Inflammatory

Singh¹¹ in his investigation detailed that linoleic corrosive present in various sum in the fixed oil of various types of *O. sanctum* L. has the ability to square both the cyclooxygenase and lipoxygenase pathways of arachidonate digestion and could be answerable for the calming movement.

Eye issue

The leaf juice of *O. sanctum* L. alongside triphala is utilized in Ayurvedic drop readiness. It is utilized for glaucoma, waterfall, ceaseless conjunctivitis.¹⁰

Renal issue

Juice of tulsi leaves alongside nectar, whenever taken normally for a half year removes the renal stone through urinary tarct.^{11,12}

Mental issue

Tulsi leaves are viewed as adaptogen (against stress). Considerable proof has aggregated that the herb's incredible general adaptogenic properties offer huge preventive and remedial potential concerning the pressure related degenerative ailments endemic to industrialized societies.¹³

Skin issue

Juice of tulsi leaves whenever applied locally is gainful in the treatment of ringworm and other skin diseases.¹⁴

Explicitly transmitted ailment

Concentrate of *O. sanctum* L. caused restraint of *Neisseria gonorrhoeae* clinical disconnects and WHO association strains. The movement is practically identical to penicillin and ciprofloxacin.¹⁵

Tulsi use in oral health

Toothache

Tulsi can go about as a COX-2 inhibitor like present day pain relieving due its noteworthy measure of eugenol.¹⁰

Periodontal issue

Powdered type of dried leaves of tulsi can be utilized for brushing teeth. It can likewise be blended in with

assembled oil to make a glue and utilized as toothpaste.¹⁴ It can be utilized as mouthwash to treat different periodontal disorders.¹⁵ Mouthwash containing tulsi can fill in as a decent option in contrast to patients who wish to stay away from liquor (for example Xerostomics), sugar (for example Diabetics), any fake additives and fake hues in their mouthrinses.

Anticariogenic impact

Streptococcus mutan (*S.mutan*) is considered as the fundamental guilty party microorganisms liable for dental caries. An in vitro investigation directed by Pooja et al have evaluated different convergence of tulsi extricate against *S.mutan* and presumed that creation of tulsi remove at 4% has a greatest antrimicrobial potential.¹⁶

Candidiasis

the counter parasitic action of fundamental oil of *Ocimum sanctum* and its two segments for example eugenol and linalool against *candida albicans* and *candida tropicalis* and reasoned that linalool is progressively viable against *candida*.

Oral submucous fibrosis

The dynamic alkaloids present in *Ocimum Sanctum* for example Phenolic corrosive, Flavanoides, Glycocides, Linolols, Eugenol, Cineol can be utilized as antiperspirant, energizer, astringent, oedema reliever, pain relieving and haemostatic operator for the treatment of oral sub mucous fibrosis. Srivastva An et al¹⁷ have announced in their examination that a glue of 1gm tulsi powder and 1gm of turmeric powder in a glycerine whenever applied locally for 3-4 times each day can essentially expand mouth opening and diminish consuming sensation.

Ulcer

Tulsi have hostile to ulcerogenic just as ulcer mending properties because of its capacity to diminish corrosive emission and increment mucous discharge. The fixed oil of tulsi was found to have critical enemy of ulcer action against medicate instigated just as pressure prompted ulceration in test models.¹⁸

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Conflict of Interest

None.

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