



## Holy Basil - Traditional Treatment Of Stomatitis

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**Abstract:**

*Traditionally tulsi (Ocimum sanctum) is planted in the center of central courtyard of house. It is sacred plants for Hindu and is worshipped as the avatar of goddess. Numbers of ancient stories are associated with origin of tulsi. Two common varieties are rama tulsi and shayma/ Krishna tulsi. In most of Indian culture tulsi is used to cure various diseases. It is important ingredient of ayurvedic medicine. This paper shows medicinal value of tulsi in the treatment of stomatitis.*

**KEYWORDS:**

Hygiene, Oral ulcer,

**INTRODUCTION:**

The mouth harbors a population of commensals microorganism controlled by reasonable standard of oral hygiene, if this neglected than stomatitis can results. Number of traditional or home made remedies are in used since back . Holy basil (tulsi) is one of them. Tulsi is an aromatic plant of family Lamiaceae. Two morphological types are cultivated -green large leaves (sri lakshmi/rama tlsi) and purple dark leaved (Krishna tulsi). Tulsi is commonly used in ayurveda for its medicinal values .

**THE PLANT**

Tulsi (Ocimum sanctum) is an aromatic plant of family Lamiaceae .Two morphological types are cultivated – the green leafed tulsi (sri lakshmi/rama tulsi) and purple dark leafed (Krishna tulsi) . It is sacred plants for Hindus and is worshipped by Hindus as the avatar of goddess. Traditionally tulsi is planted in center of central courtyard of house .This plant also has religious aspects. Their leaves (leef) are offer in puja and than used as prasad. Tulsi is commonly used in ayurveda. The leaves have nerve tonic and also sharpens memory. It promotes removal of phlegm from bronchial tube. It passes antipyretic, anti-inflammatory and immuno-modulatory potential. Tulsi is house hold remedies of allergies , cough, stomatitis and warms infestation. It shows analgesic and ulcer healing properties. Indirectly it provides fibers which are important dietary supplements. A recent research shows it has blood sugar and lipid lowering potential and can be used as adjunct in management of diabetes and obesity.

**METHODS**

This is observational study conducted in persons seek diet advice concurrent having oral pathology such as oral thrush, ulcer, buccal redness and gum swelling/bleeding etc. Patient of both sexes aged between 20 to 50 years were selected. Those were advised to chew at least 20 to 30 fresh, soft leaves of

tulsi in the morning and kept inside as long as possible. The therapy was advised at least for a week or longer. They were also advised about oral hygiene and appropriate diet as per need. Follow-up was done after week to know about improvement, if any.

#### **RESULTS**

Total 50 persons were observed. Significant improvement were noted in 2/3rd of subjects after first follow up, i.e after one week and in rest after next visit. On average 4 subjects of oral ulcer and bleeding gum were not improved, however there symptoms decline.

#### **DISSCUSSION**

In recent years, incidence of oral pathology has increased in India. Poor oral hygiene, chemical reactions (toothpaste, dentures) and drugs (hypersensitivity) are important reasons behind oral diseases. Habit of eating junked food, preservative, canned food; soft drinks are other common factors. Now a day's tobacco, gutakha, bettle-nut, mouth freshener and related products can aggravate oral pathology.

Traditional method of treatment is old dated concept practices in several communities. Plant products both fresh and dry are used in various capacities. Fruits, seeds leaves, barks etc are commonly used. Tulsi is common and religious herb planted in most of the Indian houses.

#### **CONCLUSION**

Chewing of tulsi leaves is usual religios components. Its regular use can fight oral pathology and helps in various oral conditions. Such conventional and non expensive remedies should be promoted.