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Review on *Ocimum Sanctum* (Tulsi) to Trace Its Medicinal Values and Health Benefits

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Since the dawn of the Human civilization to modern days, herbs have known to be used to as medicines for curing different common diseases. In the traditional medicine, different parts of plants (leaves, stem, roots, flower and seeds) are known to produce different blends of medicinal products. Among those plants, *Ocimum sanctum* Linn (commonly known as Heen Maduruthala/ Thulsi / holy basil) is one of the worshipful herbs in India. The objective of this paper is to review scientific investigations carried out for Thulsi in order to identify the research gap while tracing its medicinal values for common health problems in human. Results of scientific studies have been compiled on many properties of the plant such as antibacterial, antioxidant, antiulceric, antimalarial, anti-inflammatory, antilipiemic, anticancer, purification properties, analgesic, anti-asthmatic, anti-emetic, diaphoretic, anti-diabetic, anti-fertility, hepatoprotective, hypotensive, hypolipidemic, etc. The prominent property, which took the first rank based on number of research citations, is the antimicrobial activity. Water purification potential of the plant is yet to be further researched, which would be a timely concern to purify drinking water through a natural process. Finally, the methods of preparations for regular consumption of Tulsi to combat many common health problems have been reported.

Keywords: *Ocimum sanctum*, Heen Maduruthala, Thulsi, Health benefits