



International Journal of Science, Architecture, Technology and Environment

Review: Review On Herbal Teas

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DOI: <https://doi.org/10.63680/ijate1125053.006>

Abstract

Herbal tea is a drink made from the leaves, seeds, or roots of various plants. Unlike regular tea, it doesn't come from the usual tea plant (*Camellia sinensis*) but from different herbs, often called "tisanes". There are many types of herbal teas, each known for certain health benefits. Some provide energy, others help with relaxation, digestion, or boosting the immune system. Common examples include black tea, green tea, chamomile tea, ginger tea, ginseng tea, peppermint tea, and cinnamon tea. Certain herbal teas have particularly strong medicinal effects. For instance, Astragalus tea, a Chinese herb, is known for its anti-inflammatory and antibacterial properties and is sometimes used to support people living with HIV or AIDS. Overall, herbal teas are considered very beneficial, and researchers continue to study and confirm their positive effects on health, as they have very few disadvantages. Most herbal teas are made from edible and medicinal plants that people drink regularly. Although herbal tea has been used around the world for health and wellness for a very long time, there still isn't enough organized.

Keywords: *Camellia Sinensis*, tisanes, types, medical benefits, ability to cure various ailments, advantages, disadvantages

INTRODUCTION

Even though herbal tea looks like regular tea and is made in a similar way, it's actually not a true tea. That's because real tea comes from the *Camellia sinensis* plant — the same plant used to make black, green, and oolong tea. Herbal teas, on the other hand, are made from a mix of different natural ingredients like dried leaves, fruits, flowers, seeds, or bark. These blends are technically called "tisanes."

Unlike regular tea, herbal teas don't contain caffeine. They're flavorful, soothing, and easy to enjoy. Each blend usually focuses on a specific purpose — for example, helping you relax, boosting your energy, or easing certain health issues.



Figure 1: Green Tea

A cup of herbal tea can contain many different herbs, each offering its own unique benefits. Here are some of the most common ingredients you might find:

- Chamomile – Known for its calming effects, chamomile can help you relax and may also reduce inflammation and muscle spasms.
- Chrysanthemum – This sweet-tasting flower is believed to cool the body during a fever, protect the liver, and help remove toxins.
- Cinnamon – Has a soothing flavor and supports healthy blood circulation and digestion.
- Ginseng – Boosts energy, strengthens the body, and helps maintain overall wellness.
- Ginger root – Great for improving blood flow and digestion. It's also used to relieve nausea, clear lung congestion, and ease arthritis pain.
- Parsley – Acts as a natural diuretic, helping the kidneys function properly.
- Peppermint – Helps reduce stress and supports digestion while freshening your breath.
- Red Clover – Used to help with menopause symptoms, skin problems, joint pain, asthma, and more. However, it's not recommended for children, pregnant, or breastfeeding women.
- Rose hips – A rich source of vitamin C and antioxidants. They help boost energy, strengthen the liver and kidneys, and can ease fatigue, colds, and coughs.
- Sarsaparilla – Known for increasing energy and promoting healthy skin.
- Slippery elm – Helps soothe the stomach and relieve digestive.



Image 2: Black tea and its plant

The second emperor of China, Shen Nung, is believed to have discovered tea when the leaf of the plant *Camellia sinensis* blew into his cup of hot water (2737 BCE). The first European to encounter tea and write about it was the Portuguese Jesuit missionary Father Jasper de Cruz in 1560. Around 1650, the Dutch introduced several teas and tea traditions to New Amsterdam (which later became New York). The first tea sold as a health beverage was in London, England, at Garway's Coffee House in 1657. In 1826, John Horniman introduced the first retail tea in sealed, lead-lined packages. In 1870, Twinings of England began to blend tea for uniformity. The Englishman Richard Blechynden created iced tea during a heat wave at the St. Louis World Fair in 1904, and the New York tea importer Thomas Sullivan inadvertently invented tea bags in 1908 when he sent tea to clients in small silk bags and they mistakenly steeped the whole bags. Finally, the world's first instant tea was introduced in 1953. Nowadays, BT is consumed principally in Europe, North America, and North Africa, whereas GT is taken throughout Asia.

Advantages of Herbal Tea

Herbal teas are popular for their relaxing and healing effects. They can help with digestion, cleanse the body, strengthen the immune system, and relieve stress. Different herbs have different benefits, so you can choose or mix them based on your needs.

Here are some common types and their benefits:

- Green tea – Rich in antioxidants; may help prevent some cancers, support weight loss, fight tooth decay, and promote overall health. Matcha (powdered green tea) offers even more benefits because it uses the whole leaf.
- Peppermint + red raspberry + nettle + dandelion – Helps increase milk production for breastfeeding mothers.
- Black tea – Low in calories and high in antioxidants; may reduce the risk of Parkinson's disease and heart problems.
- Oolong tea – Can help manage Type 2 diabetes and support weight loss when consumed regularly.

- Yerba mate – Boosts energy, strengthens the heart, and may reduce the risk of certain cancers. It's packed with vitamins (A, B, C) and minerals like magnesium and iron.
- Chamomile tea – Promotes relaxation and better sleep, eases stomach pain and menstrual cramps, and acts as a mild laxative.
- Red raspberry leaf tea – Good for pregnant women; tones the uterus and may reduce labor pain.
- Astragalus tea – Believed to support the immune system and overall health.
- Ginger tea – Relieves nausea, improves digestion, reduces inflammation, and can ease arthritis pain.
- Cardamom tea – Helps with indigestion, nausea, coughs, and mood swings during menstruation.
- Peppermint tea – Soothes upset stomachs and, when mixed with chamomile, offers extra relaxation.

Overall, herbal teas are known for calming the body, supporting digestion, and lowering the risk of several diseases.

Disadvantages of Herbal Tea

Some herbal teas may contain harmful chemicals from their growing or manufacturing process.

Green tea side effects: Though rare, allergic reactions like breathing difficulty, throat irritation, or facial swelling can occur and require immediate medical attention. Long-term, heavy use may increase the risk of esophageal cancer.

Other possible side effects include:

- Heartburn or upset stomach
- Loss of appetite
- Constipation or diarrhea
- Nervousness, anxiety, or irritability
- Sleeplessness
- Irregular heartbeat
- Headache

If these symptoms appear, consult a doctor immediately.

Disadvantages of Black Tea

Black tea contains caffeine, which can cause certain side effects when consumed in large amounts.

- Caffeine can lead to insomnia, especially in sensitive people, and acts as a diuretic, increasing urination and possibly lowering sodium or potassium levels in the body.
- Continuous drinking may cause tooth enamel erosion.
- Drinking 4–5 cups (about 200 mg of caffeine) may raise blood sugar levels, so people with diabetes should be cautious.
- Some animal studies suggest that tannins in tea might increase cancer risk,

though this hasn't been proven in humans.

Side Effects of Chamomile Tea

Chamomile tea is generally safe for most people, but it can cause problems in some cases:

- People who are allergic to plants in the daisy family (like ragweed, asters, or chrysanthemums) may experience allergic reactions such as skin rashes, throat irritation, or breathing difficulties.
- Pregnant women should avoid chamomile tea because it can stimulate uterine contractions and possibly increase the risk of miscarriage.
- Chamomile has mild blood-thinning properties, so those taking anticoagulant medications (like warfarin or aspirin) should not drink it regularly.
- Drinking large amounts may cause drowsiness, nausea, or vomiting in some individuals.
- It can also interact with sedatives, painkillers, or alcohol, increasing their effects and making you feel excessively sleepy or dizzy.

Overall, chamomile tea is safe in moderation but should be used cautiously by people who are pregnant, allergic to flowers, or on certain medications.

Other Types of Tea and Their Side Effects

While most herbal teas are safe and beneficial when consumed in moderation, a few can have negative effects depending on their ingredients or how often they're consumed.

- Sassafras tea – Contains around 80% of a compound called safrole, which has been found to be toxic to the liver and potentially carcinogenic (cancer-causing) in high amounts. Because of this, sassafras oil and safrole are banned as food additives in several countries, including the U.S. Pregnant and breastfeeding women should avoid sassafras tea completely, and healthy adults should drink it only occasionally and in very small amounts.
- Peppermint tea – Generally safe and widely used for digestion and relaxation, but some studies suggest that excessive consumption may lower testosterone levels in men and affect fertility. It may also worsen acid reflux (GERD) in people with sensitive stomachs since peppermint relaxes the muscles at the top of the stomach, allowing acid to flow upward.

It's important to remember that not all herbal teas are harmful. Most cause little to no side effects when taken in moderation. Problems usually arise from excessive consumption, allergies, or interactions with medications. Always check ingredients, especially if you are pregnant, breastfeeding, taking medication, or have chronic health conditions.



Image 3: Chamomile tea with the plant

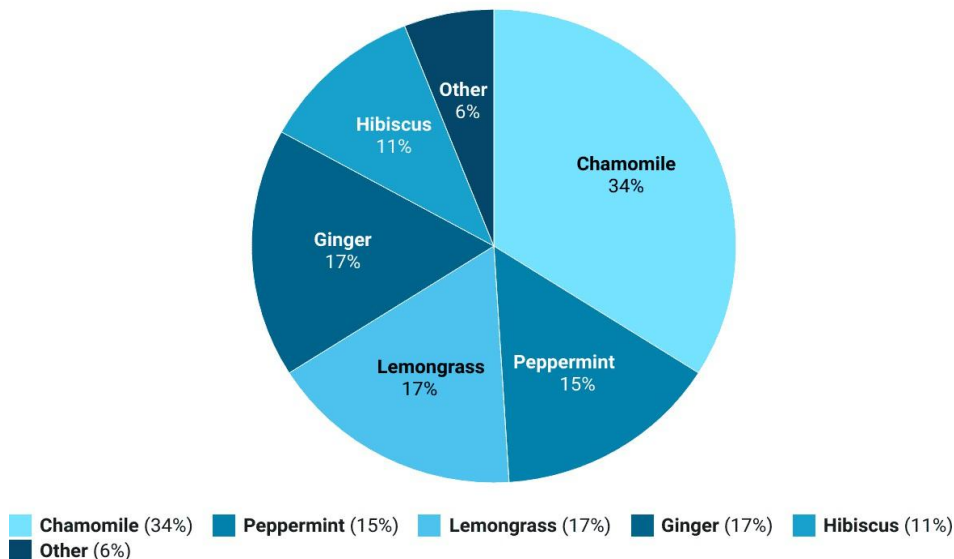
Selected Herbal beverages commonly consumed in different parts of the world.

Local name	Scientific name	Family	Plant part used	Health benefits
Beli, Bael, Bengal quince	<i>Aegle marmelos</i>	Rutaceae	Dried leaves, buds, flowers	Anticancer, antidyslipidaemic, antihyperglycemic
Tanner's Cassia, Avartaki, Ranawara	<i>Cassia auriculata</i>	Leguminosae	Immature fruits, bark, dried leaves, flowers	Antidiabetic, anti-inflammatory, antihyperglycemic
Polpala	<i>Aerva lanata</i>	Amaranthaceae	Dried whole plant	Antihyperglycemic
Indian Sarasaparilla, Iramusu	<i>Hemidesmus indicus</i>	Asclepiadaceae	Whole plant, dried	Anti-inflammatory, antioxidant, antithrombotic
Pegaga, Indian pennywort, Gotukola	<i>Centella asiatica</i>	Apiaceae	Whole plant, dried	Antiplatelet aggregation, anticancer, increases antioxidant enzyme activity
Chamomile	<i>Matricaria chamomilla</i> / <i>Chamaemelum nobile</i>	Compositae	Dried flowers	Antioxidant, hypocholesterolemic, anticancer, anti-inflammatory
Heart-leaved moonseed	<i>Tinospora cordifolia</i>	Menispermaceae	Stem, roots	Antidiabetic, anti-inflammatory
Coriander (Coriandrum)	<i>Coriandrum sativum</i>	Apiaceae	Dried fruits	Antioxidant, antibacterial, hypocholesterolemic, anticancer, anti-inflammatory
Dag çayı	<i>Sideritis condensata</i>	Lamiaceae	Dried aerial parts	Antioxidant, antibacterial
Peppermint tea	<i>Mentha piperita</i>	Lamiaceae	Dried leaves	Antioxidant, antitumor

Yerba mate	<i>Ilex paraguariensis</i>	Aquifoliaceae	Leaves	Hypocholesterolemic, hepatoprotective, cardiovascular protective
Sage, Adaçayı, Minchi	<i>Salvia officinalis</i>	Lamiaceae	Leaves	Increases liver antioxidant status
Rosehips	<i>Rosa canina</i>	— (Rosaceae, implied)	Fruits	Anti-inflammatory
Rooibos	<i>Aspalathus linearis</i>	— (Fabaceae subfamily)	Leaves	Antioxidant, anticancer
Borututu	<i>Cochlospermum angolensis</i>	— (Bixaceae family)	Roots	Antihepatocellular carcinoma, antioxidant
Ginger	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	Anti-inflammatory, hypoglycemic

Global Herbal Tea Market Share – By Flavor Type

Market Share in Percentage



(Market Share in %)

Source: Market.us Media

CONCLUSION

From this article, it can be concluded that while scientific evidence continues to explore the full range of health and medical benefits of herbal tea, current findings suggest that it can aid digestion, promote relaxation, and may even play a role in preventing certain diseases, including cancer. However, the research is not yet completely conclusive, and results can vary depending on the type of herbs used and individual body responses. In my own experience, drinking herbal tea— especially varieties like chamomile, peppermint, and green tea—has helped me feel more relaxed and balanced, particularly after long or stressful days. It has also become a simple, enjoyable part of my daily routine that supports both mental calmness and healthy hydration. Still, moderation is key. Like most natural remedies, too much of anything

can cause discomfort or unwanted side effects. Therefore, it is always wise to consult a healthcare professional or someone knowledgeable about herbal ingredients before making herbal tea a regular part of one's diet. Doing a bit of personal research can also help ensure that what you're drinking aligns with your health needs. Overall, increasing tea consumption, given its minimal calorie content and potential health benefits, seems like a positive and refreshing habit for many people to adopt.

Declaration of Conflicting Interests

The authors declare no potential conflicts of interest with respect to the research, authorship and publication of this article.

Funding

The author received no financial support for the research, authorship and publication of this article.

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