



## NUTRISI

✓ Berbasis Bukti

# Basil: Nutrisi, Manfaat Kesehatan, Kegunaan, dan Lainnya

Written by [Marsha McCulloch, MS, RD](#) — Updated on October 17, 2018

Varietas | Nutrisi

Basil adalah ramuan hijau berdaun beraroma yang berasal dari Asia dan Afrika.

Ini adalah anggota keluarga mint, dan ada banyak varietas berbeda.

Populer sebagai bumbu makanan, ramuan aromatik ini juga digunakan dalam teh dan suplemen yang dapat memberikan berbagai manfaat kesehatan.

Artikel ini menjelaskan semua yang perlu Anda ketahui tentang kemangi, manfaat dan kegunaannya.

## Most Common Varieties



Nama ilmiah dari kemangi yang biasa dibeli untuk masakan adalah *Ocimum basilicum* (disingkat *O. basilicum*).

Ada banyak jenis *O. basilicum*, termasuk (1<sup>👍</sup>):

- **Kemangi manis: Kemangi yang** paling banyak ditanam, terkenal karena penggunaannya dalam masakan Italia. Biasa dijual kering di supermarket. Memiliki rasa licorice-cengkeh.
- **Semak atau kemangi Yunani:** Memiliki aroma yang kuat tetapi rasa yang ringan, sehingga dapat menggantikan kemangi. Membentuk semak padat dengan daun kecil dan tumbuh dengan baik di dalam pot.
- **Kemangi Thailand:** Memiliki rasa adas manis dan biasanya digunakan dalam masakan Thailand dan Asia Tenggara.
- **Cinnamon basil:** Berasal dari Meksiko. Memiliki rasa dan aroma seperti kayu manis. Biasanya disajikan dengan kacang-kacangan atau sayuran tumis pedas.
- Daun **selada:** Memiliki daun yang besar, keriput, lembut dengan rasa seperti licorice. Bekerja dengan baik dalam salad atau dicampur dengan tomat dan [minyak zaitun](#).

The basil commonly used in supplements and herbal tea is holy basil — sometimes called tulsi — which is the *O. tenuiflorum* species, also known

as *O. sanctum*. It is added to some Thai dishes because of its distinct flavor(1👍).

### SUMMARY

Sweet basil is most widely used for cooking, but many other varieties — with slightly different flavor profiles — are available. The main type of basil for supplements and herbal tea is holy basil, which is a related but different species.

## Nutrients and Plant Compounds

As recipes demand relatively small amounts of basil, this herb contributes few vitamins and minerals in typical diets.

Here is the most notable nutrient content of 1 tablespoon (around 2 grams) of sweet basil (2, 3):

	Fresh leaves, chopped	Dried leaves, crumbled
Calories	0.6	5
Vitamin A	3% of the RDI	4% of the RDI
Vitamin K	13% of the RDI	43% of the RDI
Calcium	0.5% of the RDI	4% of the RDI
Iron	0.5% of the RDI	5% of the RDI
Manganese	1.5% of the RDI	3% of the RDI

Though dried basil is more concentrated in nutrients, you use less in recipes compared to fresh. Therefore, neither is a significant source of most nutrients — except [vitamin K](#).

Basil also supplies beneficial plant compounds that have [antioxidant](#), anti-inflammatory and other health properties (4👍, 5👍).

In addition, these compounds give basil its “essence” — or distinct aroma and flavor. That’s why oils derived from basil and other plants are called essential oils (4<sup>✓</sup>).

### SUMMARY

Because basil is generally used in small quantities, the only substantial nutrient it provides is vitamin K. Basil also supplies plant compounds, which contribute aroma, flavor and health benefits.

## Health Benefits

Basil is not only a popular folk remedy for ailments like nausea and bug bites but also widely utilized in traditional Chinese medicine, Ayurvedic medicine and other holistic medicine systems (4<sup>✓</sup>, 6<sup>✓</sup>, 7<sup>✓</sup>).

Today, scientists study potential medicinal benefits of basil. Extracts or [essential oils](#) of basil, which provide concentrated amounts of plant compounds, are typically tested instead of whole leaves (8<sup>✓</sup>).

Test-tube or animal studies are usually done to determine whether substances may be worth developing into medications and testing in people.

## Potential Benefits of Sweet Basil

Below is a summary of potential benefits of extracts of sweet basil, primarily based on mouse and test-tube studies. Whether the same results would occur in people is uncertain.

Preliminary studies suggest sweet basil may:

- Reduce memory loss associated with stress and aging (9<sup>✓</sup>, 10<sup>✓</sup>).

- Reduce depression related to chronic stress (11 ✓, 12 ✓).
- Reduce stroke damage and support recovery, whether given before or right after a stroke (13 ✓, 14 ✓).
- Improve fasting blood sugar, cholesterol and triglycerides (15 ✓, 16 ✓, 17 ✓).
- Reduce blood pressure in people with hypertension (18 ✓).
- Relax blood vessels and thin your blood, similar to aspirin (19 ✓, 20 ✓).
- Protect against aspirin's damage to your gut, particularly preventing ulcers (21 ✓).
- Prevent certain cancers, including of the breast, colon and pancreas (8 ✓, 22 ✓, 23 ✓).
- Increase mental alertness when inhaled as aromatherapy (24 ✓, 25 ✓).
- Inhibit the growth of bacteria that cause dental decay (26 ✓).
- Improve food safety, such as if integrated into food packaging by manufacturers (8 ✓, 27 ✓, 28 ✓, 29 ✓).
- Provide an alternative to antibiotics for infectious diseases, including combating antibiotic-resistant strains of bacteria (7 ✓, 30 ✓).
- Repel insects, such as mosquitos and ticks (31 ✓, 32 ✓).

Mouse studies typically give 100–400 mg of basil extract per kg (220–880 mg per pound) of body weight. Appropriate human doses are unknown (4 ✓, 10 ✓, 15 ✓).

## Potential Benefits of Holy Basil

Holy basil has a long history of use for many ailments, including many of those listed above. Though few human studies are available, their results are encouraging (33 ✓).

When 60 people with type 2 diabetes took 250 mg of holy basil extract

alongside a diabetes drug each day before breakfast and dinner for three months, they had an 18% decrease in average **blood sugar** compared to those only taking the drug (34).

Additionally, in a study in 158 people with at least three symptoms of stress, taking 1,200 mg of holy basil extract daily for six weeks was 39% more effective at improving general stress symptoms than a placebo (35 ✓).

More human studies are needed to verify effectiveness and dosage.

### SUMMARY

Both sweet and holy basil have a long history of medicinal use. A few studies in people suggest benefits for blood sugar and stress, though more research is necessary.

## Buying, Growing and Storing

Though fresh basil gives stronger flavor, dried basil is less expensive and more convenient. You can also buy basil frozen into recipe-portioned cubes in the freezer section of stores.

Sweet basil is most widespread, but you may find other varieties at farmers markets or ethnic markets, such as Asian food stores. Alternately, try growing your own.

You can grow basil anywhere with nighttime temperatures above 60°F (15.5°C) for at least two months. Basil is sensitive to cold and likes sun exposure all day.

You can cultivate basil from a seed planted in dirt or a stem cut from another plant that you put in water until roots start to grow. Basil will flourish in a garden or patio pot that drains well.

Harvest basil leaves as you need them, but don't simply pluck them from

your plants. To encourage proper growth, cut the stem toward the bottom so that only two to four leaves remain on the plant.

Put fresh basil stems in a jar with tap water to keep the leaves fresh for a few days. It's debatable whether you should refrigerate fresh basil, as cold temperatures can discolor the leaves.

If you have a lot of fresh basil, you can dry the leaves and store them in a jar with a tight-fitting lid. Avoid crumbling the leaves until you need them, as this helps retain their essential oils, aroma and flavor.

### SUMMARY

You can buy basil fresh, dried or frozen — though fresh basil has the best flavor. Try growing it yourself if you have at least a few months with warm night temperatures. To keep it for a few days, place the stems in a jar with water.

## Culinary Uses

Basil gives zest to tomato dishes, salads, zucchini, eggplant, meat seasonings, stuffing, soups, sauces and more.

Pesto — a creamy, green sauce — is one of basil's most popular uses. It's typically made from crushed basil, garlic, parmesan cheese, olive oil and pine nuts, though dairy-free options are also available. Try it as a dip or sandwich spread.

Basil complements other herbs and spices such as [garlic](#), marjoram, mustard, oregano, paprika, parsley, pepper, rosemary and sage.

If you have fresh basil, take only the leaves — not the stem. It's generally best to add fresh basil at the final step of cooking because heat can diminish the flavor and bright green color ([36](#)).

If a recipe calls for fresh basil but you only have dried, use just 1/3 of the

measurement, as dried is more concentrated.

If you're cooking without a recipe, use the following amounts per 1 pound (450 grams) of food as a general guide (2, 3):

	Dried basil	Fresh basil
Vegetables, grains or legumes	1.5 teaspoons	2 tablespoons
Meat, poultry or fish	2 teaspoons	2.5 tablespoons
Baked goods	1.5 teaspoons	2 tablespoons

### SUMMARY

Basil enlivens many dishes, including pastas, salads and sauces. If using fresh basil, add it toward the end of cooking since heat subdues its flavor and color. Use about 1/3 of the amount of dried basil compared to fresh.

## Safety and Side Effects

Basil is generally safe when consumed in small amounts, but a few precautions are warranted.

Basil leaves are high in vitamin K, which helps blood clot. High intakes could interfere with blood-thinning drugs, such as warfarin (37).


If you're taking a blood thinner, aim to consume consistent amounts of vitamin K daily so that your doctor can regulate your medication. Eating foods made with a lot of basil — such as pesto — could make this difficult (37, 38, 39 ✓).



In contrast, basil extracts — such as those found in supplements — can thin your blood, leading to problems if you have a bleeding disorder or an upcoming surgery (40 ✓, 41 ✓).


Additionally, people taking blood pressure-lowering drugs or diabetes



drugs should use caution with basil supplements since they may lower

blood pressure and blood sugar. Your doctor may need to decrease your drug dose (18 , 34).

Avoid holy basil if you're pregnant or trying to get pregnant. Animal studies suggest that holy basil supplements may negatively [affect sperm](#) and trigger contractions in pregnancy. Risks during breastfeeding are unknown (42 , 43 ).

Though basil allergies are rare, a few cases have been observed in people who reacted to pesto (44 ).

### SUMMARY

Basil is generally safe when ingested in small amounts, but certain health conditions and drugs necessitate caution. Holy basil supplements should be avoided by couples seeking pregnancy.

## The Bottom Line

Kemangi tersedia dalam banyak variasi. Meskipun ramuan ini mungkin tidak menyumbangkan nutrisi yang signifikan untuk diet Anda, namun dapat membumbui makanan Anda.

Meskipun kemangi biasanya ditambahkan ke teh herbal dan suplemen, penelitian menunjukkan bahwa selasih dapat memberikan manfaat kesehatan yang serupa, seperti [pengurangan stres](#) dan kontrol gula darah.

Perlu diingat bahwa diperlukan lebih banyak penelitian pada manusia tentang kedua jenis kemangi.

Coba tanam kemangi sendiri dan tambahkan ke saus, salad, dan sup - selera Anda akan berterima kasih.