
KNOW ABOUT THE MEDICINAL VALUE OF HERBAL TEA

***Dr. Yogita B. Gamit**

V. S. Patel College of Arts & Science Bilimora, Navsari. Botany Department

Associated Professor Veer Narmad South Gujarat Uni. Surat.

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***Corresponding Author: Dr. Yogita B. Gamit**V. S. Patel College of Arts & Science Bilimora, Navsari. Botany Department
Associated Professor Veer Narmad South Gujarat Uni. Surat.Doi: <https://doi-org/101555/ijarp.1809>**ABSTRACT**

In this Research paper, the medicinal value of herbal tea making from 'Shoe flower' (China rose) is evaluated. Nowadays, the majority of rural people who are poor & can't afford costly allopathic drugs. In the last decades, there has been probably an upsurge in the use of drugs based on plant sources because of the miraculous success of it and no side effects.

INTRODUCTION

- **Latin Name:** *Hibiscus rosa-sinensis* L. (Shoe-flower or China rose)
- **Family:** Malvaceae
- **English name:** Shoe-flower
- **Gujarati name:** Jasud

GENERAL DESCRIPTION

Highly polymorphic shrubs, varies in size and texture of leaves and flower colour, leaves crenate-serrate, acuminate, flower of various colours, dark red to pink, yellow or white but with deep red flowers are seems to be the best for medicinal purposes. Very common ornamental species throughout in India, planted in home gardens and sacred places for showy flower. It is propagated by stem cutting.¹



CHEMICAL CONSTITUENTS

Plant contains taraxeryl acetate, beta-sitosterol, campesterol, stigmasterol, cholesterol, lipids, citric & oxalic acids, fructose, flavonoids & glycosides, hibiscentin, cyanidin, cyanin glucosides. Flower also contains very less quantity of nitrogen, fat, mucilage, calcium, phosphorus, iron & vitamin B, C.²

USAGES

Herbal tea is astringent, acrid, depurative, emollient, refrigerant, trichogenous, aphrodisiac, demulcent, emmenagogue, haemostatic, brain tonic, constipating, urinary astringent, cardiogenic. Herbal tea is useful in vitiated condition of boils, inflammations, epilepsy, hemorrhoids, urethrorrhea, diabetes, cardiac debility, haemoptysis, menorrhagia, seminal weakness, skin diseases, leprosy and pruritus. It is very much useful as a contraceptive.³

HERBAL TEA

The beverage prepared from the dry petals or fresh petals of shoe flowers which is known as herbal tea. Herbal tea is a non-alcoholic beverage which is known as a soft drink. Herbal tea contains fructose, sucrose, glycosides and hibiscentin. It is a very good source of energy. We can drink cold & hot herbal tea.

METHOD

FIVE GOLDEN STEPS TO A GOOD CUP OF HERBAL TEA:

1. Take fresh water from the tap & boil.
2. Warm teapot by rinsing out with hot water.
3. Put into teapot 1-2 teaspoonful of Flower & Juice of lemon, Ginger, Sugar, Cinnamon and cardamom.

4. Pour boiling water into the teapot, cover & wait for five minutes; give time for bigger herbal tea.
5. Pour liquid herbal tea from teapot into cup. Enjoy taste & flavour of herbal tea.



WHEN YOU DRINK HERBAL TEA, YOU ARE CONSCIOUS OF PEACE. THE COOL BREATH OF HEAVEN RISES IN YOUR SLEEVES AND BLOWS YOUR CARES AWAY.

An infographic titled "BENEFITS OF HIBISCUS TEA" in bold red letters. The background is white with scattered images of red hibiscus flowers and dried petals. A glass of red tea is visible on the right. The benefits are listed in red text:

- PACKED WITH ANTIOXIDANTS
- FIGHTS INFLAMMATION
- LOWERS BLOOD PRESSURE
- LOWER BLOOD FAT
- LOWERS CHOLESTEROL
- PROMOTES WEIGHT LOSS
- PROMOTES LIVER HEALTH
- CONTAINS COMPOUNDS THAT MAY HELP PREVENT CANCER
- FIGHTS BACTERIA
- FLAVORFUL AND EASY TO MAKE

<https://www.google.com/search?q=uses+of+hibiscus+tea+benefits&sca7>

USES OF FLOWER

MENSTRUATION

Flowers (1-2) no's are crushed in buttermilk & it is taken orally for 3 days with jaggery.

GONORRHEA

To take one flower 1 day followed by 2 flowers on the 2 day, 3 on 3rd 4 on 4th 5 on 5 day. On the 6 day would take 5 flowers, 7 day 4 flowers, 8 day 3 flowers, 9 day 2 flowers and 10 day just one flower with lump sugar.⁴

BLEEDING IN DIARRHEA

One or two flowers are chewed everyday with lump sugar.

HEMORRHAGE

Safed Musli (*Chlorophytum borivillianum*) root powder is boiled in milk and taken along with one flower bud of jasut. The process should be repeated for 2-3 days.⁵

CARE OF HAIR

To cure baldness, flowers are crushed in cow urine and applied externally. To stop whitening of hair, flowers juice and honey is taken in equal amount and mixed well, ten grams of this mixture is added in a bucket full of water bath. To increase hair growth, Jaitun (Olive) oil or Nariyal (Coconut—*Cocos nucifera*) oil and juice of flowers are mixed and extracted. The oil is filtered and applied on the hair.⁶

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