



EFFECT OF TULSI LEAVES DISTILLATE TO RELIEVE SYMPTOMS OF COMMON COLD

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Abstract:

Tulsi (Holy Basil) is widely used in traditional medicine for the treatment of allergy, common cold, and associated with the Respiratory Diseases. The Tulsi distillate from the Tulsi herb is generally claimed to play the major role in the efficacious treatment of respiratory disease conditions and Common cold. It is one of the frequently occurring illness and affects people of all ages. There are many home remedies being used to treat common cold. The purpose of the present study is to prepare Tulsi distillate from tulsi leaves to prepare herbal nasal spray. An intranasal delivery system from the tulsi distillate in an aqueous solution used in the form of nasal spray. Tulsi distillate, saline, sodium benzoate, eucalyptus oil, glycerine, purified water. From 250 g tulsi was distillate in the amount of about 0.2 ml, which was slightly water-soluble and viscous.. different evaluation parameters perform like sterility, visual appearance and stability.

Keywords : Tulsi leaves , Common Cold , Herbal Nasal Spray,

❖ Introduction:



Fig no. 1:- Herbal Nasal Spray

Nasal sprays are liquid medicines you spray into your nose. They are used to help relieve congestion (stuffiness) in your nose. Congestion is often a symptom of a cold or allergies. Nasal sprays are available as either over the counter or as prescriptions. Also, they come in two

types of containers: pressurized canisters and pump bottles. Nasal sprays are used to deliver medications locally in the nasal cavities or systemically. They are used locally for conditions such as nasal congestion and allergic rhinitis. In some situations, the nasal delivery route is preferred for systemic therapy because it provides an agreeable alternative to injection or pills. Substances can be assimilated extremely quickly and directly through the nose. Many pharmaceutical drugs exist as nasal sprays for systemic administration (e.g. sedative-analgesics, treatments for migraine, osteoporosis and nausea). Other applications include hormone replacement therapy, treatment of Alzheimer's disease and Parkinson's disease^[1].

➤ **Herbal Nasal Spray :**

Nasal hygiene spray or saline spray for nasal irrigation is recommended as part of the management of Allergic Rhinitis. Studies have shown reduction in nasal symptoms when it is added to a nasal steroid regimen. When used alone, it provides gentle, non-medicated relief by cleansing, hydrating and irrigating nasal passages. It effectively manages and relieves allergy symptoms that may be caused by: Mold, pollen, dust mites, or pet dander often trigger allergies when you breathe them in and nasal hygiene spray can relieve cold-like respiratory flare-ups such as sneezing, runny or blocked nose. If you're sick with the common cold, flu, or sinusitis, nasal hygiene spray can be a supplement to your management plan. Use a nasal hygiene spray to relieve nasal congestion, itchiness, swelling, or sinus pressure or sinus pain related to these conditions^[2,3,4,5,6].

➤ **Plant Profile :**

Tulsi (holy basil) is member of family is the most significant medical plant mentioned in ayurvedic creative writing for its medicinal and religious properties. The root, seed, and leaves are majorly used due to its therapeutically properties.



Fig no. 3:- Tulsi (Holy Basil)

➤ **Physical Properties :**

Synonyms	Holy basil, Tulasei, Tulsi, Tulasi
Biological sources	Tulsi consists of the fresh and dried leaves of Ocimum species like Ocimum sanctum L. and Ocimum basilicum L. etc.
Family	Lamiaceae
Class	Magnoliopsida
Odour	Lamiales

Colour	Green
Taste	Astringent
Species	Ocimum canum(Ram Tulasi or kali Tulsi), Ocimum kalimand, Ocimum scharicum.

Table no. 1:- Physical Properties of Tulsi➤ **Medicinal Uses :**



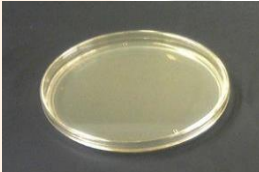


- **Fever and Common Cold:** The leafs are used in many types of fevers. In the duration of rainy season, when dengue and malaria fever is speeded all over the areas then its leafs are used as a prevalent method, as leafs are boiled with tea and given to patients.
- **Coughs:** It is a main ingredient in many Ayurvedic cough syrups and other kind of dosage forms because they help in release mucus in respiratory disorders.
- **Sore Throat:** Leafs of this plant are boiled with water and given to a patient with sore throat illness. This extract also used as a gargle .
- **Respiratory Diseases:** Tulsi is very good herb to cure the asthma and other swasa diseases. Kwath of leafs with ginger and honey is very good and effective home remedy used for all kind of respiratory disorders and cold. This extract with the mixture of laving and laving shows instant aid in influenza.
- **Skin Disorders:** Application of tulsi juice can helps to treat the fungal infection and other types of skin disorders, It can also used to cure leucoderma.
- **Boosts immunity:** Tulsi has immune-boosting properties and is known to help fight infections caused by virus, bacteria and fungi. It help to increase the production of antibodies, white blood cells, and interferons, which are vital components of the immune system.

Preparation of Nasal Spray :

Sr. No.	Ingredients	Quantity
1	Tulsi distillate	0.3 ml
2	Sodium benzoate	0.015 ml
3	Saline (levana)	0.097 ml
4	Eucalyptus oil	0.45 ml
5	Glycerine	3.4 ml
6	Purified Water	Q.s.

Table no. 3:- Preparation of Nasal Spray

➤ **Evaluation Parameters :**

Sr. No.	Evaluation Parameters	Outcome	Result
1.	Visual appearance, Clarity		Colorless, Satisfactory
2.	pH		5.5
3.	Sterility		Sterile and free from contamination of microorganisms
4.	Stability		Stable for Two months
5.	Pump delivery		0.6 ml / spray

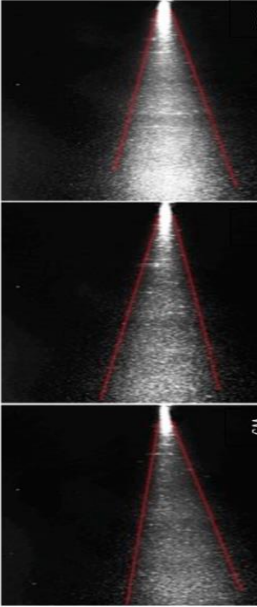
6.	Spray content uniformity	
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Table no. 4:- Evaluation Parameters

❖ **Result :**

This invention relates to an improved herbal based decongestant nasal spray which includes known constituents in specific ratios. They work to very quickly open up nasal passages by constricting blood vessels in the lining of the nose. The preservatives, antioxidants, excipients (e.g., sodium benzoate, saline solution, Eucalyptus oil) are used in this formulation, there are components with associated acceptance criteria in at a concentration of 0.10 percent or 1.0 milligram per day. The present study reveal that although herbal nasal spray by tulsi distillate is helpful in common cold and nose decongestion. Tulsi is more effective in reliving symptoms of common cold.

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