

# Tulsi Farming Guide | How to Grow Holy Basil Plant from Seeds

This herbaceous plant belongs to the mint family and has been a cornerstone of Ayurvedic medicine for centuries, renowned for its adaptogenic properties that aid the body in managing stress and anxiety.

Tulsi thrives in warm seasons, requiring temperatures ranging from 20 to 35 degrees Celsius for optimal growth. It flourishes in well-drained soils with a pH range of 6.0 to 7.5, enriched with organic matter and possessing moisture-retaining capabilities. The prime time for sowing Tulsi is during the summer season, typically between February and April. Various Tulsi varieties are available for cultivation, including Rama Tulsi, Krishna Tulsi, Kapoor Tulsi, Vana Tulsi, and Amrita Tulsi, each boasting unique characteristics and medicinal attributes.

## Propagation Methods

Tulsi can be propagated either from seeds or cuttings. Seeds should be sown in seed beds or trays containing a mixture of soil and organic manure. Once the seedlings reach a height of three to four inches, they can be transplanted into the main field. Cuttings, on the other hand, can be obtained from mature plants and directly planted in the soil.

## Planting Spacing and Irrigation

For optimal planting and spacing, arrange Tulsi in rows with a gap of 12 to 15 inches between plants. Water the plants immediately after planting to ensure a strong establishment.

Tulsi requires frequent irrigation, especially during the

summer season. Plants should be watered every three to four days, depending on soil moisture levels. Tulsi responds well to organic manure, and regular applications of cow dung or compost can promote growth and yield.

## **Pest and Disease Control**

While Tulsi is relatively resistant to pests and diseases, it can still be affected by aphids, mites, and whiteflies. Organic pesticides like neem oil can be employed to manage these pests. Additionally, Tulsi may be susceptible to fungal diseases such as powdery mildew and leaf spot, which can be prevented through proper sanitation practices and the use of fungicides.

## **Harvesting and Post-Harvest Handling**

Tulsi can be harvested approximately 90 to 100 days after planting. To harvest, cut the plants at the base, leaving a few leaves for new growth. The harvested Tulsi can either be sun-dried or dried in the shade and stored in a cool, dry location. It can also be used fresh for medicinal purposes or sold in local markets.

Tulsi farming can prove to be a profitable venture for farmers interested in cultivating medicinal plants, provided it receives proper care and management. Tulsi not only offers a steady source of income but also contributes to the health and well-being of the community.