



IJCRR

Vol 04 issue 23

Section: Healthcare

Category: Review

Received on: 10/09/12

Revised on: 02/10/12

Accepted on: 19/10/12

PHYTOCHEMICAL AND PHARMACOLOGICAL STUDIES ON *OCIMUM BASILICUM* LINN - A REVIEW

Alia Bilal¹, Nasreen Jahan¹, Ajj Ahmad¹, Saima Naaz Bilal², Shahida Habib³, Syeda Hajra⁴

¹Dept of Ilmul Advia (Pharmacology), National Institute of Unani Medicine, Bangalore, India

²Dept of Obstetrics and Gyneacology, M.I.J. Tibbiya College, Mumbai, India

³Dept of Obstetrics and Gyneacology, Kashmir Tibbiya College, Srinagar, India

⁴Dept of Obstetrics and Gyneacology, Govt. Nizamia Tibbi college, Charminar, Hyderabad

E-mail of Corresponding Author: aliabilal03@gmail.com

ABSTRACT

Plants are one of the most important sources of medicines. Basil (*Ocimum basilicum* Linn.) is one such plant which symbolizes all that is wondrous in nature because, the whole plant has been used as traditional medicine for household remedy against various human ailments from antiquity. The objective of this paper is to review the literature regarding *Ocimum basilicum*, specifically for its chemical properties, therapeutic benefits and scientific studies. This review consists of all publications relevant to *Ocimum basilicum* that were identified by the authors through a systemic search of major computerized medical database. Studies indicate *Ocimum basilicum* to possess analgesic, anti inflammatory, antimicrobial, antioxidant, anti ulcerogenic, cardiac stimulant, chemomodulatory, CNS depressant, hepatoprotective, hypoglycemic, hypolipidemic, immunomodulator and larvicidal activities. The drug was also searched for its folkloric claims. It is used in traditional medicine as a tonic and vermifuge, and Basil tea taken hot is good for treating nausea, flatulence, and dysentery. The oil of the plant has been found to be beneficial for the alleviation of mental fatigue, cold, spasm, rhinitis, and as a first aid treatment for wasp stings and snakebites.

Preliminary studies have found various constituents of *Ocimum basilicum* to exhibit a variety of therapeutic effects. These results are very encouraging and indicate that this drug should be studied more extensively to confirm these results and to find other potential therapeutic effects.

Keywords: Basil; Pharmacological studies; Phytochemical studies; Ethnobotanical reports.

INTRODUCTION

The medicinal plants are rich in secondary metabolites and essential oils of therapeutic importance. The important advantages claimed for therapeutic uses of medicinal plants in various ailments are their safety besides being economical, effective and their easy availability. Because of these advantages the medicinal plants have been widely used by the traditional medical practitioners in their day to day practice. Among the plants known for medicinal value, the plants of genus *Ocimum* are rich in phenolic compounds and are very useful for their therapeutic

potentials.¹ *Ocimum basilicum* Linn. popularly known as "Sweet basil" is used in both Unani and Ayurvedic system of medicine². Moreover, among more than 150 species of the genus *Ocimum*, Basil is the major essential oil crop which is cultivated commercially in many countries³ It is a popular herb, valued for its rich and spicy, mildly peppery flavour with a trace of mint and clove and has been used widely as a food ingredient for flavouring confectionary, baked foods and meat products.⁴ It is used both as a culinary and an ornamental herb.⁵