PERFECT HERBS

Herb Monograph Latin Name: Ocimum sanctum - Vana

Common Name: Vana Holy Basil, Tulsi

Primary Action	adaptogen
Secondary Actions	anti-inflammatory, antimicrobial, cardioprotective, immune modulator
System Affinities	nervous system, mucous membranes, immune system
Conditions Treated	anxiety, bronchitis, infection, rheumatic disease, headaches
Constituents	terpenes, euganol, phenylpropanoids
Tincture Daily Dose	6 mL to 15 mL
Tea Daily Dose	6 g to 12 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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