NATURAL HEALTH PRODUCT

HOLY BASIL – *OCIMUM TENUIFLORUM* – SEED

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

**Notes**
- Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

**Date**
March 22, 2013

**Proper name(s)**

*Ocimum tenuiflorum* L. (Lamiaceae) (USDA 2007; McGuffin et al. 2000)

**Common name(s)**

- Holy basil (USDA 2007; McGuffin et al. 2000)
- Sacred basil (USDA 2007; McGuffin et al. 2000)
- Tulasi (McGuffin et al. 2000; API 1999)
- Tulsi (USDA 2007; McGuffin et al. 2000; API 1999)

**Source material(s)**

seed (API 1999)

**Route(s) of administration**

oral

**Dosage form(s)**
The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.

This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

**Use(s) or Purpose(s)** Statement(s) to the effect of

- Traditionally used in Ayurveda (as a demulcent) to help relieve cough (Kasa) (Mishra 2004; Kapoor 2001; API 1999).

- Traditionally used in Ayurveda as a cardiotonic (Hrdya) (API 1999).

- Traditionally used in Ayurveda to aid digestion (Dipani) (API 1999).

**Dose(s)** Statement(s) to the effect of

Sub-population(s)

adults (≥ 19 years)

Quantity(ies)

1-2 g powdered dry seed, per day (Williamson 2002; Kapoor 2001; API 1999).

**Duration of use** Statement(s) to the effect of

No statement required.

**Risk information** Statement(s) to the effect of

**Caution(s) and warning(s)**

All products:

- If you are pregnant or breastfeeding, consult a health care practitioner prior to use.

- If you have a cardiovascular condition, or are taking any heart or blood pressure medication, consult a health care practitioner prior to use (Rai et al. 1997; Agrawal et al. 1996).

Relief of cough and digestion:
If symptoms persist or worsen, consult a health care practitioner.

**Contraindication(s)**
No statement required.

**Known adverse reaction(s)**

No statement required.

**Non-medicinal ingredients**

Must be chosen from the current NHPD *Natural Health Products Ingredients Database* (NHPID) and must meet the limitations outlined in the database.

**Specifications**

- The finished product specifications must be established in accordance with the requirements described in the NHPD *Quality of Natural Health Products Guide*.
- The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

**References cited**


References reviewed


Bradley P. British Herbal Compendium – A handbook of scientific information on widely used plant drugs. (Volume 2) Bournemouth (GB): British Herbal Medicine Association; 2006.


