

Formulation and Evaluation of Herbal Tea Bag Containing *Moringa Oleifera* and *Bacopa Monnieri* (Brahmi) Powder for Cognitive and Metabolic Health

Vaishnavi Eknath Sahane¹ and Kajal Walunj²

Department of Quality Assurance^{1,2}

Samarth Institute of Pharmacy, Belhe; Pune, Maharashtra, India

Abstract: *The increasing demand for natural health-promoting products has led to growing interest in herbal formulations that offer both therapeutic benefits and ease of use. This research focuses on the formulation and evaluation of herbal tea bag containing Moringa oleifera and Bacopa monnieri (Brahmi) powders, aimed at supporting cognitive and metabolic health. Moringa oleifera is widely recognized for its antioxidant, anti-inflammatory, and antidiabetic properties, while Bacopa monnieri is traditionally used in Ayurvedic medicine for its nootropic and neuroprotective effects. The synergistic combination of these two potent herbs in a tea bag formulation provides a convenient delivery system that may enhance bioavailability and user compliance. The research involved standardized processing of Moringa oleifera leaves and Bacopa monnieri leaves to obtain fine powders, which were then blended in various ratios to optimize efficacy and organoleptic properties. Physicochemical evaluation was performed, including moisture content, pH, bulk density and flow properties. Additionally, Extractive values were determined using both aqueous solvents to assess the solubility and potential availability of active constituents in brewed tea.*

Keywords: Moringa, Brahmi, Metabolic health, Cognitive health

