

A man's day starts with a single sip, may he be from anywhere in this universe. When the leaves get to dip into boiling water and swirl, it creates a symphony with flavour, colour, and goodness. It is tea we are talking about. This ultimate traditional beverage has been serving the mankind with health and happiness since primitive ages.

Tea has become an integral part of all most everyone's life and it might never be forgotten that this shrub, all the way from China, becomes most appealing drink of all time. There is a myth about the tea's origin that it belongs to the western culture as western people have been drinking it since 350 years now. In 2737, an eminent emperor, Shen Nung, went on a walk and sat beneath a tree while his servant boiling water for him. During this a few leaves blew into the boiling water. As of being a famous herbalist, Shen Nung tried the infusion which was created in course of events. Those leaves were from *Camellia Sinensis* which is now called tea.

Almost half of the world takes tea as the most preferred beverage. The most famous caffeinated teas are black tea, green tea and white tea. Each type of these teas became famous in different parts of this universe. In US black tea aced the market, green tea is famous in Asia and in Southern China oolong outgrew others. All these teas are the leaves of *Camellia sinensis* but the process makes them different in flavour and taste from one another. Unlike caffeinated teas, herbal teas are basically the roots, flowers and different parts of variety of plants. These are caffeine-free and generally high in organic properties. The most famous herbal teas are:

Chamomile tea

The name Chamomile came from the German word *Chamomaela* or ground apple since this tea has that subtle scent. In ancient times Egyptians used to offer this tea to their god as it cures fever. In middle age, monks used to harvest chamomile near other ailing plants to rejuvenate them and on the other hand the subtle smell of green apple of it keeps the insects away.

This tea is basically made of a daisy-like flowers belong to the school of *Asteraceae* plants. For its multiple medicinal properties, this tea is often called a star among medicinal spices. It is a natural tranquilizer that helps in reducing pain inflammation, sore tendencies.

Blue tea:

Blue tea is basically dried butterfly pea flower. Primitively this tea was known as black dragon tea for its imperial colour. Like its rich colour the tea is also rich with various multiple benefits. This tea leaves are the flowers of *Clitoria ternatea* plant. China first started the trend of drinking blue tea. Its countless benefits make this tea extraordinary.

Blue tea is a organic component that helps in weight loss. This tea also helps in alleviating temperature and can be a replacement of paracetamol.

Hibiscus tea

Hibiscus is a type of flower which is quite common in every household garden. But few people know about its benefits other than just as a flower. There are hundreds of types of hibiscus that grow varying by the climate. The most beneficial beverage made of this hibiscus is hibiscus tea. It has not only rich red colour but it also has invaluable properties.

Hibiscus tea is full of antioxidant that helps in reforming liver health, reduce blood pressure and flourish weight loss

Echinacea tea:

Echinacea is also a type of daisy that grows in eastern and central North America. These flowers generally grow in moist to dry lands and wooden grounds. Like its colour Echinacea brings the pink of health. The tea prepared from this flower has the attributes to treat several viruses that cause cold, sore throat, etc.

Rooibos tea:

The mother country of this special type of tea is South Africa. Rooibos tea is made of the leaves of bush plants which have many other medicinal indulgences. This makes the fact very evident how much healthy pour it is. These bush leaf has been used as an alternative to tea by the Russian emigrants. This tea is caffeine-free and naturally sweet in taste and needs no sugar. So this bundle of health can easily be the substitute for tea and coffee.

Rooibos is enriched with antioxidant that helps in reducing the cell damage from potent radicals.

Lavender tea:

Lavender works like a magic spell. In ancient times people used lavender not only as a scent but also used to hang the lavender above the door to protect against inauspicious things. In 19th century gypsy footslogger used to sell lavender on the streets of London as it was said that lavender brings lucky break and conserve ill fate. Though all these stories lack the proper logic but it obliquely accentuates the goodness of lavender. Lavender tea is basically the leaves of lavender which has a very conspicuous effect on health.

Lavender is widely used in aromatherapy. A cup of hot lavender tea cures anxiety and depression.

CBD tea:

CBD is the abbreviated form of Cannabidiol. It is one of the most manifested components of cannabis. This CBD is directly executed from hemp plants but it does not cause a high. CBD, clearly, is not marijuana and this fact has much evidence too. But in herbal tea CBD is used for its commendable benefits. This herb can be used in various herbal tea like turmeric-ginger tea, peppermint/ vanilla tea, chamomile tea etc. With the different combinations of the tea CBD works differently.

CBD smoothes stress and helps in having sound sleep. It also helps in reducing dependability on those drugs that has ill effects on health.

As they say, “ If you are cold, tea will warm you; if you are too heated, it will cool you; if you are depressed, it will cheer you; if you are excited, it will clam you.” A cup of tea has a way out of everything. It provides what is untold yet required.

It is said that a herbal concoction is a blessing in disguise since it was created through a delightful mishap. Tea is one of those discoveries. These herbal drinks do not have regular tea leaves but are caffeine-free and made of various beneficial herbs and shrubs from the womb of nature. These herbal teas are called Tisanes. The benefits of these herbal teas are acknowledged long before.

Egypt and China are the precursors of herbal tea. They have been composing herbal tea with various herbs and different parts of natural plants since ancient times. This tea not only has immense health benefits but also tastes good. The more it is natural the better it will work.