QUICK REFERENCE SHEET

HOLY BASIL

Ocimum sanctum

Plant Family: Lamiaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Flowering Tops

Region of Origin:

India

AFFINITY FOR:

liver, central nervous system, circulatory system, skin, respiratory system, digestive system

THERAPEUTIC PROPERTIES:

anti-bacterial, insecticidal, immune stimulant, anti-inflammatory

AROMATIC CONSIDERATIONS:

Holy Basil has a distinct, fresh, herbaceous aroma with both Cinnamon and Clove-like accents. It is high in eugenol, the phytochemical that gives both Clove and Cinnamon oils their distinctive notes. Diffused, Holy Basil adds a preventative quality to the environment. The scent of Holy Basil is said to deter insects when diffused.

APPLICATION:

Holy Basil should be very well diluted with carrier oil for topical application. It can be applied to areas of concern as well as the soles of the feet. Holy Basil, very well diluted, can be used for skin health and to enhance the complexion.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

In Ayurvedic medicine, Holy Basil is considered a purifier of the mind, body and spirit. Holy Basil can be used for anxiety, hysteria and nervous depression. In can act as a stress reducer without being a sedative. Some sources indicate that Holy Basil, like other Basils, will enhance clarity of thought and aid memory retention.

PHYSICAL ASPECTS:

Holy Basil has been reported to possess anti-bacterial and insecticidal properties. Applied diluted to the skin, it aids in circulation. Some sources indicate that Holy Basil can be useful in relieving the pain of peripheral neuropathy, arthritis and other joint diseases. Holy Basil is also used for the relief of headaches and sore throats.

Holy Basil also contains ursolic acid, a compound that has been shown to provide some protection to liver enzymes that deal with the breakdown of fats in our diet. Blood levels of cholesterol have been reported to decrease after using Holy Basil.

GENERAL INFORMATION:

Holy Basil blends well with Lavender, Clary Sage, Thyme, Cedarwood, Geranium, Orange, and Rosemary.

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