

Learn more about Holy Basil

The *Ocimum sanctum* plant, a member of the mint (Labiatae) family, is native to tropical Asia. It has been cultivated in India for more than 3,000 years and has since been dispersed throughout most tropical parts of the world. 5,6

Also known as “Tulsi” or “The Incomparable One”, holy basil is one of the most sacred plants in India. In Hindu mythology, Tulsi symbolizes the goddess Lakshmi, the wife of Vishnu, who is one of the religion's most important deities. The herb has been celebrated for centuries and is still highly prized today because of its association with positive mood and increased awareness. 6

In addition to its religious significance, holy basil has great health implications. It has been used in several ancient systems of medicine including Ayurveda, Greek, Roman, and Siddha for thousands of years. Central to its traditional uses, holy basil is said to enhance the mind, body, and spirit. 5,6

How Does It Work?:

Holy basil leaves are a natural source of many important antioxidant compounds that provide a wide variety of health benefits. Most notably, eugenol, caryophyllene, and triterpenic acids, such as ursolic and oleanolic acid. 5,6

Eugenol and caryophyllene are aromatic compounds, so named because of their pleasing fragrance or “aroma”. These compounds, which are present in many plants, are frequently utilized in essential oils because their fragrant scent is believed to elevate both mood and spirit. In fact, holy basil, which possesses adaptogenic properties, has long been associated with improved mental clarity and mood. Adaptogenic herbs are not mood altering, but rather, they help the body maintain healthy functioning during times of stress. 5,7

Traditional Indian medicine has frequently utilized holy basil for just such an effect, and now modern science is also examining this relationship. In a scientific study, an herbal preparation, which combines holy basil along with three other Ayurvedic herbs, was shown to improve the body's ability to adapt to stress. The combination exhibited both preventative and restorative effects to stressful stimuli. 8,9

When isolated and examined individually, holy basil was shown to significantly contribute to these effects. Several studies have shown that certain alcohol extractions of holy basil support a healthy response to stress. Administration of the alcohol extract significantly reduced the corticosterone level, indicating the supportive potential of the plant. 10-12

In addition, the key component eugenol, which must be obtained through other extraction methods, has been shown to possess similar effects on external stressors, though it is theorized that these components work in unique ways. 13

Therefore, it is theorized that a combination of standardized holy basil extracts will provide the greatest benefits.

The Trinity Blend™ and Extraction Methods

Botanical extractions allow for the separation, isolation, and concentration of key active components naturally found in the herb. Extractions are also useful for producing a consistent product; one that will deliver the same amount of support with

each dose. While there are many methods for extracting botanical compounds, each will affect the herb and the isolate in different ways. Certain extraction methods will isolate lipophilic (“fat-loving” or insoluble in water) components, whereas others will extract hydrophilic (“water-loving” or water soluble) components. 14,15

When both types of components are required for support, a combination of extraction methods will be required.

With this in mind, Enzymatic Therapy's Holy Basil Trinity Blend™ was designed to provide the most complete spectrum of the beneficial compounds naturally found in the leaves of *Ocimum sanctum*. The blend includes an alcohol extract, a supercritical extract, and a steam distilled extract of holy basil, each of which are standardized for key beneficial components. By utilizing three different extraction methods, Holy Basil Trinity Blend™ provides significantly higher levels than those found in other dietary supplements. 1-3

Alcohol extraction is one of the most commonly utilized extraction methods. The plant constituents are fully dissolved, then purified through a distillation process. Next, an alcohol is applied to extract the key components from the other alcohol-insoluble plant constituents. A secondary distillation process removes the alcohol, leaving only the pure, concentrated key components. 14-17

In addition, the Trinity Blend™ also contains a supercritical extract of the holy basil leaf. Supercritical extraction, which has become increasingly popular, uses carbon dioxide (CO₂) under extremely high pressure to isolate key components. The process involves low temperatures, ensuring the ingredients are not affected by high heat that could alter or weaken the beneficial compounds. Once the extraction is completed, the carbon dioxide is re-released into the atmosphere. 18,19

Finally, during steam distillation, the plant material is permeated with steam. As the plant tissues break down, the essential oils, key compounds, and water vapor are released, then collected and cooled. The volatile essential oil condenses and separates and the key, hydrophilic components can be easily isolated. 14,20

Each of these methods yields important constituents at different potencies. The chart below provides the key components isolated in each extract of Holy Basil Trinity Blend™. 1-3

CONCLUSION:

By combining three unique extractions of *Ocimum sanctum*, Enzymatic Therapy's Holy Basil Trinity Blend™ provides a potent, full spectrum supplement which supports a better mood, improved mental clarity, and enhances the body's ability to adapt to stress. The Trinity Blend™ supplies the highest level of active components on the market. 1-3

Recommendations:

Two softgel capsules daily.

Precautions:

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

References:

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