

Anti-microbial Properties of Holy Basil

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Holy Basil (*Ocimum sanctum* L.) is considered sacred to Hindus and is often planted around shrines. This plant is native to India and holds a strong significance in Ayurvedic medicine. Holy Basil is also used in Suriname's traditional medicine. Holy Basil is often used in Thai cooking, where it is highly prized for its peppery sweet flavor.

There are many scientific citations that document the powerful antimicrobial properties of Holy Basil against many pathogens. Some of those papers are cited below:

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