

**Botanic name :** *Ocimum plectranthus* J.F.Gmel

**Common name :** Indian borage,

**Family :** Lamiaceae

**Habitat :** Terrestrial

**Distribution :** Indian Himalayas up to 4500ft, becoming restricted due to habitat destruction, cultivation, and forest degradation in Indian Western Himalayas

**Description :** Aromatic herb; stems weak; leaves simple, opposite, ovate, acuminate at apex, serrate at margins; flowers are on a short stem (shortly pedicelled), pale purplish in dense whorls at distant intervals in a long slender raceme; calyx bell-shaped, corolla pale-purple, 2-lipped- upper lip being ovate and thin, the lower lip having four narrow teeth; stamens 4, epipetalous, didynamous; carpels 2, stigmas bifid; fruits cererule-nutlets

**Phytochemicals:** Tannin, saponins, flavonoids, quinones, glycosides, terpenoids, cardiac glycosides, coumarins, alkaloids, steroids, beta-cyanin; Carvacrol, thymol,  $\beta$ -Caryophyllene,  $\alpha$ -Humulene,  $\gamma$ -Terpinene, p-Cymene,  $\alpha$ -Terpineol and  $\beta$ -Selinene, flavones, caffeic acid, p-coumaric acid, flavanone (taxifolin), rosmarinic acid, apigenin and 5-O-methyl-luteolin, polyuronides and steroid glycosides.

**Medicinal/Economic uses :** Antimalarial, antibacterial, antioxidant, antiinflammatory, antitumor, wound healing, anti-epileptic, larvicidal, antioxidant, analgesic, culinary. In folk medicine, the herb is used to treat conditions like cold, asthma, constipation, headache, cough, fever and skin diseases. Leaves are often eaten raw or used as flavoring agents, or incorporated as ingredients in the preparation of traditional food. Leaves are chopped and used as a substitute for *Salvia officinalis* in meat stuffing