

# A Review on Hibiscus Tea Some Dried Parts of Flowers

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**Abstract:** *Over the last decades, 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 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

## I. INTRODUCTION

It natural low in Calories and contain less caffeine than black tea and coffee Hibiscus tea famous in various countries example South Korea Malaysia it makes Audi hread sweet are trangers the delicious hot or cold every single ingredient as well as local benefits help boost immune system can help to prevent damage ed by free radicals in the body Hibiscia tes is ually derived from the dried calyces of the Tropical plant Hibiscus tea it belong to the mallow family Hibiscus tea may have a number health benefits example it may weight management skin, mflammation. The plant of hibiscus plan that protects and support the flowers is the calys Hibiscus tea can be consumed hot or cold.

Taking the growing evidence-base on board the present scoping reviews aim tis collate evidence from systematic reviews papers human trials and laboratory studies Hibiscus ha comumptiomand health it orged in North Africa and South Fast Asia but now grown many tropical and subtropical climates all people around the world use various parts of the plant as food and medicine hibiscus tea famous in various countriess g south korea, Malaysia. in one study in rate hibiscus extract increased the number of antioxidant enzymes and rediscost the harmful effects of free radicals (2) Other drinks made from the hibiscus plant include,

- Red Sorrel Sour Tea
- Lo Shen

Many people are familiar with the beautiful flowers of the hibiscem plant Hibiscim tea is an herbal drinks made from the calyces of hibiscus flowers. Preparation of hibiscus petah in a room temperature and make the powder and mix with boiled water it contains calories fat, vitamm C, proteus carbohydrates The chemical components that are the main active principles in the physiological activities of hibiscus flowers .

### Benefits OF HIBISCUS TEA:

#### Good for hair growth

Amazing benefits of hibiscus tea is that the dry hair problem can be managed efficient .

#### Good for Wight loss

Drinking hibiscustea is a great way to help weight loss, at plant containsphenolic compound Lower blood pressure, Makes the bones and teeth stronges .

#### Good for kidneys

It's main properties is that it is a diuretic .

**Good for skin**

It is rich in antioxidant it is anti-inflammatory effect and an help to soothe inflamed skin .

**Good for pcos:**

Amat and purely natural infinion of sports, green elundation the many more are laden with beneficial plant nutrients that restores hormonal balance

**Good for thyroid:**

In observational studies, association between herbal tea consumption and health showed a reduced risk of thyroid cancer and liver disease

**Good for acid reflux:**

Other herbal teas can increase in saliva production which can hato stomach acidity disease

**1.1 Objectives of hibiscus tea:**

It can help boost your immune system and may help prevent cell damage caused by fee radicals in the body 11 can reduce your risk of developing many amificant health complications such as heart disease, dilates, and cancer Hibisem tes contains other antioxidants

**II. HIBISCUS PLANT**

It is gemas is quite large comprising several hundred species that are native to warm temperature, subtropical mid tropical regions throughout the world.

- Scientific name: Hibiscus
- Family : Malvales
- Order : Milvales
- Kingdom : plantar
- Height : 7 feet tall.
- Colour : orange, red, pink, yellow.



Fig : Hibiscus flower

USES: (plant)

1. All of hibiscus plant are used traditionally.
2. lower blood pressure
3. Topically to treat skin affliction.

### **Traditional uses of hibiscus (7)**

India, hibiscus flower and leaves are used for the abortion. The fleshy red calyx is used in the preparation of jams, jellies and cold and warm teas and drinks. The leaves have been used like spinach. The leaves are used traditional medicines as emollients and aperients to relieve burning sensation, skin.

### **Tulsi plant**

It is commonly known as holy basil or tubs. It is native to the Indian subcontinent and widespread a cultivated plant throughout the Southeast Asian tropical.

- Scientific name : *Ocimum tenuiflorum*.
- Family : Lamiaceae
- Order : Lamiales
- Kingdom : Plantae
- Planting zone : 10 to 11
- Height : up to 1 metre. Substitute regular
- Biological name : *Ocimum tenuiflorum*



Fig : Tulsi

### **Biological source**

Tulsi consists of fresh and dried leaves of *Ocimum sanctum* Linn.

### **Geographical source**

It is a herbaceous, multibranched annual plant found throughout India. It is considered as sacred by Hindus. The plant is commonly cultivated in gardens and also grown near temples. It is propagated by seeds. Currently, tulsi is cultivated commercially for its volatile oil.

### **Macroscopic characters**

It is a multi-branched small herb and 30-75 cm in height. All parts of tulsi are used in medicine, especially fresh and dried leaves. Leaves are oblong-acute with entire or serrate margin, pubescent on both sides and minutely gland-dotted. The leaves are green in colour with aromatic flavour and slightly pungent taste. Flowers are purplish in colour in the form of racemes.

### **Chemical constituents**

Tulsi leaves contain bright yellow coloured and pleasant volatile oil (0.09%). The oil content of the drug varies depending upon the type of place of cultivation and season of its collection.

The oil is collected by steam distillation method from the leaves and flowering tops. It contains approximately 70 percent eugenol and eugenol-methyl-ether. It also contains fixed oil with good drying properties. The plant is also reported to contain alkaloids, tannins, as appreciable amount of vitamin C and traces of maleic, citric and tartaric acid.

#### **Importance of tulsi:**

Tulsi is an erect sweet scented shrub which grows up to a 3-5 feet. It is commonly grown in gardens and in the periphery of temples. It has a pungent and fragrant smell. It is the only plant that can absorb carbon dioxide throughout its life. The tulsi plant has a lot of medicinal benefits due to the manifold medicinal benefits it provides. Tulsi leaves are widely used in the preparation of Ayurvedic medicine; it is known to promote the longevity of life.

#### **Medicinal uses of tulsi:**

1. Tulsi leaves are used to treat skin problems like acne, blackheads and premature aging.
2. Tulsi is used to treat insect bites.
3. Tulsi is also used to treat heart disease and fever.
4. Tulsi is also used to treat respiratory problems.
5. Tulsi can help cure fever.
6. The juice is used as an antiperiodic and as a constituent of several preparations for skin diseases and also to cure caracache.
7. The drug is a good immunomodulatory agent. 8. Tulsi has expectorant and anti-inflammatory properties.

#### **ACTIVITIES OF TULSI IN HIBISCUS TEA:**

Tulsi tea has numerous health benefits both mental and physical. Sipping on herbal tea has two advantages: water hydrates the body and tea infusion gives health benefits like stress relief.

#### **Properties of tulsi in Ayurveda 1. Acts as an Anti-inflammatory:**

Tulsi is packed with strong anti-inflammatory properties that cure a variety of diseases and disorders. It contains enzymes-inhibiting oils, including eugenol, citronellal and linalool. Chewing of tulsi leaves soothes fever, headache, cold, cough, flu.

#### **Packed with Disease Fighting Antioxidant:**

Packed with disease-fighting antioxidants, tulsi essential oil has the ability to help fight free radical damage while protecting DNA structure & cells. Tulsi contains two water-soluble flavonoid antioxidants that delay the DNA & steady structure, DMA effect of skin ageing.

#### **Skin Care**

The essential oil of tulsi cleanses the skin from within; this excellent skin cleanser is perfect for those with oily skin. It removes dirt and impurities that block pores. Apply the paste made of tulsi leaves on your face for 20 min, wash it off with cold water. Tulsi is known to heal many diseases and ailments. Juice of tulsi leaves is used in treating ringworm and skin disorders. It also prevents premature ageing and keeps the skin healthy.

#### **Home Remedy for cough:**

Tulsi leaves are used in the treatment of cough and cold to cure cough and cold fever. One should take the decoction of tulsi flowers, ginger, black and long pepper powder along with honey for at least three to four times a day. A person suffering from expectorant should take the juice of tulsi leaves and sugar.

#### **Tulsi prevents heart disease:**

Tulsi leaves show a positive impact in reducing body. Tulsi leaves also act as a tonic for the heart. Blood circulation enhances when the juice of fresh leaves is applied locally.

**Lemon tree**

- Scientific name : Tilia
- Family : Malvaceae
- Order : Melville's
- Kingdom : Planeta
- Fertilizer : chemical fertilizers for carus contain nitrogen, phosphorus and potassium in varying percentages.
- PH : lime tree prefer of pH level of 5.0 or higher.



Fig : lemon tree

It is also know as Tilia It is a genus about 30 species of tree or bushes native throughout most of the temperature northern hemisphere, the tree is known as indian for the European species and basswood for north american species .

**Biological source**

Lemon peel is the outer part of the Pericarp of the ripe or hearily ripe fruits of citrus limonis

Geographical source:

It is indigenous to north india, but is cultivated on a very large scale in countries like spain and Sicily. It is also cultivated in California, australia and India

Chemical constituents

Lemon peel contains volatad oil from 2-4percent the other constituents of the peels are pectin, calcium oxalate and bitter substances. The volatile od of the drug contains mainly lemon citral and other aromatic compounds like geranyl acetate and terpineol the lemon oil has pale yellow colour and also following standards sp gr 0 849-0,855.

Chemical test

Solution of recently expressed oil is added to three volumes of alcohol which is neural or only slightly acidic to litmus perpetration

**Ayurvedic properties of lemon tree:**

Lemon use in weight less:

Hot water lemon therapy is a famous home remedies for Wight loss Drinking a glass of hot water, mixed along with 1-2 spoons of lemon juice extract, early in the morning on empty stomach decrease fat deposition. Obesity is related with kappa dosla and lemon decreasekappa

Lemon for vascular health cancer:

Lemon for vascular health Regular use of lemon in diet helps to decrease cholesterol in the blood vessels. Lemon for cancer there are unconfirmed reports of use of lemon as a medicine in cancer therapy but much research is required in this regard .

Uses of Lemon tree:.

1. Lemons are used to treat scurvy, swine flu, common cold and kidney stone.
2. It eliminates unwanted toxins from the body boosts immunity system and balances PH
3. Cures throat infection and relieves pain.
4. Reduce cancer risk
5. Improve digestive health

**Benefits:**

Lemon trees are a rich source of vitamin C, calcium, magnesium, iron and potassium these minerals are vital for building and maintaining strong bones, maintaining a healthy heart.

Medicinal uses of lemon:

Blood purifier Insomnia

Treat throat infection. Vomiting and travel sickness

**Honey**

Synonyms : Madhu, honey purified, Mel.

Family : Apidae

Order : Hymenoptera.

Scientific name : *Apis mellifera*.

Kingdom : Animalia.



Fig : honey

Biological source:

Honey is a substance secreted and deposited in honey comb by the bees *Apis mellifera* and other species of *Apis*, belonging to family *Apidae* order *Hymenoptera*.

Geographical source:

Honey is produced in Africa, New Zealand, India

**Honey**

The solution containing 25 per cent sucrose and 75 per cent water the worker bee sucks this solution through its nectar tube of mouth and deposits it in honey sac located in the abdomen. The enzyme invertase present in saliva of the bee converts nectar into invert sugar, which is partially utilised by the bees and honey is obtained by applying pressure to it or allowing it to drain naturally. The honey of commerce is heated to 80°C and allowed to stand. Natural honey has the density of 1.47. Many a time honey is extracted from the comb by centrifugation. It must be

free from foreign substance is liable to fermentation unless it is suitably processed. Honey is heated to 80°C before it is sent to the market so as to avoid fermentation. It should be cooled rapidly or else it darkens in colour on keeping.

**Chemical constituents:**

Honey is an aqueous solution of glucose 35 per cent, fructose 45 per cent and sucrose about 2 per cent. The proportion of sugar may vary depending upon the source of nectar and the enzymatic activity responsible for converting better into the honey. The other constituents of honey are maltose, gum, acetic acid, formic acid and traces of vitamins, proteins and pollen grains from various flowers are also found in honey. It is a saturated solution of sugar; on keeping it starts crystallising. A product which contains crystallised dextrose is called as granulated honey. Heating of honey serves the purpose of minimising the granulation.

Artificial invert sugar, an adulterant of honey, contains furfural which is detected by Fehling's test; it gives instant red colour with resorcinol in hydrochloric acid.

**Review :**

This topic gives information about how herbal preparations are useful without any side effect or adverse effect on the human body. Hibiscus tea is made of dried parts of the Hibiscus flower of a unique blend of flavour and health benefits. Its tart & refreshing taste makes it a popular choice for both hot and cold beverages. Rich in antioxidants, Hibiscus tea may help lower blood pressure, support heart health and boost immunity of the human system. Additionally, its vibrant red colour and pleasant aroma enhance the overall drinking experience. After all, hibiscus is not only delicious but also a nutritional addition to your diet, making it a worthwhile choice for tea enthusiasts looking for something different.