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Original paper



Herbal Teas and Health

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Introduction:

Although many claim that herbal tea looks like tea and is made in the same manner as tea, it is actually not thought of as tea at all. In essence, herbal tea is a blend of herbs produced from the leaves, seeds and roots of several plants. An aqueous infusion in hot or cold water for a duration of time to extract the phytochemical components of the plant materials was described as herbal tea (Poswal *et al.*, 2019). Herbal teas don't contain caffeine like the majority of other types of tea do (Kinki, 2021). They are also simple to drink and have a nice flavour. The majority of herbal teas may have one primary herbal component or a combination of herbal compounds, each of which is designed to achieve a certain goal, such as relaxation, rejuvenation or relief from a particular condition, among others. As the average lifespan increases globally, research indicates that dietary and lifestyle adjustments can enhance vascular, metabolic and cognitive health at any stage of life, lowering the burden of non-communicable diseases. To obtain a balanced diet, people should prioritise plant-based foods like fruit, vegetables, grains, nuts and oils while reducing their consumption of red and processed meat and sugary drinks, according to additional clinical research (Rabade *et al.*, 2016).

Furthermore, it's critical to realise that there are a wide range of herbal teas on the market, each of which is intended to have a particular therapeutic or medicinal advantage. However, the majority of herbal teas do have some general benefits, including the following:

- increasing mental calmness and relaxation
- promoting heart health
- bolstering the immune system

- giving the body antioxidants
- enhancing energy levels and energising the body
- relieving stress
- preventing colds
- stimulating the internal organs
- fostering a good night's sleep
- caffeine-free and delicious.
- helping with stomach and intestinal issues providing the body with cleansing properties

Advantages of different kinds of herbal teas:

It is vital to keep in mind that various herbs may have various medical characteristics. As a result, we are able to create our own herbal infusions to suit our own needs. The advantages of some of the various kinds of herbal teas are as follows:

1. One of the healthiest herbal teas is green tea. It has a tonne of benefits, including aiding in weight loss, preventing certain types of cancer, battling dental decay and gum disease, and more. Green tea is also offered in the ground-up form known as "matcha," which is known as green tea leaves. Consuming green "matcha" tea actually involves taking in whole tea leaves that have been ground into a fine powder, which has a long list of positive side effects.
2. A popular herbal tea that people enjoy drinking is *Chamomile*. Because of its mild sedative effects, it is ideal for usage as a sleep aid.
3. Black tea is well renowned for being rich in antioxidants yet having very low levels of salt, fat, and calories. Parkinson's disease and cardiovascular issues are also helped by it.
4. Tea made with cardamom lowers gas, eases indigestion and prevents stomach pain. Women who experience mood swings during their menstrual cycle can benefit from drinking a cup of cardamom tea.
5. Peppermint tea is effective for reducing stress. Moreover, it aids with digestion and improves breath.
6. Ginger tea's anti-inflammatory effects have made it beneficial for arthritis sufferers.
7. Herbal teas are typically known to soothe the stomach, regulate blood pressure, and reduce the risk of developing cancer (Ravikumar, 2014).
8. HIV and AIDS can be cured with astragalus tea.
9. Cinnamon tea is relaxing and supports good digestion and blood flow.
10. Rose tea is a natural source of bioflavonoids and vitamin C. They are effective for treating weariness, colds and cough because they are a liver, kidney and blood tonic.
11. In patients with knee osteoarthritis, spearmint tea dramatically reduced stiffness and physical impairment scores (Etheridge and Derbyshire, 2019).

Disadvantages:

1. Some of these teas are predisposed to contain hazardous compounds, such as dyes, adhesives and flavour enhancers, either from their growing environment or during production.
2. If taken repeatedly, it has been shown to erode dental enamel.
3. One should be cautious when taking chamomile if they have allergies to plants in the Composite family (a big group that includes plants like daisies, ragweed, asters and *Chrysanthemums*).
4. It is advised against drinking chamomile tea when pregnant because it can cause uterine contractions.

Conclusion:

The world's oldest and most affordable nutritious beverage is herbal tea. They are made by infusing tea or herbal extracts either by themselves or in combination with other components. For study and its publishing, it is necessary to encourage tea consumption as a beverage and health drink. Health benefits of drinking herbal tea include improved digestion, stress relief and cancer prevention, among others. Future study can focus on a variety of aspects, such as brewing conditions optimization, understanding synergistic effects and much-needed high-quality human trials to investigate a larger variety of herbal teas and their nutrient and phytochemical contents.

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