

**B A S I L**  
**THERAUPIC AND MEDICINAL USES OF BASIL PLANT**  
**(Known as TULSI in India)**

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**ORIGINAL SCIENTIFIC INVESTIGATION**  
**AND TRANSLATION FROM OLD INDIAN MANUSCRIPTS BY**  
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**Prehistoric origin of Basil:**

The **P L A N T B A S I L**, in Latin "Osimum basilicum", was already said to be known in India in the Palaeolithic age (approximately 45-30th century BC). But its use as a powerful (but innocuous) medicine has been definitely proved, latest, in the Neolithic age (years 2900-600 BC, around those parts) by stratigraphy and other even more sophisticated tests (e.g. Carbon-14 etc.)

The strange thing is that right up to this day, it is used as a potent cure-all, capable of curing diseases with completely opposite symptoms such as diarrhoea and constipation or high and low blood pressures.

So much so that even today the plant basil is a religiously sacred object and prayers are offered to it and its correct name in Hindustani (most used of India's major languages) and various other dialects is "Tulsi Mata" which translates into English as "Mother Basil"!

**Why "Mother Basil"?:**

Since the prehistoric times and right up to today, the mother's milk has also been considered a powerful medicine. Children 2,3 and even 5 years old, suffering from diseases, sometimes even serious ones such as malaria, typhoid, smallpox and tuberculosis have been put on a strict diet consisting of only the mother's milk. In case the child's mother is even mildly indisposed, a wet nurse should be found.

And since basil has many of curing powers of a mother's milk, it was given the honorific title of "Mother" and the name Tulsi Mata or Mother Basil has stuck and become ever more popular.

On the other hand basil is very easy to plant and care for. The seeds or plants are available in any seed shop or nursery, and are planted and cared for as per instructions.

**Description of Basil Plant:**

Annual labiada plant, it grows to a height of about 30 inches (75 cms.) and is a very leafy plant. Its leaves are pleasantly perfumed but not so its flowers, which are inconsequential as they are neither attractive, pleasant nor do they have any curative or indeed even seasoning qualities of its leaves.

**Basil in Spain and other countries:**

It is said to have been brought to Spain by Abd-ul-Rahman, scion of Caliphs of Damascus, who took refuge in Al-Andalus (in Spain) in the year 758 AD, and eventually had himself proclaimed Emir of Cordoba and started the construction of the Grand Mosque of Cordoba. The Grand Mosque exists up to today, though as a church, or rather as a "Basilica", (for "basilica" see next page).

Its (the plant basil's) Spanish name "Albahaca" is a derivation from Arabic "Al-habaqa", which according to statements of Arab linguists to this investigator, could have meant "put everything right" or by extension "cure-all" in the Arabic language of 8th century AD!

Apart from English it is also known as Basil in German, French and many other major European languages. The original Latin osimum basilicum is a derivation from Greek "basilikos" (pertaining to the king or royal), as it is believed that the Greeks called all the places surrounded by perfumed basil plants as basilikos or royal. It is possible that it was the other way round and that all the royal lands were surrounded by -- yes, osimum basilicum!

Catholic botanists/archaeologists have affirmed to this investigator, that the Holy Sepulcher (the cave where Jesus Christ was buried, and from whence he resurrected) was surrounded by basil plantations.

Other Biblical scholars have assured this compiler that the word "Basilica", used nowadays to denominate important churches when so authorised by the Pope, has its origin in enormous halls or naves which existed already in the 2nd century BC and which served as combined market place, court house, meeting place and commodities exchange (a sort of a modern day shopping mall!) which were known as basilicas as they were surrounded by basil plantations or osimum basilicum!

In Greece right up to today women pay homage and pray to the basil. On St. Basil's day (14<sup>th</sup> June) they take branches of basil to their (Greek Orthodox) church where the priest splashes them with Holy Water. The women then take the wet basil branches

and hang them over their doors in the belief that these blessed basil branches drive away diseases and other evils from their homes.

The present translation has originated from old Indian manuscripts, some of them quite a few centuries old. Possibly the modern-day scourges like cancer, heart disease, diabetes, AIDS etc. were known even then albeit under different names and perhaps with somewhat different manifestations or symptoms. The fact remains that in thousands of villages all over India all these diseases are even today being prevented and cured with the help of "Tulsi Mata" or "Mother Basil", i.e. *Osimum basilicum*.

**PART II**  
**THE AMAZING AND INCREDIBLE NUMBER OF**  
**DISEASES WHICH MAY BE PREVENTED AND CURED WITH**  
**THE BASIL PLANT**

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**FEVERS:**

1) 50 grams of basil leaves together with 25 grams of whole black peppers should be powdered, and pellets the size of peas should be made from the paste thus obtained. Dry in the shade. The person suffering from fever should swallow two pills 3 times a day with a little water. These pills are beneficial for MOST TYPES OF FEVER caused by any disease e.g. flu, malaria, typhoid, etc.

2) 10 grams of basil leaves and 15 black whole papers are to be powdered and mixed to some fresh bee's honey. From this mixture 3 doses are made for the day. Taken during a few days (fresh doses being prepared everyday), ANY TYPE OF FEVER will disappear as if by magic.

3) 5-7 leaves of basil to be crushed and mixed with 4 crushed black peppers. The freshly obtained mixture to be taken every day for a few days. FEVER CAUSED BY MALARIA will disappear soon.

4) Mix well 250 c.c. of basil juice (obtained from leaves) with 500 c.c. of fresh natural bee's honey. Let stand for a week or more. (This mixture may be made in advance and left in refrigeration for whenever required). The person with a FEVER CAUSED BY FLU should be given doses of 30 to 60 drops.

NOTA BENE: the functions of powdering, crushing and mixing etc. should always be done using a pestle and mortar or a stone roller and board. It is advisable NOT to use electric mixers; grinders or juicers as the heat created by their electric motors may weaken the vitamin and mineral composition of the basil plant.

**ACHES AND PAINS OF THE STOMACH:**

5) 10 c.c. of basil leaf juice to be mixed to same quantity of ginger juice. Immediate relief is obtained from STOMACHACHE by taking this mixture.

6) Powdered basil seed should be mixed with fresh and recently milked cow's milk. (Goat and sheep milk is also very good and may therefore be used). Taking this mixture children's vomiting and nausea will soon disappear.

7) Mix 25 c.c. of basil juice and 15 powdered black peppers into a litre of freshly milked milk (Cow's, goat's or sheep's). On taking this milk, stomach pains caused by indigestion and also rheumatic stomach pains will soon disappear. May be sweetened with fresh honey.

8) Add 2 grams of good quality starch to 25 c.c. of basil juice. When taken, this mixture immediately drives out accumulated gas from the stomach, at the same time expelling retained excrements, which in turn eliminates all the pain and aches of the stomach.

9) If a person is suffering from worms in the stomach, he should be given 25 c.c. of basil juice mixed with 4 grams of marine salt. If this treatment is continued for 4 days, the worms will die and be eliminated in the excrement.

10) Children suffering from ASHTHMA should be given three doses daily of 6 c.c. of basil juice mixed with 25 c.c. of fresh milk (cow's, goat's or sheep's). Symptoms will disappear shortly. Try Art. 21.

11) Add 25 c.c. of ginger juice to equal quantity of basil juice. On taking this mixture for a day or two, all signs of diarrhoea disappear.

12) Crush together 7 gms. of basil leaves, 7 gms of cardemums and 10 gms. of whole black peppers. Add 125 gms of brown sugar (bee's honey is even better) and form small pellets size of a pea. One pill should be taken in the morning and another in the evening. Soon all symptoms of slow digestion or indigestion will disappear and the person taking them will develop a healthy appetite.

**FOR BOILS, WOUNDS, ECZEMA AND OTHER SKIN PROBLEMS:**

13) Mix equal quantities of basil juice and lemon juice and apply this solution to the parts affected by ECZEMA. In a few days all signs disappear no matter how obstinate the symptoms.

14) Make a plaster of crushed basil leaves and wheat flour. When applied to boils, cysts and skin lumps, these disappear. (Compiler's note: It is possible that in the old manuscripts, reference here included malignant cysts and nodules.)

15) Crush together 5 basil leaves and 5 mint leaves and mix them into a 100 c.c. of water (always use plain filtered water or non-gaseous, mineral water). If this mixture is taken regularly, all pains and aches of the body disappear.

16) Add basil juice to vinegared butter. If vinegared butter is unavailable, add apple vinegar to plain unsalted butter. When applied to swellings, weal's and other bruises, these disappear soon.

17) Dry in the shade basil roots and flowers and grind into a fine powder. When applied to wounds, these cure soon.

(N.B. This is of the few times that basil roots and flowers are specified. In other places and unless specifically mentioned, always leaves are meant; thus basil juice always means juice of basil leaves.) 18) Mix 125 c.c. of basil juice to an equal

amount rose extract oil. Simmer this mixture over a slow fire until it has thickened into a viscous mixture. Allow it to cool and put away in a bottle or similar container. When required plaster (poultices) may be made of this mixture and applied to various different types of wounds, boils (with or without puss), dried lips, eczema etc. These are soon cured.

**STINGS OF WASPS, BEES, SCORPIONS AND OTHER INSECTS:**

- 19) In case of lice, mites and other minute insects of hair, apply above-mentioned oil mixed with a neutral (unscented) soap or shampoo. With a few applications the lice will disappear.
- 20) In case of ear-ache, put a few drops of warm basil juice in the ear, repeat two or three times a day. Each time the pain will go on decreasing and in a day or two it will disappear.
- 21) In case of a SNAKEBITE (only mildly poisonous snakes) let the patient who has been bit chew 10-15 basil leaves. Also apply crushed basil roots on the bite itself. Soon they will turn black. Take them away and repeat until they do not turn dark, as this will show that there is no more poison left.
- N.B. It is always difficult to know how poisonous a snake is and therefore IN ALL CASES, a doctor should be immediately consulted.
- 22) Apply crushed basil leaves on PILES at night, before going to sleep. In the morning wash the anus with infusion of basil leaves (see below in 47). Soon the piles will go on drying.

#### **OTHER HEADACHES, EAR, NOSE, THROAT, MOUTH PAINS:**

- 23) For HEADACHE due to a head cold, apply to the forehead warmed solution of 12 grams crushed basil leaves and 12 c.c. fresh milk (goat's or sheep's). If on the other hand heat or sunstroke causes the headache, the mixture should be made from 12 gms. of basil leaves, 6 grams powdered sandalwood and a tablet of camphor. In either case the headache soon eases and then disappears.
- 24) In case of MOUTH SWELLING or THROATACHE due to TONSILITIS, gargle with infusion obtained by boiling half a litre of water with 10 grams of basil leaves.
- 25) For BLEEDING or PAINFULL GUMS apply crushed basil leaves with powdered alum. Afterwards gargle with infusion (see above 24). Soon the pain will wane and eventually disappear.

#### **TO CLEAR THE MIND AND SUNDRY FACIAL ACHES:**

- 26) Crush 5 basil leaves 7 almonds and 4 small cardamums. Take the mixture obtained with a little water. It is a wonderful elixir to clear the mind, especially if taken regularly over some time.
- 27) Dry basil leaves in the shade and once completely dry, grind them into a very fine powder. Sniff this powder into each nostril separately (in the manner of sniffing snuff). Repeated a number of times a day it is a sure cure for a HEAD COLD and the HEADACHE CAUSED BY IT.
- 28) Add basil juice to brown sugar or fresh bee's honey. This mixture is very good for DIZZINESS CAUSED BY STRONG HEAD COLD.
- 29) Add 5 grams of fresh, pure bee's honey to 25 c.c. of basil juice. Putting a few drops of this mixture (using an eyedropper) clears the MISTINESS IN THE EYE.
- 30) Mix 7 c.c. of basil juice to 7 c.c. of fresh bee's honey and 2 grams of alum. Cover and let stand for 4-7 days. Putting a few drops into the eyes two or three times a day, clears up FOGGINESS IN THE EYES and even LACK OF NIGHT VISION.
- 31) Make pellets with 15 c.c. of basil juice, 15 c.c. of lemon juice and 40 grams of wheat flour. Let this dry in the shade. In case of FORMATION OF SKIN SCALES IN THE EYES, dissolve these pills in a small quantity of rose water and put a few drops in the eyes.

#### **FOR VARIOS MALE AND FEMALE DISORDERS:**

- 32) Taking powdered basil SEED mixed with fresh milk (goat's or sheep's) reduces the EXCESSIVE OR PAINFULL MENSTRUAL FLOW and also eliminates the IRREGULARITY OF MENSTRUATION.
- 33) In case of pain of gynaecological origin (i.e. pain in the womb, ovaries etc.), apply externally in the pubic area, plaster (poultice) made from basil juice. Quick relief is obtained. (Art 24)
- 34) Also for this same type of pain, crushed basil leaves mixed with bee's honey and water should be taken.
- 35) On applying a poultice of crushed basil leaves on swollen nipples, the swelling soon recedes and the pain caused by the swelling also diminishes and soon disappears.
- 36) Two pills in the morning and two in the evening made from powdered basil seeds mixed with some quantity of fresh bee's honey, and taken over a long period helps a person to STAY YOUNG, and INCREASES THE SEXUAL DRIVE and VITALITY of a person.
- 37) 6 gms of crushed basil SEED mixed with fresh honey and white unsalted fresh butter taken on a regular basis also maintain a person strong and healthy. Also taken regularly it keeps away the colds, cough, headaches and other consequences of flu.
- 38) An infusion is made from 20 grams basil leaves boiled in 500 c.c. of water. This infusion is further kept simmering until it is reduced to approximately half (about 250 c.c.). Taking this freshly made infusion helps to keep away catarrh, cough, vomiting, body aches, and indigestion caused by COLD and INFLUENZA.
- 39) If a person FAINTS, a few drops of basil juice should be put into each nostril. Also the persons hands and feet should be massaged with basil juice.

#### **SPECIAL SYRUP FOR COUGH AND COLD:**

- 40) Boil 300 c.c. basil juice, 150 c.c. water, and 600 grams of fresh honey. A thick syrup is obtained which is very beneficial to a person suffering from COUGH and COLD, who should take 60-100 drops of this syrup with each meal.

#### **DISEASES OF EAR, NOSE AND THROAT:**

- 41) In a tablespoonful of basil juice add 1-gram sea-salt and crush the salt. Put 2-3 drops into each nostril. This kills the viruses or microbes causing the COMMON COLD.

42) Add a little camphor to basil juice. Put a few drops into each nostril and this eliminates EXCESSIVE MUCOUS and RUNNY NOSE.

43) Chewing occasionally a few basil leaves helps to eliminate EXCESSIVE MUCOSITY (frequent spitting) of the mouth.

44) For PAINFULL MOLARS or FALLING OF FILLINGS, a couple of basil leaves should be placed in the cavity of fillings or on the molars.

45) For DOG-BITE, mix a little chopped celery into fresh white unsalted butter and add basil juice to this mixture. For external application to the bite.

#### TO ALWAYS MAINTAIN GOOD HEALTH:

46) Take daily 3 basil leaves crushed with 3 black peppers.

#### THE ADVANTAGES OF BASIL TEA (INFUSION):

47) The basil tea is a healthy drink that does not adversely affect a person even when taken in excess. It is very innocuous and may be given even to small children and infants, as it does not contain caffeine or any similar stimulant nor does it contain any tranquilliser or similar depressant drug.

It can be had plain, with milk or with lemon or orange juice or with the juice or flavour of any other fruit e.g. apples, pears or tomato (thus taken, it tastes like a tomato soup). It can be taken as a cold or hot beverage.

#### HOW TO MAKE BASIL TEA (INFUSION):

Boil 15 grams of basil leaves in half a litre (500 c.c.) of water and continue simmering until it has been reduced to half the volume. If required, this may be sweetened with brown sugar, honey or molasses.

To this infusion a couple of cardomums may be added, which gives it a very pleasant flavour, and helps eliminate the MOUTH ODOUR (HALITOSIS) of the person taking it. Also taken on a regular basis, it helps maintain a person STRONG, HEALTHY AND YOUNG. Also the person taking it regularly doesn't suffer from minor but regularly recurring diseases such as chest and head colds, flu etc. with which almost everybody is affected.

Nota bene: In case of any doubt, always consult your doctor.

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1. Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.
2. Magnets for Angina (Heart) problems, Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including Spondylitis (special sticker magnets), HEMOPHILIA & "DVT" DEEP VEIN THROMBOSIS (long air travel), Asthma, Allergies, Breathing, Bronchitis, Obstructive Sleep Apnea, Colds, Coughs, Nasal Congestions, Pneumonia, increase breathing capacity, Sinusitis, Sore throat, Lungs (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, Infections, Flu, Hay Fever, "Glue Ears", Paralysis, Prostate problems, Tumours, Virus, Dysentery & Diabetes, Glaucoma, & Repetitive Strain Injury.
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