







30ml.

Root

AYURVEDIC

















Respiratory Health







Digestive Health – Tulsi is believed to aid digestion and help alleviate digestive discomfort. It may also have carminative properties that help reduce gas and bloating.



Cardiovascular Health – Some studies suggest that tulsi may help support cardiovascular health by promoting healthy blood pressure and lipid levels.

Blood Sugar Controls - There is some evidence to suggest that tulsi may help regulate blood sugar levels and support individuals with diabetes.



Skin Health - Topical application of tulsi drops or extracts is believed to have benefits for skin health, including potential antibacterial and anti-inflammatory effects.







Shyam Tulsi (Purple or Krishna Tulsi): Contains anthocyanins, giving it a purple color. May have antioxidant and anti-inflammatory properties. Traditionally used in Ayurveda for respiratory health and to support the immune system.

Shukla Tulsi (White or Rama Tulsi): Often considered the most revered variety. Believed to promote purity and holiness. May have similar benefits to other tulsi varieties, including stress reduction and immune support.

Ram Tulsi: Often referred to as a mild version of Shukla Tulsi. May have similar benefits to other tulsi varieties, including potential

Kali Van Tulsi:

Grows in the wild and is known for its strong aroma. May have antimicrobial and anti-inflammatory properties. Used in traditional medicine for various health issues.

Safed (White) Tulsi: Also known as Kapoor Tulsi. Contains compounds like camphor, which contribute to its distinctive aroma. May be used for its potential soothing and aromatic properties.























Who can use it?

















KETO DIET





Hot to use it? 4-5 drops with water / tea / milk

4-5 drops with water / ted / milk
2-3 times a day regularly
or use as directed by physician.







