

# A Review on Hibiscus Tea Some Dried Parts of Flowers

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**Abstract:** *Over the last decodes, health evidence has been building for hibiscus tea. The calyces of the plant are used as refrigerant in the form of tea to make jellies and jams. Several studies have found that hibiscus tea may lower both systolic and diastolic pressure. According to recent rend the suing herbal and traditional medicine research have been focused on evaluating the effect of different Herbals on managing hypertension, it is used as different cultures as a remedy for several condition therefore a scoping review was undertaken to examine the overall health effects of hibiscus tea Hibiscus tea is a rich and powerful antioxidant and may therefore help prevent damage and disease. caused by the build up of free radical. It is made from the petals and sepals the green plant of parry found just below the petals of the hibiscus plant. Cultivated for its flowers although leaves and seeds also have been used in traditional medicine. The plant reported to contain proteins, fats, acids, minerals and vitamins.*

**Keywords:** Systolic pressure, diastolic pressure, Blood pressure, weight loss