

DETERMINATION OF O₂ MOLECULES PRESENT IN PLANT LEAVES EXTRACT

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ABSTRACT

Holy basil (*Ocimum tenuiflorum*) is an aromatic plant in the family Lamiaceae which is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropics. This plant leaves have powerful antibacterial, antifungal and anti-inflammatory properties. In ayurvedic medicine, holy basil has been used to treat a variety of conditions – everything from the common cold to bronchitis to fever to certain digestive complaints, including ulcers. Multiple scientific studies examining the property, of *ocimum tenuiflorum* of combating stress, have found that supplementation with various extracts of holy basil decrease stress hormone levels, corticosterone in particular.^[7] Therefore, in this research article the natural plant extract of the leaves is subjected to the method designed by me to calculate the number of oxygen molecules present in it. The examine of this plant extract by applying simple calculations is found and it was observed that the leaves of holy basil contains very high number of oxygen molecules which probably a reason which contributes human body to restore the oxygen molecules in great amount that's why the plant leaves proves beneficial to human body from any angle.

KEYWORDS: *Ocimum tenuiflorum*, Properties, Hormone, Corticosterone, Stress, Oxygen