

# **Integrative Balance Psychotherapy & Wellness Coaching**

## **- Holy Basil Info Sheet -**

Note: Always research supplements (including potential risks and contraindications) before use. Always discuss supplements with your physician before use.

### **What is Holy Basil (Ocimum Tenuiflorum)?**

The plant is native to India and is cultivated throughout Southeast Asia. It can be acquired in a variety of formats, including herb, capsule, or tincture. I typically recommend tinctures as an effective form of herbal consumption.

### **Recommended Dosage:**

400-1000 mg/day

### **Indicated For:**

Anxiety, diabetes, stress, common cold, influenza, asthma, bronchitis, earache, headache, stomach upset, heart disease, fever, insomnia, viral hepatitis, malaria, tuberculosis, mercury poisoning, ringworm.

### **Warnings and Contraindications:**

Very little information is available on how holy basil might affect a developing foetus, an infant, or a small child. Therefore, its use is not recommended during pregnancy, while breast-feeding, or during early childhood.

Holy basil might slow blood clotting, so there is a concern that it could increase the risk of bleeding during and after surgery. Stop using holy basil at least 2 weeks before a scheduled surgery. Holy basil should not be taken with anticoagulant or antiplatelet drugs.

Holy basil should not be taken if one has hypoglycemia or diabetes.

Holy basil use may cause temporary decreased fertility.

Long term use of holy basil has not been sufficiently studied. Therefore, it should not be used for more than 4-6 weeks consecutively.

Because holy basil is an anti-inflammatory, care should be taken using it with other NSAIDs. In particular, it should not be taken with acetaminophen products.

Users should not exceed recommended dosage. Symptoms of overdose include shallow breathing, blood in the urine or sputum, mouth and throat burns, nausea, racing heartbeat, seizures, dizziness and coma. One should contact a poison control center immediately if any of these symptoms occur.