

BASIL

Ocimum basilicum



Areas of application

- Promotes hair growth
- Inflammation
- Gastrointestinal disorders
- Loss of appetite
- Flatulence
- feeling of fullness

Family

Lamiaceae

Based in

Basil (*Ocimum basilicum*) is native to the tropical and subtropical regions of Africa and Asia (particularly the Indian subcontinent)

Plant parts used

Leaves and seeds

Ingredients

Basil contains essential oil (0.02 to 0.5 per cent), with methyl chavicol (estragole) as its main component. Other constituents include linalool, eugenol, geraniol, camphor, cineol, ocimene and pinene, as well as cinnamic acid esters, tannins and flavonoids. It also provides vitamins A, C, D and E, as well as all the B vitamins. The minerals present include potassium, calcium, iron and

Usage/Indications

In herbal medicine, basil is primarily used to treat mild digestive complaints such as flatulence, bloating and cramp-like gastrointestinal symptoms. The essential oils it contains, particularly eugenol and linalool, have antispasmodic, appetite-stimulating and mildly anti-inflammatory effects. Basil is therefore used as a tea, fresh plant juice or spice in the daily diet. Furthermore, basil is traditionally used for nervous restlessness, stress and mild difficulty falling asleep, as it is said to have a gently calming effect. Applied externally, an infusion can provide relief for minor skin irritations or insect bites. In folk medicine, basil is also regarded as invigorating and concentration-enhancing. Basil is also occasionally mentioned in connection with hair growth, particularly in natural cosmetics. The essential oils it contains, such as eugenol and linalool, can promote blood circulation in the scalp, which theoretically improves the supply to the hair roots. Furthermore, the ingredients have mild anti-inflammatory and antimicrobial properties, which can help nourish the scalp and reduce dandruff.

Side effects/Contraindications

Caution is advised during pregnancy and breastfeeding, as well as for young children – highly concentrated preparations are not recommended in these cases. People with sensitive skin may also experience skin irritation if undiluted essential oil is applied topically.

Good to know



The combination of antispasmodic, mildly stimulating and, at the same time, balancing properties makes basil an unusual remedy: it soothes without causing drowsiness and invigorates without overstimulating. This dual effect is attributed to the complex interplay of its essential oils.

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