

Uses

ID	1,451
Crop ID	Holy Basil
Part	Leaf
Use Category	Beverages
Notes	The plant is used internally in the treatment of feverish illnesses (especially in children), colds, influenza, sinusitis, headaches, rheumatism, arthritis, digestive disorders, including abdominal distension and cramps; low libido and negativity. The herb is used externally as an antiseptic to treat skin infections, spots etc. A pungently aromatic, warming, antiseptic herb; it induces perspiration; lowers fevers; relaxes spasms; eases pain; clears bacterial infections; strengthens the immune and nervous systems; reduces inflammations; and benefits the digestive system.
Metadata ID	8,456