

## Twitter Thread by Vibhu Vashisth



**Vibhu Vashisth**

@VIBHU\_Tweet



### **TULSI : THE ELIXIR OF LIFE**

**Tulsi or The Holy Basil is a fragrant Indian herb that is highly revered in Hindu culture. It is essential in the worship of Bhagwan Vishnu and all his avatars. Tulsi plant can be found in most of the Hindu households.**



Hindu houses are believed to be incomplete without Tulsi.

According to Hindu Scriptures Tulsi is an incarnation of Vrinda who was the wife of Demon <https://t.co/BRZgPaboBS> per Puranic scriptures, Demon Jalandhar was a very ardent devotee of Bhagwan Vishnu.



Bhagwan Shiv killed Vrinda's husband Jalandhar in a battle. Vrinda was a righteous woman even though her husband was a demon. So, Bhagwan Shiva gave her a boon of taking rebirth as Tulsi, which would be considered one of the greatest medicinal plants in the world.

Bhagwan Vishnu also promised her that any prayer to him would be incomplete without Tulsi leaves.

There is also a mention of Tulsi in the historic event of 'Samudra Manthana' when the churning of cosmic oceans was carried out by Gods & Demons in order to get Amrit.





It is noted that when Dhanvantari-The God of Medicine emerged from the ocean carrying the Amrit, Bhagwan Vishnu shed the tears of joy which flew into the Amrit & transformed into Tulsi.

In Bhagvat Geeta, there is a story of Bhagwan Krishna being weighed in Gold.



All the Gold ornaments of Satyabhama couldn't outweigh Krishna's weight but as soon as a single Tulsi leaf was placed by Rukmani on the pan, it tilted the weighing scale.

Bhagwan Brahma is believed to reside in the branches of Tulsi. All the deities are believed to reside in leaves.



All holy pilgrimages including Ganges reside in the roots.

#### RELIGIOUS SIGNIFICANCE OF TULSI

Considered as a central sectarian symbol of Hindu Dharma, Tulsi is believed by the Vaishnavas as the manifestation of God in the Plant Kingdom.

A person is believed to attain Moksha just by caring and watering the Tulsi plant daily even if he doesn't worship the Plant. Tulsi plant is worshipped by chanting the Hindu mantras and circumambulating the Plant. Flowers, Ganga water and Dhoop Agarbatti (Incense) is offered.





When a person is dying, Tulsi leaves are placed on his face, eyes, ears and chest. A twig of Tulsi that is immersed in the Ganga water is touched from head to toe of the dead person for the purification of his body, removing all sins and ending the cycle of rebirth.

Tulsi occupies sixth place among the eight objects required for worship in the Hindu rituals.

There are two types of Tulsi plants. The dark one is called Shyama Tulsi & it has greater medicinal value. It is used for the worship more commonly. The lighter one is called Rama Tulsi



Tulsi is indispensable for worshipping Bhagwan Vishnu. Tulsi mala is made of 10000 Tulsi leaves, it is mixed with Ganga water, food items are offered to Bhagwan Vishnu in conjunction with Tulsi Mala. Hindu prayer Jaap Mala is made from Tulsi stems or roots.

This 'Jaap Mala' is considered auspicious and it brings the wearer in connection with Bhagwan Vishnu. This Mala is believed to bridge the gap between earth & heaven and confers the blessings of Deities on wearer of Tulsi Mala.





Scientific name of Holy Basil is *Ocimum Tenuiflorum* and it has immense HEALTH BENEFITS.

- Rich in antioxidants which protect cells from damage caused by free radicals
- Contains Linoleic acid which is beneficial for healthy skin
- Acts as an antibiotic, antiviral & anti-carcinogenic



## **Health Benefits of Tulsi Tea (Holy Basil)**

Throughout India Tulsi is acclaimed as "The Queen of Herbs" and is revered as a sacred plant infused with healing powers. Tulsi is also known as "Holy Basil" makes a delicious and nourishing herbal tea abundant with a vast array of health benefits.

- \*Reduces Stress
- \*Supports the Immune System
- \*Is Abundant with Antioxidants
- \*Builds Stamina
- \*Powerful Adaptogen
- \*Aids Digestion
- \*Anti-Aging
- \*Balances Metabolism
- \*Balances Energy Levels
- \*Uplifts Mood



- Immunity booster and also improves digestive system.
- Its an adaptogen which helps to regulate cortisol and therefore is an Anti-depressant.
- It is also an insect repellent.



- Helps in respiratory disease and asthma.
- Its very rich in essential oils and contains vitamins A&C




Having so much health benefits Tulsi is truly called the Elixir of Life. Without Tulsi most of Hindu rituals & ceremonies remain incomplete. A home where Tulsi is worshipped becomes holy & those households never fall in testing times. Just the fragrance of Tulsi purifies the ambience.



## TULSI VIVAH

From 11th Lunar day of the Moon of Karthika till Karthik Purnima, a ceremony of Tulsi Vivah is performed among the Hindus. It's a beautiful ceremony where Bhagwan Vishnu in the form of Shaligram is married to Tulsi. And this ceremony marks the end of 'Chaturmaas'...



### देवोत्थान एकादशी पूजा विधि

सूर्योदय से पहले उठें, घर की सफाई करके नहाएं।  
घर में गंगाजल छिड़कें। द्वार पर वंदनवार बांधें और  
आंगन में भगवान विष्णु के चरणों की आकृति बनाएं।

तुलसी और पीपल को जल चढ़ाएं, पूजा करें  
और दीपक लगाएं। भगवान विष्णु का  
ध्यान करते हुए व्रत का संकल्प लें।

शंख, घंटा-घड़ियाल आदि बजाकर  
मंत्र बोलते हुए भगवान विष्णु को जगाएं।

शुद्धजल और पंचामृत से भगवान विष्णु का  
अभिषेक करें। अबीर, गुलाल, चंदन, अक्षत, फूल,  
तुलसी और अन्य पूजा सामग्री चढ़ाएं।

धूप और दीप का दर्शन करवाएं। फल और मिठाइयों  
का भोग लगाएं। आरती करें और प्रसाद बांटें।

..which is considered inauspicious for weddings in Hindus.Tulsi Vivah marks end of it &beginning of wedding season in India.

The beauty of Sanatan Dharm lies in its small small things &beliefs but with deeper meanings. More u discover,More u fall in love with it.

Jaitu Sanatan■



