

Remember, the herbs used in teas are proportionally very small amounts. Here are the herbal benefits for a few of the herbs used in some of our teas.

Shatavari.

Shatavari (*asparagus racemosus*) also referred to as Indian asparagus, is a woody climbing plant that typically grows in shady areas of tropical regions including India, Asia, Africa and southern most China. According to the Indian Journal of Medical Sciences (IJMS), shatavari is recommended in Ayurvedic texts (traditional native Indian medicine) as both a preventative aid and as a remedy for a wide array of health conditions including gastric ulcers and dyspepsia (stomach pain caused by ulcers or acid reflux disease). **Traditional Uses:** Both the root and leaves of the shatavari plant have been customarily used in traditional Indian medicine to rectify a number of medical issues. The IJMS says a number of Ayurvedic healers have found shatavari to be useful in the treatment of nervous disorders, inflammation, liver diseases and some infectious diseases. However there is no scientific evidence to support the use of shatavari for the treatment of these conditions.

Chrysanthemum

Chrysanthemum tea is a warm, herbal beverage prepared from dried chrysanthemum flowers. This tea has a delicate, slightly floral aroma and a light, refreshing taste. Chrysanthemum tea has long been used in traditional Chinese medicine to treat various internal and external health issues. **Cardiovascular Health,** The Memorial Sloan-Kettering Cancer Center reports that chrysanthemum supplements increase coronary blood flow and reduce capillary permeability. According to the Herbs 2000 website, clinical trials performed in China and Japan indicated that chrysanthemum effectively reduced blood pressure levels and relieved various high blood pressure symptoms such as dizziness, insomnia and headaches. These studies also demonstrated the strong antibiotic properties in chrysanthemums.

Osmanthus

Osmanthus" refers to a genus of more than 30 flowering trees, most of which are native to the temperate areas of Asia. The flowers grow in small bunches and emit a sweet, pungent odor. Traditionally, dried Osmanthus flowers are infused in a black or green tea, but oolong and white tea bases can also be used to create different flavors. Each of these tea bases will also have an effect on the overall health benefits and caffeine content of the mixture. **History**, Also called tea olive, fragrant olive or sweet olive, Osmanthus has a long history of ornamental and medicinal uses.

Osmanthus played a role in traditional Chinese wedding ceremonies as a symbol of love and romance. **May Improve Skin**, Traditional Chinese medicine claims that a cup of Osmanthus tea each day can improve complexion, according to Crazyforte.com. The basis for these claims is likely the high concentration of various compounds found in plants that have antioxidant effects in the body combined with its ability to inhibit melanin formation, leading to a lighter skin tone.

Ashwagandha

Ashwagandha (*Withania somnifera*), also known as Indian ginseng and winter cherry, is a plant valued for centuries in India. Ashwagandha churna refers to the powdered form of Ashwagandha. Ayurvedic practitioners have long used its leaves, roots and berries to treat anemia, chronic inflammatory diseases, exhaustion, depression, anxiety, arthritis, and diabetes among other conditions. **Traditional Uses**, in the book, "Wilson and Kuhn's Herbal Therapy & Supplements", the authors write that Ashwagandha is held in high regard in Ayurvedic medicine and is thought to be one of the great tonics. Traditional herbalists employ it to heal conditions like nervousness, bloating, depression, memory impairment and exhaustion. It is also been used to treat inflammatory conditions, low blood pressure, spasms, emaciation and anemia. **Pharmacological Action**, Researchers do not yet understand fully understand how Ashwagandha works. The Memorial Sloan-Kettering Cancer Center states that saponins, steroidal lactones and withanolides may be the bio-active elements of the plant. A 2000 article in "Alternative Health Review" notes that studies show the herb has anti-stress, anti-tumor and general rejuvenating properties. It acts in a beneficial manner on the central nervous system as well as the cardiopulmonary and endocrine systems with few if any adverse effects. The National Institutes of Health is encouraging research on this remarkable plant.

Vetiver Root

Vetiver is a calming essential oil. Its strong scent has grounding, stress-relieving and nervous tension-alleviating properties. When the root is turned to oil it helps balance your mood and also promotes sleep. A 2001 study by Dr. Terry Friedman found that smelling vetiver essential oil improved the performance of children with ADD and ADHD by 100 percent.

Neem Leaf

Neem leaves are obtained from the neem tree, which is a native of South East Asia. While most parts of this tree are known to possess medicinal effects, the most beneficial part is said to be the leaves. Benefits of using neem leaf including Extracts from neem leaves and also neem oil have potent antibacterial and antiseptic effects. Minor cuts and scrapes are also treated using neem leaves so as to avoid bacterial infection and skin inflammation. In fact, an ancient Indian practice required that people bath in warm water containing neem leaves for curing skin ailments. Water obtained from neem leaves has exhibited beneficial antiviral effects. Consuming tea made from neem leaves and applying a neem ointment on your lips when suffering from cold sores, aids in combating the herpes virus.

Tulsi

Also known as holy basil, tulsi tea has now become widespread throughout the world due to its many medicinal properties. The tea has pleasant taste and you can consume it either cold or hot, depending on your preference. Therefore, make sure you incorporate it into your nutrition and reap its amazing health benefits. **Antioxidant properties,** Tulsi tea is believed to contain powerful antioxidant effects, which protect you from diseases by destroying free radicals responsible for cell damage. It also helps to promote cell health. **Cardiovascular health,** Its antioxidant properties also improve function of heart, providing protection from common cardiovascular disease and stroke. Therefore, regular intake of this nutritious tea is beneficial to patients with cardiovascular disorders. Additionally, it helps promote improved vision and memory. **Boost the immune system,** In addition to promoting heart health, consumption of tulsi tea can also boost your immune system, protecting you from diseases and viral infections. Studies show that it may have anti-inflammation effects, which is effective in treating arthritis and joint inflammation.

Echinacea

Echinacea is a popular herb native to American Indian tribes and can help in the treatment of a number of diseases. Studies show that Echinacea tea may help improve function of your immune system as it increases production of white blood cells. Therefore, regular intake of Echinacea tea can help to treat people suffering from viral infections such as flu and common cold. **Antiseptic effects,** The tea is also believed to have antiseptic effects as well. For people suffering from septicemia and diseases caused by impure or infected blood, drinking Echinacea tea can help to treat the disease. Echinacea tea may also act as a nutritional supplement in the cure of syphilis and cancer. In addition to that, you can use the supplement for the cure of putrid fevers, as well as diphtheria and hemorrhoids

Marshmallow Leaf

Marshmallow leaf was widely used in traditional Greek medicine. Marshmallow leaf is completely non-toxic, but its mucilage can interfere with the absorption of other medicines if taken at the same time. Marshmallow tea is a lesser known tea in the world of teas but the benefits from this tea are great. The marshmallow plant, also known as the marsh mallow, is a species of flowering herb that originated in Africa and now grows in parts of Europe as well. typically the root of this plant is what is commonly used for herbal medicines and teas, although the stems and flowers also have medicinal properties as well. **Alleviates Kidney Stones,** for people who suffer from kidney stones, they may want to look into marshmallow leaf tea. **By drinking marshmallow tea,** it is believed that the tea helps to reduce the effect that the kidney stones will have on the body. **Drinking this tea regularly** may also be helpful for those with reoccurring kidney stones as it may lessen the frequency of which they occur. **Aids Digestive Problems,** In addition to kidney stones, it is believed that marshmallow tea helps treat digestive disorders. Some of those disorders include gastritis, colitis and peptic ulcers. **Drinking marshmallow tea** helps to reduce the size of the ulcers and help prevent further attacks from ulcers. Since this tea also has laxative properties, it can help cleanse the system and aid with other digestive issues like constipation. Furthermore, the anti-inflammatory properties of this tea are good for reducing internal pain and swelling in the digestive system. **Benefits for Nursing Mothers,** Breastfeeding mothers may also be interested in marshmallow leaf tea. **Drinking marshmallow tea** may increase the amount of breast milk that is produced and helps to increase flow. It is best to consult with a doctor to make sure that this is right for them and that drinking this tea will not interfere with anything else they may have going on.

Dandelion Leaf/Root

The dandelion is a useful medicinal herb; its roots and leaves are dried and used to make dandelion tea, which contain vitamins A, C and D, and significant amounts of zinc, iron, magnesium and potassium. Dandelion tea has been traditionally used in alternative medicine as a detoxifying agent for the liver. The National Center for Complementary & Alternative Medicine, or NCCAM, says that dandelions leaves are also useful as salad greens, cooked greens and for making wine. Before you begin to use dandelion tea medicinally, discuss it with your health care provider. **Inflammation Reducer**, The U.S. National Library of Medicine, or USNLM, says dandelion as a powerful anti-inflammatory. Sipping the dandelion tea can help ease inflammation. You can also brew the tea and apply the cooled liquid directly to inflamed areas of the skin. **Antioxidant**, Dandelion tea is also considered to have antioxidant abilities, which means that drinking dandelion tea may have anti-aging effects and help your body avoid cell damage from free radicals, says the USNLM. This may help prevent or slow down conditions such as cataracts.

Chamomile Flowers

Chamomile has been found to contain fairly strong antispasmodic and anti-inflammatory constituents. Therefore, it has been found to be effective in treating stomach and intestinal cramps. **HOME REMEDY FOR INSOMNIA**, Chamomile is wonderful remedy for sleep disorders such as [insomnia](#). Simply make a chamomile tea 30 to 45 minutes before going to bed to treat sleeplessness. **HOME REMEDY FOR IRRITABLE BOWEL SYNDROME (IBS)**, Chamomile reduces cramping and pain in the bowels and also helps to relieve excessive gas and bloating in the intestines. Therefore, a simple remedy is to drink a cup of chamomile tea to help relieve irritable bowel syndrome, nausea, and gastroenteritis or stomach flu. **HOME REMEDY FOR MIGRAINE HEADACHES**, Chamomile is a wonderful [cure for migraines](#). Take a cup of tea when you start noticing the symptoms of a migraine headache. It works best if you take it before the headache actually gets severe.

This information is not intended to diagnose, treat, cure, or prevent any disease. BananaDog urges each customer to be knowledgeable about everything you eat and drink.