

Rama Tulsi

Rama Tulsi, also known as green or Shri Tulsi, is one of the most popular and sacred herbs in Ayurveda. This medicinal plant is highly valued for its medicinal properties and is used to treat a variety of ailments. Growing Rama Tulsi in an Indian Kitchen garden is quite easy and requires minimal effort.

Characteristics	Description
Name	Rama Tulsi
Scientific name	Ocimum tenuiflorum
Leaf colour	Green
Height	Up to 1 meter
Parts used	Leaves, seeds, and roots for medicinal purposes

Description of the Plant

Rama Tulsi is a perennial herb that is native to India and Southeast Asia. The plant has a pleasant fragrance, and its leaves are slightly larger than other varieties of Tulsi. The leaves of Rama Tulsi are a bright green color, and they have a smooth texture. The plant can grow up to 75cm in height and produces small white or pink flowers.

Medicinal Properties in a List

Rama Tulsi has numerous medicinal properties, making it a popular herb in Ayurvedic medicine. Here are some of the medicinal properties of Rama Tulsi:

- Anti-inflammatory properties
- Antioxidant properties

- Antibacterial and antiviral properties
- Respiratory health benefits
- Digestive health benefits
- Stress and anxiety relief
- Cardiovascular health benefits
- Immunomodulatory effects

Soil and Water Conditions for the Best Growth

Rama Tulsi can grow in a wide range of soils, but it grows best in well-drained soil that is rich in organic matter. The ideal pH range for growing Rama Tulsi is between 6.0 and 7.5. The plant prefers full sunlight, but it can also grow in partial shade. Watering Rama Tulsi once or twice a week is enough, but it is crucial to ensure that the soil is not waterlogged. Overwatering can lead to root rot, which can kill the plant.

Conclusion

Growing Rama Tulsi in an Indian Kitchen garden can be a fulfilling and rewarding experience. This medicinal plant is easy to grow and requires minimal maintenance, making it an ideal plant for beginners. With its numerous health benefits and ease of cultivation, Rama Tulsi is a must-have plant in every Indian Kitchen garden.