

## *OCIMUM SANCTUM* – TULSI



*Ocimum sanctum* or **Tulsi** is one of the **pearls of Ayurveda**. Tulsi is one of the most effective **adaptogens**, and even modern sciences are focusing more attention on this **queen of the medicinal plants**. Tulsi strengthens the body's natural ability **to adapt to changing stress situations**, and so **harmonizes the inner and outer world**.

Tulsi has the most unusual ability to **prevent and treat illnesses caused by stress and civilization**, such as cancer, heart disease, arthritis, diabetes and neurological afflictions. For these reasons Tulsi is a **beacon of hope for modern medicine**. In Ayurveda Tulsi is known as the “elixir of life”, “**the mother medicine of nature**”, and “incomparable queen of the herbs”. Tulsi holds a special place in the 5000 year old ayurvedic scriptures of the Rig Veda and has been a consistent component in **innumerable ayurvedic recipes to awaken life forces, to strengthen, to vitalize, and to protect**.

Botanically there are three varieties of Tulsi: “Ram Tulsi”, “**Krishna Tulsi**”, and “VanaTulsi”. The purple colored “**Krishna Tulsi**” is the most sought after among the three.

Tulsi is also said to remove negative energy from rooms, and in Nepal it is said that it **keeps away** evil spirits, when Tulsi grows somewhere. Devout Nepali women and farmers grow Tulsi in their front gardens and **pray to them every morning** as the embodiment of goddesses such as **Lakshmi**, Radha, and Sita. In Vedic texts Krishna himself recommends **eating a Tulsi leaf daily** to attain immortality.



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Traditionally Tulsi is taken as a cold or warm tea brewed from the dried or fresh leaves, as well as the fresh juice, alcoholic tinctures and butter (ghee) preparations. Even beaded necklaces made from the roots are worn for protection.

**The “mother medicine of nature – Tulsi” has certainly a stake in the future.**

## PRODUCTION

Since 2005 **Holy Basil (Tulsi)** has been successfully cultivated on the “Land of the Medicine Buddha”, OneWorld’s own Demeter herb farm in Nepal.

The noble “Krishna Tulsi” has been cultivated using bio-dynamic farming methods inspected and certified by IMO Switzerland and Demeter International, and thusly carries the **Organic and Demeter logos**.

Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties.

The best plant parts are selected and added to noble tea mixtures by **OneWorldalc Nepal**.

OneWorld is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**).

We are happy to be able to offer you Demeter Tulsi of the highest quality as true a **LOHAS** product.

## OUR PRODUCTS CONTAINING TULSI

Tulsi or Holy Basil is a **central ingredient** in our ayurvedic Demeter herbal teas and it can be found in most of our teas:

„**Spirit of Yoga**“; „**Frisch&Froh Tee**“; „**Drei Ayurvedischen Juwelen**“; „**Ayurveda Power**“; „**Wohlig Warm**“ in combination with Triphala in „**Klar & Wach**“ and „**Lamas Kraftquelle**“.

Pure Tulsi may also be purchased upon request.