Holy Basil

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 an 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. Calms muscle spasms from injury or fatigue and alleviates coughs. A good oil to diffuse. If applying tropically, be sure to dilute well.

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