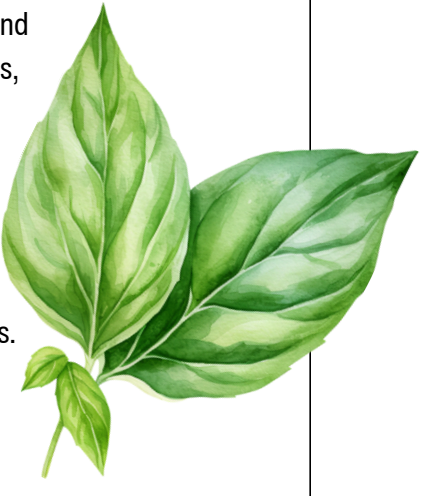
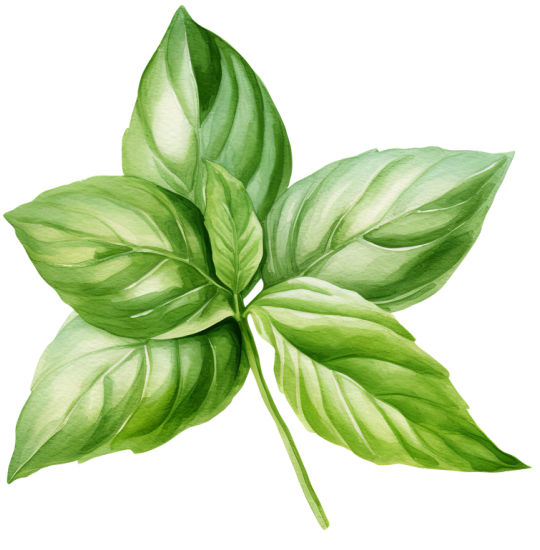
Ocimum basilicum

ardanatura

Basil is not just an aromatic herb with an unmistakable fragrance; it is a plant that carries a fascinating history and a name with a noble meaning.
Derived from the Greek basilikon phyton, meaning “royal plant,” its name reflects the importance that ancient civilizations attributed to it, both in culinary and sacred contexts. Some traditions associate it with the production of perfumes for royalty, while others highlight its role in spiritual rituals in ancient India.
In France, it is known as herbe royale, further confirming its status as a precious and indispensable herb in the kitchen. And that’s not all: according to medieval legends, basil was considered an antidote against the basilisk, the fearsome mythological creature with deadly venom.
But its value goes beyond the kitchen. Basil is a natural source of antioxidants, essential oils, and active compounds with extraordinary health benefits.
Its extracts, rich in bioactive compounds, are widely used today in the cosmetic and nutraceutical industries for their purifying, soothing, and revitalizing properties.



A plant with a regal past, ready to meet the needs of modern well-being.
The species Ocimum basilicum has been and continues to be used worldwide in medical, culinary, and religious contexts.



COSMETIC EFFICACY*

- ☑ ANTIOXIDANT
- ☑ ANTIMICROBICAL
- ☑ ANTI-INFLAMMATORY

*claim derived and synthesized, see bibliography

NUTRACEUTICAL EFFICACY

- ☑ DIGESTIVE FUNCTION
- ☑ DRAINAGE OF BODY FLUIDS
- ☑ URINARY TRACT FUNCTIONALITY
- ☑ ANTIOXIDANT

Do not administer to children under 12 years of age.
Do not use for prolonged periods without consulting a doctor.

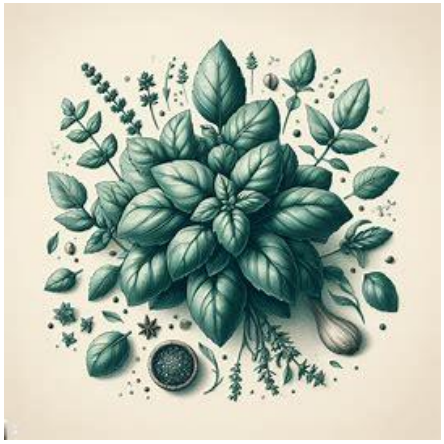
ARDA NATURA PROPOSAL

- 004232 ACQUA DI BASILICO PE - Ocimum basilicum Leaf Water

A distilled water obtained through a traditional steam distillation process, which allows the extraction of the volatile active compounds of carefully selected medicinal plants.

- 005990 E.GLICERICO BASILICO U.C. PE - Ocimum Basilicum Extract
- 003590 E.G. BASILICO 1:2 PE - Propylene Glycol, Aqua, Ocimum basilicum Flower/Leaf Extract

OCIMUM BASILICUM



Vernacular names

English	Sweet basil
Hindi	Bawari bawai
Sanskrit	Berbery
Gujarati	Sabja
Persian	Furrunji-i-mushk
Punjabi	Niazbo
Baluchistan	Drar khatori

Taxonomy

Kingdom	Plantae
Phylum	Magnoliophyta
Class	Magnoliopsida
Order	Lamiales
Family	Lamiaceae
Genus	*Ocimum*
Species	*basilicum*

List of the most common types of basil.	Scientific Name
Sweet basil	*Ocimumbasilicum*
Genovese	*Ocimumbasilicum Genovese*
Bush or Greek basil	*Ocimumbasilicum minimum*
Purple basil	*Ocimumbasilicumpurpurascens*
Lettuce-leaf basil	*Ocimumbasilicumcrispum*
Scented basil	*Ocimumbasilicumodoratum*
Holy basil	*Ocimumcanum or Ocimumsanctum*
Camphor basil	*Ocimumkilimandscharicum*
Peruvian	*Ocimummicranthemum*
Thrysiflora basil	*Ocimumthrysiflora*

Morphology

Seed colour	**Black**
Seed shape	Oval
Leaf colour	Green
Leaf margin	Slightly undulate
Type of inflorescence	Erticellaster
Flowering	October-December
Parts used	Leaves, flowering tops, essential oil

Ocimum Basilicum is

It is an annual aromatic herb.
Its maximum height may reach to 60 cm (30–60 cm), and it germinates 14–21 days after planting.
Its leaves are oval, sharp and reciprocal.
Basil,s flowers are small, aromatic with the color of white, red and violet.
It has tiny and black seeds.
On the basis of climatic conditions, its growing period is between 170 and 180 days.
It can harvested two to three times during the growing season.

Biogeography and Ecology

Basil is a vital oil-bearing herb which can be grown in various environmental conditions on a wide range of terrain. Among varied aromatic and medicinal crops, basil is one of the crops for utilization of sodic wasteland owing towards its tolerance to higher salt, pH and exchangeable sodium percentage. Hence, O. basilicum habitation varies from tropical areas of Asia, Africa, Central and south America but it is highly cultivated in Iran, Japan, China and Turkey.

The main constituents from O. basilicum

	FORMULA	MOLECULAR WEIGHT (g/mol)
Linalool	$C_{10}H_{18}O$	154.25
Estragole	$C_{10}H_{12}O$	148.2
Geraniol	$C_{10}H_{18}O$	154.25
Bergamotene	$C_{15}H_{24}$	204.35
Methyl eugenol	$\mathbf{C_{11}H_{14}O_2}$	178.23
Eugenol	$C_{10}H_{12}O_2$	164.2
α-Cadinol	$C_{15}H_{26}O$	222.37
Cyclohexanemethanol	$C_7H_{14}O$	114.19
Methyl cinnamate	$C_{10}H_{10}O_2$	162.18
α-Terpineol	$C_{10}H_{18}O$	154.25
Linalyl acetate	$C_{12}H_{20}O_2$	196.29

BIOLOGICAL ACTIVITY from scientific literature

- ANTIOXIDANT

Several in vitro studies shows an excellent antioxidant efficacy by the aqueous and hydroalcoholic extracts of O. basilicum.

- ANTIMICROBIAL

Several studies report the efficacy of different extracts of O. basilicum against GRAM-negative bacteria, especially P. aeruginosa, and E. coli, and GRAM-positive bacteria, such as Candida Albicans, although for the latter a greater susceptibility is recorded in the results. The extract with the greatest efficacy appears to be the essential oil.

Using the essential oil in a toothpaste formulation (2 and 5%), the antibacterial activity is comparable to that of a commercial toothpaste. At a concentration of 0.5%, in a mouthwash formulation, complete inhibition of microbial growth was observed.

- ANTI-INFLAMMATORY

The anti-inflammatory efficacy of O. basilicum essential oil applied topically led to a significant reduction in edema with a result comparable to the application of a dose of hydrocortisone double than that of basil extract.

BIBLIOGRAFY

[1] Brandão LB, Santos LL, Martins RL, Rodrigues ABL, Costa ALP, Faustino CG, Almeida SSMS. The Potential Effects of Species *Ocimum basilicum* L. on Health: A Review of the Chemical and Biological Studies. Pharmacog Rev. 2022;16(31):22-6.

[2] Purushothaman, B., PrasannaSrinivasan, R., Suganthi, P., Ranganathan, B., Gimbun, J., & Shanmugam, K. (2018). A Comprehensive Review on Ocimum basilicum. *Journal of Natural Remedies*.

[3] Poonkodi, K. A. T. H. I. R. V. E. L. (2016). Chemical composition of essential oil of Ocimum basilicum L.(Basil) and its biological activities-an overview. *Journal of Critical Reviews*, *3*(3), 56-62.

[4] Ahmed, D., & Aujla, M. I. (2012). Ocimum basilicum: a review on phytochemical and pharmacological studies. *Pak. J. Chem*, *2*(2), 78-85.

[5] Kuldeep Dhama, Khan Sharun, Mudasir B. Gugjoo, Ruchi Tiwari, Mahmoud Alagawany, Mohd. Iqbal Yatoo, Pallavi Thakur, Hafiz M.N. Iqbal, Wanpen Chaicumpa, Izabela Michalak, Shaaban S. Elnesr & Mayada R. Farag (2023) A Comprehensive Review on Chemical Profile and Pharmacological Activities of Ocimum basilicum, Food Reviews International, 39:1, 119-147, DOI: 10.1080/87559129.2021.1900230

[6] Kathirvel Poonkodi.Chemical composition of essential oil of *Ocimum basilicum*l. (BASIL) and its biological activities–an overview. J Crit Rev 2016;3(3):56-62.