

Herbal Tea: A Sip of Wellness and Serenity

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In recent years, global mortality arising from no communicable diseases has overtaken infectious diseases, with ischemic heart disease the most prevalent, and dementia and diabetes now placed within the top 10 causes. Tea was first introduced in



China as a traditional medicine. It is today produced in countries such as India, Sri Lanka, Kenya, Indonesia, Japan, Vietnam, Bangladesh, Uganda, Malawi, Tanzania, Rwanda, Burundi, Zimbabwe and South Africa. The top producer of tea is China while South Africa has the lowest yield of all the tea-producing countries. Black tea is the most widely consumed tea (80%) followed by green tea (around 20%) and the remainder being oolong tea (2%). Herbal teas or tisanes are herbal infusions made from any plant other than the leaves of *C. sinensis*. These teas are made from one or more of the herbal. Different parts of the plants (fresh or dried fruits, leaves, flowers, roots, seeds and stems) are used for the preparation of aqueous extracts. The different fermentation processes and the diverse plants for herbal tea increase the availability and usage of tea. Tea is usually consumed with honey, sugar, milk or lemon because people believe that these will enhance the benefit and taste of the beverage. The consumption of herbal teas has increased significantly in recent years with most consumers cognizant of the health attributes of herbal teas.

Type of Herbal tea

There are numerous types of herbal teas, each made from different herbs, flowers, fruits, and spices. Here are some popular types of herbal teas

Green Tea

Green tea, derived from the leaves of *Camellia sinensis*, stands out as a beverage with a rich history and a plethora of health benefits. Known for its subtle, earthy flavor and lower caffeine content compared to black tea, green tea has become a popular choice for

those seeking a refreshing and health-promoting drink. Regular consumption of green tea has also been associated with improved cognitive function and a reduced risk of certain chronic diseases. Whether enjoyed hot or cold, green tea continues to captivate enthusiasts worldwide, not only for its distinctive taste but also for its potential contributions to overall well-being.

Chamomile Tea

Chamomile tea, crafted from the dried flowers of the (*Matricaria chamomilla*) plant, has earned a reputation as a soothing and calming herbal infusion. Renowned for its mild, floral aroma and delicate flavor, chamomile tea has been cherished for centuries for its potential therapeutic effects. Traditionally recognized for its ability to promote relaxation and alleviate stress, chamomile tea is a popular choice before bedtime, aiding in improved sleep quality. Additionally, its gentle nature makes it suitable for individuals with digestive discomfort, as it may help ease indigestion and bloating. As a caffeine-free option, chamomile tea offers a comforting and natural remedy, making it a beloved choice for those seeking relaxation and a moment of tranquility in their daily routine

Peppermint Tea

Peppermint tea, derived from the leaves of the *Mentha piperita* plant, is a refreshing and aromatic herbal infusion that has been enjoyed for centuries for its delightful flavor and numerous health benefits. With its invigorating and cooling properties, peppermint tea is a popular choice for relaxation and digestive relief. Additionally, the tea is often praised for its ability to promote mental clarity and alleviate stress, making it a popular choice for those seeking a calming beverage. Whether sipped hot or enjoyed over ice, peppermint tea offers a delightful and revitalizing experience that goes beyond its delicious taste, making it a cherished beverage in various cultures worldwide.

Ginger Tea

Ginger tea, brewed from the rhizome of the (*Zingiber officinale*) plant, is a warming and flavorful

beverage celebrated for its unique taste and medicinal properties. Renowned for its spicy and slightly sweet flavor profile, ginger tea has been a staple in traditional medicine for centuries. Beyond its health benefits, ginger tea is cherished for its comforting and invigorating qualities, especially during colder months. Whether enjoyed plain, with a hint of honey, or combined with other herbs and spices, a cup of ginger tea offers a warming and soothing experience that extends far beyond its culinary appeal.

Turmeric Tea

Turmeric tea, crafted from the rhizome of the *Curcuma longa* plant, stands out as a vibrant and healthful beverage with a rich history in traditional medicine. Renowned for its earthy and slightly bitter taste, this tea is often infused with complementary ingredients like ginger, black pepper, or citrus to enhance its flavor profile. Widely consumed for centuries in various cultures, turmeric tea has gained popularity for its holistic approach to well-being. Whether enjoyed for its distinctive flavor or as a part of a wellness routine, a cup of turmeric tea offers a flavorful journey through both taste and tradition.

Hibiscus Tea

Hibiscus tea, brewed from the vibrant and magenta-hued petals of the *Hibiscus sabdariffa* flower, is a visually stunning and refreshing herbal infusion that captivates the senses. With its tart and slightly tangy flavor, hibiscus tea is often enjoyed both hot and cold. Hibiscus tea is also known for its diuretic properties and its potential to promote liver health. Commonly consumed in various cultures around the world, this floral elixir has become a popular choice for those seeking a caffeine-free and flavorful alternative. Whether relished on its own or blended with other herbs and fruits, hibiscus tea offers a delightful and visually striking beverage that combines taste and well-being.

Lemon Balm Tea

Lemon balm tea, derived from the leaves of the (*Melissa officinalis*) plant, is a fragrant and soothing herbal infusion celebrated for its gentle lemony flavor and calming properties. The tea is esteemed for its historical use in traditional medicine to alleviate stress, anxiety, and promote relaxation. This caffeine-free tea

is often enjoyed before bedtime to help induce a sense of calm and improve sleep quality. Its bright and citrusy notes make it a delightful and refreshing beverage, whether consumed hot or cold. Lemon balm tea is not only valued for its potential stress-relieving benefits but also for its subtle yet invigorating taste that appeals to those seeking a comforting and aromatic herbal infusion.

Echinacea Tea

Echinacea tea, crafted from the roots and above-ground parts of the (*Echinacea purpurea*) plant. Widely recognized in traditional medicine, particularly by Native American tribes, the tea is characterized by its slightly earthy and floral taste, often accompanied by a mild sweetness. Whether enjoyed as a preventive measure during colder seasons or as a comforting beverage when under the weather, Echinacea tea offers a holistic and herbal approach to immune support, making it a favored choice among those seeking natural remedies for wellness.

Nettle Tea

Nettle tea, crafted from the leaves of the stinging nettle plant (*Urtica dioica*), is an herbal infusion that has been cherished for centuries for its numerous health benefits. Despite its reputation for causing irritation when touched, the nettle plant transforms into a nourishing and earthy tea once dried. Rich in vitamins, minerals, and antioxidants, nettle tea is believed to have detoxifying properties and may aid in purifying the blood. The tea has a mild, grassy flavor and is often enjoyed on its own or blended with other herbs for added complexity. Whether sipped for its potential health benefits or appreciated for its unique taste, nettle tea offers a wholesome and herbal option for those seeking a natural approach to wellness.

Dandelion Tea

Dandelion tea, crafted from the roasted roots or dried leaves of the humble dandelion plant (*Taraxacum officinale*), is a herbal infusion that has gained popularity for its potential health benefits and unique earthy flavor. Despite being commonly dismissed as a weed, dandelion has a long history of use in traditional medicine. It is believed to be rich in

vitamins and minerals, particularly vitamin A, C, and potassium. The tea has a slightly bitter taste, reminiscent of coffee when made from the roasted roots, making it a caffeine-free alternative for those seeking a warm and comforting beverage. Beyond its distinct flavor, dandelion tea has garnered attention for its potential liver-cleansing properties and its role in supporting overall well-being. Whether enjoyed for its taste or as part of a holistic health regimen, dandelion tea offers a unique and beneficial addition to the world of herbal infusions.

These are just a few examples, and there are many other herbal teas with various flavors and potential health benefits. Keep in mind that herbal teas can be enjoyed for their taste and aroma, and some people also appreciate them for their potential therapeutic effects.

Advantage of Herbal Tea

Here are some advantages of herbal tea:

- **Calming and Relaxing:** Some herbal teas, such as chamomile or peppermint, have natural calming effects that can help reduce stress and anxiety. They may also aid in promoting better sleep.
- **Digestive Aid:** Certain herbs like ginger or peppermint have been traditionally used to soothe digestive issues. Herbal teas can help alleviate symptoms such as indigestion, bloating, and nausea.
- **Immune Support:** Some herbs, like echinacea or elderberry, are believed to have immune-boosting properties. Drinking herbal tea regularly may support the immune system and help prevent illness.
- **Weight Management:** Certain herbal teas, such as green tea, are often associated with potential weight management benefits. Green tea, in particular, contains compounds like catechins that may help boost metabolism and fat burning.

- **Rich in Nutrients:** Herbal teas can provide essential vitamins, minerals, and other nutrients depending on the herbs used. For example, nettle tea is known for its high content of vitamins and minerals like iron.
- **Traditional Medicine:** Many cultures have a long history of using herbal teas for medicinal purposes. While not a replacement for professional medical advice, herbal teas have been used traditionally to address various health concerns.

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