



## REVIEW: HERBAL TEA

**Mr. Ravindra Sanjay Badak\*, Ms. Pooja Wankhede, Dr. Gajanan S. Sanap**

LBYP college of pharmacy, Pathri, Aurangabad – 431111, Maharashtra, India

Correspondence to Author: Department of pharmaceutical chemistry,

LBYP College of pharmacy, D Pharmacy (D Pharm & B Pharm) Pathri,

Aurangabad-431111, Maharashtra, India.

### ABSTRACT

Herbal teas are admixture made from leaves, fruits, flowers and roots of colorful factory corridor. Herbal teas aren't deduced from usual shops, but rather from what are called as "Tisanes." Input of further quantities of herbal tea to give energy and induce relaxation. Black tea, gusto tea, green tea, peppermint tea, red tea, hibiscus tea, coca tea gives anti- seditious and anti- bacterial parcels. Help to induce the digestive problems. Herbal tea is a libation made from steeping or boiling sauces. To avoid confusion between teas and herbal teas, alternate terms for "herbal tea" are getting popular. The tisanes are also strained, candied if so asked and served. Numerous companies produce herbal tea bags for similar infusions.

### INTRODUCTION:

Herbal tea are less generally called tisanes. It potables made from the infusion or decoction of sauces, spices or other factory material in hot water, maybe some of the most given tisanes are factual, true teas(e.g. black, green, white, unheroic, oolong) which are prepared from the twisted leaves of the tea factory.

Tisanes are contain by the admixture of dried leaves, seeds, nuts, dinghies, fruits, flowers and other constituents to give herbal teas. Camellia sinensis besides coffee and true teas( they are also available decaffeinated) most other tisanes don't contain caffeine. Tea is the alternate most consumed libation in the world after water, with an estimated 18- 20 billion mugs of tea consumed every day. Herbal tea is cause soothing to the stomach and lower blood pressure and cancer. Herbal tea don't contain caffeine. They also taste great and are also easy to drink. utmost of the herbal tea correspond of one main herbal component, intended to bring about a specific purpose similar as relaxation and relief from a specific condition.

### History

Figure no 1 Herbal tea Herbal tea is discovered in China. It's most popular libation in the world as well as healthiest. The history of tea spans thousands of times. Tea probably began in China during the Shang Dynasty( 1500 – 1046BC) as medicinal drink. Tea was first introduced to Portuguese preachers and merchandisers in China during 16th century. Herbal tea is combination of different sauces and species, which can help in the mending process of numerous illness.

### Types of herbal tea

- 1) Black tea
- 2) Green tea
- 3) Ginger tea

- 4) Oolong tea
- 5) Red tea
- 6) Hibiscus tea
- 7) Lemon attar tea
- 8) White tea
- 9) Peppermint tea
- 10) Chamomile tea

**1) Black tea** - Black tea which is veritably low in its sodium, fat and calorie content is known to be bountiful in antioxidants. It also helps cure Parkinson's complaint and cardiovascular problems. Black tea is source of caffeine. Black tea stimulates the central nervous system, wakefulness in grown-ups, diuretics.

Synonym- Afternoon tea

Family- Theaceae

Species- *C. sinensis*

Genus- *Camellia*

Biological source- *Camellia sinensis* is a species of evergreen shrub or small tree whose leaves and splint kids are used to produce tea.

Geographical source- It's attained in demitasse. Generally set up in auditoriums .

Chemical ingredients- Catechins( phenolic emulsion) 5, oxidized phenolic emulsion 25, proteins 15, amino acids 4, fiber 26, carbohydrates 7, lipids 7, colors 2, minerals 5.

Cultivation and collection- Black tea is produced by gathering the fresh shoots of the tea factory, an evergreen shrub or small tree, with dark green lustrous leaves and small white flowers. In natural state tea factory grow to five measures altitudinous but in marketable colonies, it's factory height is about one cadence.

Uses

- 1) Hydrating to the body
- 2) Reduces threat of heart attacks
- 3) Weight loss
- 4) Antioxidants property
- 5) Reduce blood pressure
- 6) Reduce the threat of cancer

Fig.1: Black Tea

2) **Green tea** - Green tea is one of the healthiest teas. It'll help to help certain type of cancers, fighting tooth decay and soothe complaint, aids in weight loss. Green tea is also available in Matcha form, which is the ground up form of green tea leaves. Drinking of green tea is consumption of whole tea splint as it's base up into affine greasepaint giving the person drinking it a whole list of good tea.

Synonym- Matcha, bancha.

Species- *C. sinensis*

Genus- *Camellia*

Family- Theaceae

Biological source- *Camellia sinensis* is a species of evergreen shrub or small tree whose leaves and splint kids are used to produce tea.

Geographical source- herbage tea began in demitasse but product and manufacture has spread to numerous other countries in Asia and also in India, sri lanka, Kenya.

Chemical ingredients- herbage tea is xanthine outgrowth, vitamins and catechins. Catechins( phenolic composites) 30, oxidized phenolic composites 0, proteins 15, amino acids 4, fiber 26, carbohydrate 7, lipids 7, colors 2, minerals 5. Green tea contain xanthine derivations, vitamins, catechins.

Cultivation and collection- herbage tea factory grow stylish in cooler climates with downfall quantities of at least 40 elevation per time. These shops prefer acidic soils and can be cultivated at different mound.

Uses-

- 1) Ameliorate brain function
- 2) Green tea having anticancer andante-inflammatory parcels.
- 3) Weight loss & Green tea having antioxidant property.
- 4) Green tea avoid humidification
- 5) Hyperlipidemia & Cancer

Fig.2: Green Tea

**3) Ginger tea** - gusto tea seasoned to offset the bitter taste. Drinking gusto tea it will stimulate and soothes digestive system. It gives anti-seditious parcels. gusto tea favored is racy like onion, orange peel, cloves and peppermint.

Synonym- Saenggang- cha

Family- Zingiberaceae

Species- *Z. officinale*

Genus- Zingiber

Biological source- gusto tea is an Asian herbal potables that's made from gusto root.

Geographical source- It cultivated in Asia.

Chemical ingredients- gusto tea contains gusto rhizome and major active factors 6- gingerol, 6- shogaol and 6-paradol. The sweet ingredients include zingiberene and bisabilene and having pungent ingredients are called as gingerols and shogaols. gusto tea contain 50-70), lipids( 3- 8), terpens and phenolic composites. It also contain by the amino acid, minerals.

Cultivation and collection- gusto grows well in warm and sticky climate and is cultivated From ocean position to altitude of 1500 m above ocean position. gusto can grown both under rain fed and rinsed conditions. Successful Cultivation of the crop a moderate downfall at sowing time till the rhizome sow, fairly heavy and well distributed showers during the growing period and dry rainfall for about a month before harvesting are necessary.

Uses

- 1) Relieve nausea
- 2) Ameliorate stomach performance
- 3) Reduce inflammation

4) Relieve menstrual discomfort

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Fig.3: Ginger tea

**4) Oolong tea-** Oolong tea is notorious Asian tea it cure the treatment of Type 2Diabeties when consumed on diurnal base. It also helpful for weight loss. Oolong tea is a traditional semi oxidized Chinese tea produced through a process including withering the factory under strong sun and oxidation before entwining and twisting.

Synonym- Brown tea and Qingxin tea

Family- Theaceae

Species- Camellia sinensis

Genus- Camellia

Biological source- Oolong tea is a made from the leaves, kids and stems of the camellia sinensis factory.

Geographical source- Oolong tea is growing in Fujian. It's extensively grown in Pinglin Township near Taipei. Chemical element Oolong tea contains caffeine which affect on alertness and thinking. It also works by stimulating the CNS, heart and muscles.

Uses

- 1) Reduce blood sugar and insulin position
- 2) Increase insulin perceptivity
- 3) Antioxidant property
- 4) Brittle bones( osteoporosis)
- 5) Cancer
- 6) Rotting teeth

Fig. 4: Oolong Tea

**5) Red Tea** - Red tea is also called as Rooibos, backcountry tea, red backcountry tea. The tea has been popular in southern Africa for generations, but is now consumed in numerous countries worldwide. Red teas are good for the pregnant women because it reduce the labor pains. It doesn't stimulate the condensation and drop labor. Cure the HIV and AIDS.

Synonym- linearis

Family- Fabaceae

Species-A. linearis

Genus- Aspalathus

Biological source- Linearis comes from the factory's direct growing structure and needle like leaves.

Geographical source- Rooibos tea is unique because it's indigenous to South Africa's mountainous region of Cedarburg.

Chemical ingredients- It contains a high quantum of Ascorbic acid( vitamin C) which is lost when made into tea. Rooibos contain polyphenols, including flavanols, flavones, flavanones, dihydrochalcones, aspakathin and nothofagin.

Cultivation and collection- Rooibos seed are boiled in water and sowing in early spring. Seed having depth of two- fifth of an inch. also transfer the seedling into individual pots. Rooibos factory can be grown in large pots in a hothouse and moved out into the theater during the summer. Harvest the leaves and fine branches after 12- 18 months of growth

Uses-

- 1) Weight loss
- 2) disinclination
- 3) Aids weight loss

4) Streamlines digestion.

Fig.5: Red Tea

### 6) Hibiscus Tea -

Hibiscus tea is a herbal tea made as an infusion from sanguine or deep magenta- colored calyces( sepals) of the Roselle.( Hibiscus sabdariffa) flower. It's consumed both hot and cold.

Synonym- China rose,Hawaiian hibiscus

Family- Malvaceae

Species-H.rosa- sinensis

Genus- Hibiscus

Biological source- Hibiscus tea contain hibiscus flower.

Geographical source- Hibiscus are attained in demitasse and Thailand marketable directors and exporters. The world's stylish hibiscus is said to come from Sudan.

Chemical ingredients- It contain alkaloids, L- ascorbic acid, anthocyanin, Beta – carotene, Beta – sitosterol, citric acid, polysaccharides arabins and small quantum of galactose, arabinose, glucose, xylose, mannose and rhamnose.

Cultivation and collection- Deep tea hibiscus tea is made from an infusion of hibiscus flower sepals and is high in vitamin C, among other vitamins and minerals and is naturally diuretics. Choose the hibiscus flower wants to grow. Plant seed eventually mid-May and early June. 3- 5 months develop for picking calyces depending on climate. also wash the calyces and dry them in sun or in a dehydrator.

Uses-

- 1) Hypertension
- 2) Lower blood pressure
- 3) Reduce blood sugar position
- 4) Help with depression
- 5) Aid digestion
- 6) Help with weight operation

Fig.6: Hibiscus Tea

### 7) Lemon attar tea -

Lemon attar has traditionally been used to ameliorate mood and cognitive function, but implicit benefits aren't stop. Lemon attar tea help to relief stress. Lemon attar tea is condiment used for culinary purposes to make teas. Used to treat the digestive tract, nervous system and liver.

Synonym- attar mint

Family- Lamiaceae

Species- *Melissa officinalis*

Genus- *Melissa*

Biological source- Lemon attar is bomb scented condiment that comes from same family of mint.

Geographical source- Lemon attar is grown in Europe, North Africa and West Asia.

Chemical ingredients- Lemon attar tea contains hydroxyl cinnamic acid derivations, caffeic acid, flavonoids, tannin, rosmarinic acid derivations, chologenic acid. The dried bomb attar leaves contained by 0.32 essential oil painting of which citral( neutral geranial) 0.13, total polyphenol composites 11.8.

Cultivation and collection- Lemon attar grows fluently in utmost of the soil, but prefers brickle gault soil with good drainage. Lemon attar develops better scent and flavor when grown in harder conditions. Harvesting before flower appearance and flowering stages. Harvest the factory to give essential oil painting. Lemon attar is cultivated according to the principle of organic husbandry.

Uses

- 1) It can help relieve stress & reduce anxiety
- 2) It may boost cognitive function
- 3) It can help ease wakefulness and other sleep complaint
- 4) It may help treat cold blisters & relieve indigestion
- 5) To treat nausea
- 6) Help ease headache pain.



Fig.7: Lemon attar tea

**8) White Tea** - White tea is most delicate tea variety because it minimally reused. White tea is gathered before the tea factory's leaves open completely, when the youthful kids are still covered by fine white hairs, hence the name "white" tea. It contains only dried process.

Family- Theaceae

Species- Camellia sinensis

Genus- Camellia

Biological source- White tea is made from new growth kids and youthful leaves of the factory Camellia sinensis. It evergreen shrub or small tree whose leaves and splint kids are used to produce tea.

Geographical source- White tea developed during the period of early Chinese Homeric dynasties( between 600 and 1300) numerous countries outside China are cultivating their own interpretation of white tea.

Types of white tea

- Bai Hao Yin Zhen( Silver Needle)
- Bai Mudan( White Peony)
- Darjeeling White Tea.

Chemical ingredients- It contains polyphenols, a set of phytonutrients which is responsible for health goods of tea and contains different quantities of catechins.

Uses-

- 1) It's having antioxidant property
- 2) drop threat of heart problems
- 3) cover teeth from bacteria

4) May lower the threat of insulin resistance.

Fig.8: White Tea

**9) Peppermint tea** - Peppermint oil painting is most generally used for long term complaint of the large bowel that beget stomach pain. Peppermint tea is good to treat an worried stomach.

Synonym- Black peppermint, brandy mint, excerpt of mentha pipertia.

Family- Lamiaceae Species M.piperita

Genus- Mentha

Biological source- Peppermint deduced from fresh leaves of Mentha haplocalyx. haplocalyx is source of menthol and menthone.

Geographical source- Indigenous to Europe and Middle East. it's extensively spread and cultivated in numerous region of the world.

Chemical ingredients- Peppermint is high quantum of menthol content. dried peppermint contain by 0.3-0.4 of unpredictable oil painting containing menthol (7- 48), menthone (20- 46), menthyl acetate (3- 6). peppermint also contain terpenoids and flavonoids.

Cultivation and collection- Peppermint leaves are collected as soon as flowers open and dried. Cultivated shops are named for further and better oil painting content. also it'll distillation may be taken directly to the still.

Uses-

- 1) Relaxing the colon during a barium enema examination
- 2) Hard painful guts in bone feeding women
- 3) Indigestion( dyspepsia)
- 4) Spasms beget by a certain procedure( endoscopy) used to view inside the body
- 5) Reduce pressure headache.

Side goods • Diarrhea, Nausea, Vomiting, Sot mouth, Heartburn

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Fig.9: Peppermint Tea

**10) Chamomile Tea** - One of the most common sauces used for medicinal purpose is chamomile it's formalized tea. Prepared from dried flowers of *Matricaria* species. Chamomile having two kinds German chamomile( *Matricaria chamomile*) and Roman chamomile( *Chamaemelum nobile*)

Synonym- Comomile, tisane

Family- Asteraceae

Species- *Matricaria chamomile*

Natural source- Chamomile tea is an herbal infusion made from dried chamomile Flower.

Geographical source- It's grow in Egypt, Greece and Rome. Chemical element Chamomile tea contains sesquiterpenes, flavonoids, coumarins and polyacetylenes are the most important ingredients.

Cultivation and collection- In India the factory was been cultivated in Lucknow for about 200 times. Chamomile factory was first introduced in alkaline soil of the Lucknow in 1964- 1965 by Chandra etal.

Uses

- 1) Used as spicing agent in food
- 2) Treat diabetes
- 3) Used as topical skin cream
- 4) Reduced menstrual pain
- 5) Promote digestive health
- 6) Control blood sugar position
- 7) Ameliorate heart health

Side goods • Severe antipathetic response, Skin response, Hypersensitivity response, puking.

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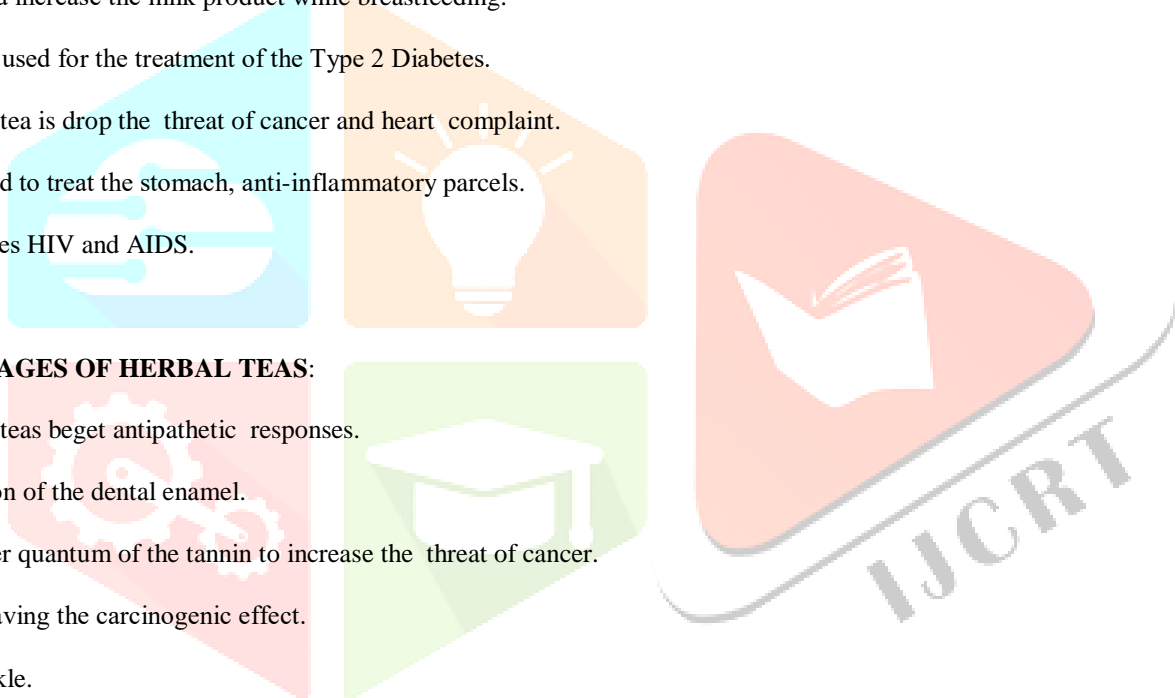
Fig.10: Chamomile Tea

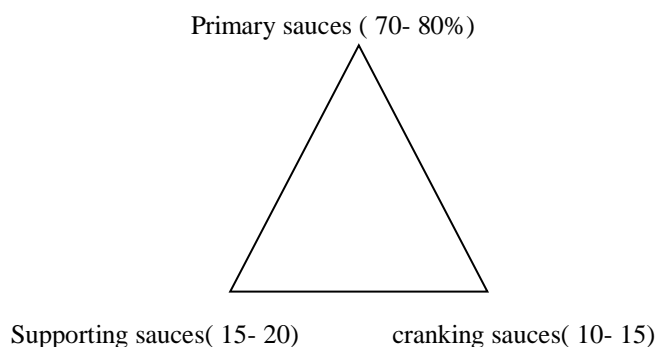
#### ADVANTAGES OF HERBAL TEAS :

- Green Tea is healthiest tea in the world.
- Peppermint tea increase the milk product while breastfeeding.
- Oolong tea is used for the treatment of the Type 2 Diabetes.
- Utmost of the tea is drop the threat of cancer and heart complaint.
- Herbal tea used to treat the stomach, anti-inflammatory parcels.
- Herbal tea cures HIV and AIDS.

#### DISADVANTAGES OF HERBAL TEAS:

- Utmost of the teas beget antipathetic responses.
- Beget corrosion of the dental enamel.
- Input of further quantum of the tannin to increase the threat of cancer.
- Black tea is having the carcinogenic effect.
- Irregular twinkle.



**Herbal tea formulation:****Method:**

**Infusions** are made by the feather light factory product like leaves and dried fruit, flowers. Sauces contain further quantum of unpredictable oil painting. This are contain by thicker part of factory similar as roots and dinghy.

**Decoction** is process which contain by the root, dinghy and other factory material. It's prepared by medicinal mushroom, hardnon-aromatic seeds.

**Benefits of Herbal Tea :**

- ❖ Fights and cold: It's treatment in cold wave. Herbal tea is drop the symptoms of the Asthma. It reduced the heavy cough.
- ❖ Improves Digestion: Herbal tea is breakdown the fats. It reduce the vomiting, indigestion and bloating.
- ❖ Boosts Immune system: Herbal tea is helping to fight the complaint and infection. It gives antioxidant property. Lower threat of habitual complaint.
- ❖ Reduces Inflammation: Herbal tea cover from the Arthritis. It reduce pain, swelling. Stylish condiment to relief inflammation. Used in treatment of joint and muscle pain.
- ❖ Anti-ageing: Herbal tea makes your skin and look and feel youngish. help free radical damage and reduce the ageing of cells in the body.
- ❖ Relief stress and Anxiety: Herbal tea relax body, stress and mind. It'll change the mood. Suffer from the wakefulness.
- ❖ Lower blood pressure: Herbal tea input in further quantities to drop your blood pressure. It's negatively affect the heart and order.
- ❖ Great for skin Health: Herbal tea used in treatment of the acne. It gives Antioxidant and antibacterial parcels.

**TOP TEA BRANDS IN INDIA :**

**1. TETLY** - Tetley is British libation manufacturer and biggest tea patroncompany.It's first brand to introduce green and seasoned tea. Across 40 countries distribute and product 60 tea bags produce. Tetley was one of the top tea brands in the world.

**2. Bigelow** - In 1945 Bigelow tea company product in America. Bigelow Company produced numerous tea similar as black tea, herbal tea, green tea, decaffeinated tea, iced tea and seasonal tea.

**3. Dilmah** - Dilmah tea is set up in1974 it's transnational brand tea from Sri Lanka. numerous variety of product in Dilmah tea brand like peppermint tea, pure green tea, earl slate, ultraexpensive splint tea, tea bags and caramel seasoned tea.

**4. Lipton** - Lipton tea is British brand tea. It's utmost well given brand in the world. It's having colorful retailed product are available similar as seasoned tea, black tea, iced tea, hot tea.

**5. Twinings** - Twinings tea is published in United Kingdom. It's notorious for producing numerous sweet composites of tea and like tea nut. Twinings tea is leading patron tea.

**CONCLUSION:**

It can conclude that scientific substantiation of the health and medical goods of herbal tea on consumption provides digestion, mind relaxation and forestallment of cancer, amongst its other benefits. An increase in the consumption of tea with negligible calorie cargo, should be encouraged.

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