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A REVIEW ON FORMULATION AND EVALUATION OF HERBAL TEA

A. Raja Reddy[1], Suman Yadav[2], Nelikanti Vaishnavi[3], Yaski Saitej[4], T.Rama Rao[5]

[1]Associate Professor, Department of pharmaceutical analysis, CMR College of Pharmacy, Hyderabad

[2,3,4] B. Pharmacy Students, CMR College of Pharmacy, Hyderabad

[5] Principal and Professor of CMR College of Pharmacy, Medchal, Hyderabad, Telangana

ABSTRACT

It has been demonstrated that herbal tea has several benefits. Tisanes are another name for herbal tea. A common and important element of social and cultural gatherings is tea. It is a preparation that strengthens immunity, maintains vitality, and regenerates cells. It eases worry, weariness, tension, and exhaustion. The beverage referred to as "herbal tea" is prepared with medicinal plants, herbs, and spices. Because of its medicinal and healing qualities, it is drunk all over the world without the need for caffeine. It can be purchased loose or in tea bag form. Herbal tea can be made by decoction or infusion with a total amount of water, or it can be diluted to an appropriate consistency and steeped for a predetermined amount of time.Natural bioactive substances like carotenoids, phenolic acids, flavonoids, coumarins, alkaloids, polyacetylenes, saponins, and terpenoids can be found in abundance in herbal teas and beverages. Herbal teas are concoctions prepared from the roots, leaves, fruits, and flowers of vibrant factory corridor plants. Herbal tea has antimicrobial and anti-inflammatory qualities, among other medicinal properties. Popular herbal teas include peppermint, ginger, ginseng, black, green, chamomile, and cinnamon teas. Most herbal teas can have one primary herbal component, or a combination of herbs used to achieve a certain goal. With herbal teas, connoisseurs can sample a wide range of flavors and possible health benefits.This study investigates the preparation and assessment of herbal teas, looking at the harmonious combining of therapeutic herbs to produce tasty and useful drinks.

Keywords:Tisanes, Camellia sinensis, Fermented, Phytochemicals, Antioxidant

1.INTRODUCTION

Herbal tea, also called tisane. Dried leaves, seeds, grasses, flowers, nuts, or any other botanical components originating from plant species other than the commonly consumed tea species, Camellia sinensis, are consumed in this beverage.[1]Herbal tea is made using a combination of herbs in addition to those brewed in hot water.[2] Herbal remedies have been created by ancient cultures, such as Ayurveda and Traditional Chinese Medicine (TCM), to cure a variety of illnesses.[3]The current market has shown that most herbal-based products have shifted from using a single herb to polyherbs, which are believed to exert more pharmacological effects compared to a single herb.[4] Sourashtra Herbal Tea (SHT) is composed of several herbs, each which helps in preventing anaemia and also helps to cure premenstrual problems in adolescent

girls.[5]Nearly 60 to 90% of the total population worldwide uses plant-based medication. Medicinal plants could be used as tea or infusion to prevent or treat urinary tract infections.[6]Tea is the most commonly consumed beverage after water. It has a cooling, slightly bitter, and astringent flavor that many people enjoy. Tea is one of the most popular beverages, consumed daily in all domestic, social, and official meetings. It is a preparation that boosts immunity, keeps one active, rejuvenates cells, relieves stress, fatigue, tiredness, anxiety, and many more.[7]In addition to serving as a beverage, many herbal teas are also consumed for their apparent medicinal benefits. [8,9]Herbal tea is a non-caffeinated beverage made from the infusion or decoction of herbs, spices, or other plant material. Hence, in some countries like Europe, tisanes or herbal teas are also known as infusions. Many more herbal tea varieties can be found than tea varieties for one simple reason: tea is extracted from one plant, while tisane is made from many. The term "herbal tea" is actually a misnomer, as herbal teas do not contain any tea leaves.[10]Herbal tisanes ("teas") are made up of various flowers, herbs, spices, and dried fruits, which are naturally caffeine-free.[11] Tea in general, and herb tea in particular, are gaining increasing consumer attention due to growing awareness of the health benefits derived from their consumption.[12]It is typically prepared by boiling leaves of the tea plant (Camellia sinensis) in hot water. Currently, tea is a hot topic in nutritional and medicinal studies around the world. There are three basic types of tea, depending on the degree of fermentation and various methods of tea plant processing, but all are made from the same tea plant (Camellia sinensis). Fully fermented tea plant leaves are used to make black tea, semi-fermented tea is made from semi fermented tea, and non-fermented tea plant leaves are used to make green tea. Phytochemicals present in the leaves of the tea plant, suchpolyphenols, and flavonoids, possess antioxidant and other biological activities.[13] Tea help decrease in cardiovascular disorders, various types of cancer, increases the mineral density of bones and shows neuroprotective and antifibrotic properties. Tea is very good for oral health, reduces blood pressure, helps control body weight, and possesses antibacterial activity.[14]Herbal tea is different from other beverages like coffee and true tea.[15] There are more than 4,000 bioactive compounds present in herbal tea, of which polyphenols account for one-third ratio and the rest is covered by tannins and flavonoids.[16] In recent times, there has been renewed interest in tea because of growing consumer awareness of the health benefits derived from tea consumption.[17]Herbal teas are commonly consumed for their therapeutic and energizing properties since they can help to induce relaxation. Being able to aid with stomach or digestive problems, herbal teas can help provide cleansing properties to the body and strengthen the immune system as well.[18]An increase in the consumption of tea with negligible calorie cargo should be encouraged.[19]Herbal tea can be prepared through infusion or decoction.The main herbal tea are Asia - Bangladesh, China, India, Indonesia, Sri Lanka, andVietnam; Africa- Burundi, Kenya, Malawi, Rwanda, Tanzania, Uganda, andZimbabwe; and South America- Argentina, Brazil, and others.[20]No adverse effects have been reported for the drinking of herbal tea, and herbal tea combinations can be used for minor complaints affecting.[21] Health Canada categorizes herbal beverages as natural health products (NHPs). However, according to Health Canada, moderate consumption (2-3 cups/day) of selected herbal teas, such as citrus peel, lemon balm, ginger, orange peel, and rosehip, is recommended during pregnancy and breastfeeding.[22] In India, tea was cultivated in Assam, in the 19th century. Chinese variety (C. s. Sinensis)and the Assamese variety (C. s. Assamica) are the two basic varieties of tea from ancient times. are about 45 species of Camellia, out of which Camellia sinensis is considered native to India.[23]

2.LITERATURE REVIEW

S.No.	Title of the article	Author	Biological importance
1.	Review: Herbal Tea	Ravindra Sanjay Badak, PoojaWankhede, Gajanan S. Sanap 2023	Herbal teas, made from leaves, fruits, flowers, and roots from factory corridors, provide energy, relaxation, and digestive support. Consumed daily, they are the second most consumed libation after water, with various types including black, gusto, green, peppermint, red, hibiscus, and coca tea.
2.	Formulation of herbal tea using Cymbopogon citratus, Foeniculum vulgare and Murraya koenigii and its anti-obesity potential	Roheena Abdullah, Swaiba Zaheer, Afshan Kaleem 2023	Tea, the most consumed beverage globally, is a popular topic in nutritional and medicinal studies due to its therapeutic compounds, antioxidants, and antimicrobial properties. Herbal tea, made from medicinal plants, herbs, and spices, is also popular due to its health benefits and antioxidants.
3.	Promoting Sleep Health with herbal Tea: Development, Evaluation and Anxiolytic Effects	Dr. Mehwish Khan, Dr. Nudrat Fatima, Dr. Asma Wazir, Dr. Zuneera Akram, Dr. Hina Rehman Ansari, Dr. Fatima Qamar 2023	Insomnia negatively impacts quality of life.Herbal teas like chamomile, valerian root, and passionflower have calming properties, potentially aiding digestion and managing sleep issues. Further clinical exploration is warranted for healthy sleep patterns.
4.	Review on herbal tea as a functional food: classification, active compounds, biological activity, and industrial status	Yuchao Liu, Chunyan Guo, Erhuan Zang 2023	Herbal tea infusions, derived from medicinal plants, offer healthcare benefits but require modern pharmacological studies for classification, nutritional value, and quality evaluation, despite their antioxidant

			properties.
5.	Preparation And Evaluation of Herbal Tea Powder	Vijaya S. Rabade and Shailju G. Gurunani 2021	Tea, a popular beverage with immune-boosting properties, is consumed daily for stress relief. Herbal tea, or tisane, is a non-caffeinated beverage made from herbs, spices, and dried fruits, with different antioxidant properties and therapeutic applications.
6.	Production, consumption, and benefits of different herbal tea: A review	Kajol Batta, Hradesh Rajput 2021	Tea, brewed from Camellia sinensis leaves, is the most consumed beverage after water and has medicinal properties. Originating from China, it is classified into black, green, and oolong types. Consuming tea aids weight loss, reduces heart disease risk, and maintains blood sugar levels.
7.	Formulation and evaluation of immune boosting herbal tea	Sushmita L Bhandare and Smita P Borkar 2019	Herbal tea, gaining consumer attention for health benefits, requires modern-day forms with palatability and presentation benefits. Herbal teas, made from herbs, fruits, seeds, and roots, are essential for Ayurvedic pharmaceuticals, which have developed innovative dosage forms.
8.	Formulation and anti-aging evaluation of polyherbal tea	Nurul 'ain Nadhirah Mohd Nasir, Mohd.Fadzelly Abu Bakar, Nur Amalina Ismail 2019	Herbal tea, also known as tisane, is popular due to its biological properties and potential complement to modern medicine.

			Today, most herbal products shift to polyherbs for pharmacological effects.
9.	Review on Herbal Teas	Chandini Ravikumar 2014	Herbal tea, made from plant leaves, seeds, or roots, offers medicinal properties like energizing, relaxing, and strengthening the immune system. Popular varieties include Black, Green, Chamomile, Ginger, Ginseng, Peppermint, and Cinnamon.
10.	Formulation and Sensory evaluation of Herb Tea from Moringa Oleifera, Hibiscus Sabdariffa and Cymbopogon Citratus	N.E.A. De-Heer, P. Twumasi, M.A.Tandoh, G. Ankar-Brewoo and I. Oduro 2011	Tea, originating in China, is the most consumed beverage globally and a significant food product. Kenya, Africa's largest tea producer, supplies about one tenth of the world's production volume.Traditional teas are categorized into green, oolong, and black, and can be consumed hot, warm, or iced.

3.RESULTS AND DISCUSSION

Herbal tea, made from various plant ingredients, is a mixture of leaves, seeds, or roots. Its medicinal properties include energizing, relaxing, and strengthening the immune system. Popular varieties include Black, Green, Chamomile, Ginger, Ginseng, Peppermint, and Cinnamon teas.[24] Tea, brewed from Camellia sinensis leaves and twigs, is the second most consumed beverage after water. It has medicinal properties like antioxidant, anti-inflammatory, and antimicrobial properties. Consuming tea can aid weight loss, reduce heart disease risk, and maintain blood sugar levels, but overdosing can cause health issues.[25] Herbal teas, made from leaves, fruits, flowers, and roots from factory corridors, provide energy, relaxation, and digestive support. Consumed daily, they are the second most consumed libation after water, with various types including black, gusto, green, peppermint, red, hibiscus, and coca tea.[26] Herbal tea infusions, derived from medicinal plants, have a long history in healthcare but lack systematic research on classification, nutritional value, and quality evaluation. They have the potential to prevent neurodegenerative diseases.[27]Herbal tea, gaining consumer attention for health benefits, requires modern-day forms with palatability and presentation benefits. Herbal teas, made from herbs, fruits, seeds, and roots, are essential for Ayurvedic pharmaceuticals, which have developed innovative dosage forms.[28] Tea, the most consumed beverage globally, is a popular topic in nutritional and medicinal studies due to its therapeutic compounds, antioxidants, and antimicrobial properties. There are three types of tea: fully fermented, oolong, and non-fermented.[29]Tea, a popular beverage with a cooling, bitter, and astringent taste, is consumed daily for immune-boosting properties, activeness, stress relief and medicinal benefits include stimulants, relaxants, and sedatives.[30]Herbal tea is

popular due to its biological properties and potential complement to modern medicine. It consists of dried leaves, seeds, and botanical elements from plant species. Today, most herbal products shift to polyherbs for pharmacological effects.[31]Kenya, Africa's largest tea producer, supplies about one tenth of the world's production volume. Tea is known for its aroma, taste, and cultural significance, and is part of a growing wellness beverage market. Traditional teas are categorized into green, oolong, and black, and can be consumed hot, warm, or iced.[32]Herbal teas like chamomile, valerian root, and passionflower have calming properties, potentially aiding digestion and managing sleep issues. Further clinical exploration is warranted for healthy sleep patterns.[33]

4.CONCLUSION

The formulation and evaluation of herbal tea encompass a comprehensive approach that integrates traditional knowledge with modern scientific methodologies to create a product that is not only appealing in taste but also beneficial for health. The review of current literature reveals that the selection of herbal ingredients is crucial, as it determines the tea's therapeutic efficacy, flavour profile, and antioxidant properties. The evaluation process, including phytochemical screening and sensory analysis, ensures that the final product is of high quality, safe for consumption, and meets consumer expectations for health benefits and taste.The integration of traditional wisdom with scientific research has also led to the innovation of novel blends that cater to specific health concerns, such as stress reduction, immune system support, and digestive health.It can be concluded that the formulation and evaluation of herbal tea is a dynamic field that reflects an intersection between culture, traditional medicine, and modern science. The ongoing research and development in this area promise not only to enrich our understanding of herbal remedies but also to provide consumers with a wider range of natural, health-promoting beverages.

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