

Medicinal Tea



아름다운, 그 이상의 가치 FABI

Introduction

- Medicinal tea might be a variety of combinations of herbs, other plant parts, spices, and sometimes real tea leaves that are typically steeped in water to create a drink.
- What makes the drink different is that it is said to have curative properties. The tea is drunk specifically to take advantage of whatever health benefits its ingredients may offer.

Introduction

- There are many different types of medicinal tea. Anti-stress teas may contain things like kava, which is widely touted as a great alternative to tranquilizers. There are teas for cramping, for tummy aches, for indigestion, headaches, energy, and dieting.
- Diet teas have become particularly popular and may contain a variety of compounds said to increase energy.

Introduction

- Given that these drinks are tea, they are often lightly regarded, and people may forget that they are also called medicinal. Such a stance is ill-advised because a variety of these teas can contain herbal compounds that aren't suitable or safe for everyone.
- It's recommended that people treat a medicinal tea as no different than a prescription medication or the counter pain reliever in their medicine cabinets.

Herbal teas for medicinal use

- Herbs have been used for centuries to treat a variety of medical illnesses. Many of the uses have come from folklore or cultural traditions.
- Scientific evaluation of herbals has only recently begun, here we will review 10 common herbal tea preparations and their effectiveness to treat certain ailments.

Preparation and Infusion

- **Tea Preparation**

Teas can be prepared from either fresh or dried herbs. Bulk dried herbs or dried whole tea leaves can be found at specialty tea stores or through online distributors.

- **Tea Infusion:**

Infusion is the most common way to prepare teas. Pour 1 cup boiling water over the tea bag or dried herbs. Steep (let herbs remain immersed in hot water) for designated time. Remove tea bag or strain off dried herbs. Drink full cup of tea.

- **Note:** * *Never stop taking any prescription medications without consulting your doctor. Tell your doctor about any herbals you may be taking.*

Valerian

(*Valeriana officinalis* / Xie Cao)

- It's a plant of the genus *Valeriana* having lobed or dissected leaves and cymose white or ink flowers. Its rhizome can be used for making sedative.

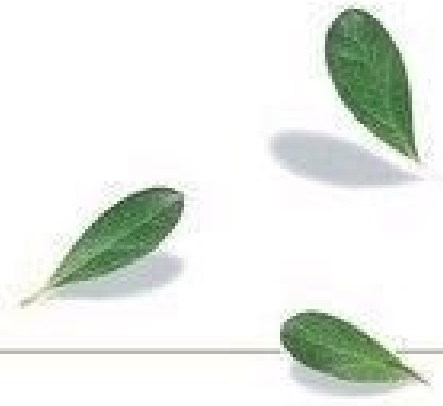


Valeriana officinalis

valerian • common valerian



Valeriana officinalis flowers



Valerian

(*Valeriana officinalis* / Xie Cao)

- Over 120 chemical components are found in Valerian and although it is a very complex herb, it has not been found to have any negative side effects with moderate use.
- **Proven Clinically Effective for:**
- (1) Sleep Aid (can be used in combination with lemon balm)
- Valerian extract can significantly reduce the amount of time it takes people to fall asleep without changing the normal stages of sleep.
- (2) Anxiety
Valerian is also used as a mild tranquilizer for people experiencing emotional stress, much as anti-anxiety drugs are prescribed and has been prescribed for exhaustion. Valerian has occasionally been tried as part of a program to take a patient off antidepressants.

Valerian

(*Valeriana officinalis* / Xie Cao)

- **Dosing Infusion:**

0.5 to 1 tsp dried root in 1 cup water.

Sleep aid: Drink 1 cup tea before bed.

Anxiety: Drink 1 cup tea 3 times per day.

** It may take 2-4 weeks before effects of Valerian on sleep are observed. Not intended for short term therapy.*

- **Valerian Root Tea**



Fennel

(*Foeniculum vulgare* / Hui Xiang)

- It refers to any of several aromatic herbs having edible seeds and leaves and stems.
- Fennel is rich in phytoestrogens and has an impressive number of health benefits.



Fennel

(*Foeniculum vulgare* / Hui Xiang)

- **Proven Clinically Effective for:**

- (1) Dysmenorrhea

Used in Europe as an antispasmodic, particularly for abdominal cramps due to nervousness, uterine cramps and menstrual agitation.

- (2) Upper respiratory infections, cough, bronchitis

Fennel is an effective treatment for respiratory congestion and is a common ingredient in cough remedies.

Fennel

(*Foeniculum vulgare* / Hui Xiang)

- **Dosing Infusion:**

1.5 to 4 tsp crushed fruit or seed in 1 cup water. Take 1 cup tea three times a day.

Children: 0.04 tsp/lb/day not to exceed adult dose

- **Fennel Tea**



Cinnamon

(*Cinnamomum zeylanicum* / Rou Gui)

- It refers to a kind of tropical Asian tree with aromatic yellowish-brown bark. (source of the spice cinnamon)
- True cinnamon, is the inner bark of a small evergreen tree native to Sri Lanka and was used in ancient Egypt for embalming. It was also added to food to prevent spoiling.



Cinnamon

(Cinnamomum zeylanicum / Rou Gui)

- **Proven Clinically Effective for:**

- (1) Blood Sugar:

- Lowering blood glucose and cholesterol. Some studies have shown that Cinnamon helps people with diabetes metabolize sugar better.

- (2) Flatulence, Appetite stimulant, Diarrhea.

- Cinnamon extracts have been used to treat gastrointestinal problems and to help calm the stomach. Cinnamon is a carminative, an agent that helps break up intestinal gas that has traditionally been used to combat diarrhea and morning sickness.

Cinnamon

(*Cinnamomum zeylanicum* / Rou Gui)

- **Dosing Infusion:**
0.5 to 3 tsp cinnamon bark in 1 cup water for 5 min.
Drink 1 cup tea daily. (may steep black teabag with bark for flavor if desired)
- **Cinnamon Tea**



Ginger

(Zingiber officinale / Sheng Jiang)

- Ginger has been well researched and many of its traditional uses have been confirmed.



Ginger

(Zingiber officinale / Sheng Jiang)

- **Proven Clinically Effective for:**

- (1) Morning Sickness, Post-op Nausea and Vomiting Prevention

Results of some studies conducted among seasick sailors or ship passengers, found that ginger generally has more effectiveness for relieving motion sickness than placebo (or sugar pills).

- (2) Arthritis

A few small studies that have been conducted in humans have shown some promise for supplemental ginger in the treatment of both osteoarthritis and rheumatoid arthritis. If a person has exercised too much or suffers from arthritis or rheumatism, ginger has been known to ease inflammation of the joints and muscle tissue.

Ginger

(*Zingiber officinale* / Sheng Jiang)

- **Dosing Infusion:**

1 tsp root in 1 cup water, take three times a day.

Migraine: 1 tsp at start of headache, repeat in 4 hr
(max 4 tsp/24 hr)

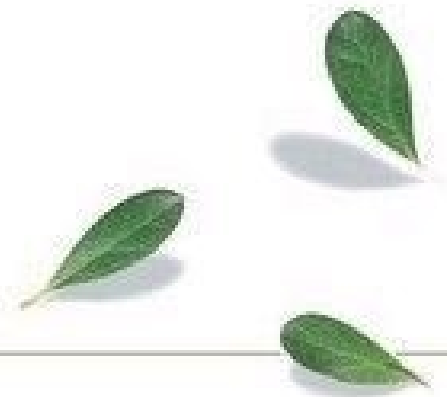
Post-op: take 1.5 to 3 tsp 1 hour before surgery



Lemon Balm

(*Melissa officinalis* / Mi Feng Hua)

- It refers to a kind of bushy perennial Old World mint having small white or yellowish flowers and fragrant lemon-flavored leaves.



Lemon Balm

(*Melissa officinalis* / Mi Feng Hua)

- **Proven Clinically Effective for:**
- (1) Anxiety, Calming Nerves
- In a study of lemon balm at Northumbria University in England, The students did significantly better on the tests after taking Lemon balm and continued to post improved scores for up to six hours after taking the herb. The students taking Lemon balm were noted to be calmer and less stressed during the tests.
- (2) Cold Sores (apply steeped tea bag to sores)
- It can help significantly in the treatment of cold sores and combat the herpes simplex virus and some other viral afflictions.

Lemon Balm

(Melissa officinalis / Mi Feng Hua)

- **Dosing Infusion:**

2 to 4 tsp leaf in 1 cup water for 5-10 min.

Sleep aid: Drink before bed.

Anxiety: Drink 1 cup tea 2-3 times per day.

** For children, evidence that 160mg valerian extract and 80mg lemon balm extract is effective for restlessness*

- **Lemon Balm Tea**



Motherwort

(*Leonurus cardiaca* / Yi Mu Cao)

- Motherwort has been used for centuries in herbal remedies for childbirth and menopausal symptoms.

Leonurus cardiaca
motherwort



Motherwort

(*Leonurus cardiaca* / Yi Mu Cao)

- **Proven Clinically Effective for:**

- (1) Amenorrhea

Motherwort is also claimed to be an agent that promotes menstrual flow. It has been used for centuries to regulate the menstrual cycle and to treat menopausal and menstrual complaints.

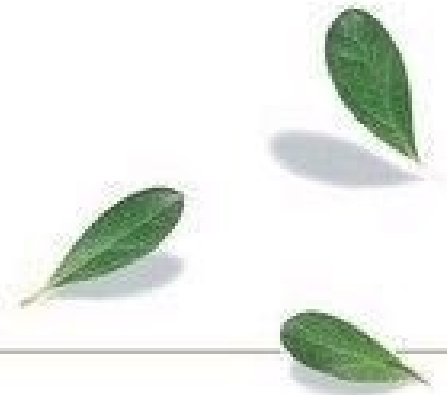
- (2) Hyperthyroidism

Motherwort may correct heart palpitations that sometimes accompany thyroid disease and hypoglycemia (low blood sugar).

Motherwort

(*Leonurus cardiaca* / Yi Mu Cao)

- **Dosing Infusion:**
2 to 3 tsp dried stems, leaves, flowers in 1 cup water for 5-10 min. Drink 1 cup tea 3 times per day.



Chamomile

(*Matricaria recutita* / Gan Ju)

- Dried chamomile flower is an age-old medicinal drug known in ancient Egypt, Greece and Rome.



Chamomile

(*Matricaria recutita* / Gan Ju)

- **Proven Clinically Effective for:**
- (1) Relieving intestinal cramps, nausea, vomiting
- (2) Anxiety
Promotes general relaxation and relieves stress. Animal studies show that chamomile contains substances that act on the same parts of the brain and nervous system as anti-anxiety drugs.
- (3) Sedative
Chamomile's mildly sedating and muscle-relaxing effects may help those who suffer from insomnia to fall asleep more easily.

Chamomile

(*Matricaria recutita* / Gan Ju)

- **Dosing Infusion:**
1.5 to 5 tsp dried flower heads in 1 cup water for 5-10 min. Drink 1 cup tea 3 times per day.
Children: 0.25tsp/lb/day not to exceed adult dose.



Stinging Nettle

(*Urtica dioica* / Xun Ma)

- It refers to the perennial Eurasian nettle established in North America having broad coarsely toothed leaves with copious stinging hairs. Nettle is any of numerous plants having stinging hairs that cause skin irritation on contact.



Stinging Nettle

(Urtica dioica / Xun Ma)

- **Proven Clinically Effective for:**

- (1) Allergies

Nettle contains biologically active compounds that reduce inflammation.

- (2) Benign Enlarged Prostate

- This can be helpful in cases of excessive hormonal stimulation, such as polycystic ovarian syndrome in women or benign prostatic hyperplasia in men.

- (3) Diuretic

Useful in treating kidney weakness and bladder infections.

As a diuretic, nettles can help rid the body of excess fluid (edema) in persons with weakened hearts and poor

circulation.

Stinging Nettle

(Urtica dioica / Xun Ma)

- **Dosing Infusion:**

2.5 tsp dried root in 1 cup water for 5-10min. Drink 1 cup tea 2-3 times per day.



Peppermint

(*Mentha piperita* Hujiao Bohe)

- It is a kind of herbs with downy leaves and small purple or white flowers that yields a pungent oil used as a flavoring.



Peppermint

(*Mentha piperita* Hujiao Bohe)

- **Proven Clinically Effective for:**

- (1) Digestive Problems

Peppermint is a carminative -- an agent that dispels gas and bloating in the digestive system -- and an antispasmodic capable of relieving stomach and intestinal cramps. Peppermint can be used for too much stomach acid (hyperacidity) and gastroenteritis (nausea and stomach upset), and it is safe for infants with colic.

- (2) Irritable Bowel Syndrome

Enteric coated peppermint extract pills are better tolerated and recommended instead of tea in IBS patients.

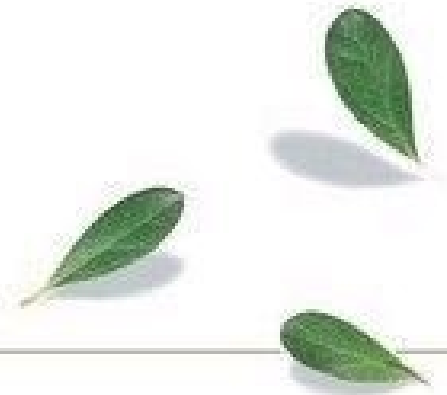
- (3) Tension Headache

Peppermint can help relieve some headaches, and you can rub peppermint oil onto the temples or scalp for a comforting therapy.

Peppermint

(*Mentha piperita* Hujiao Bohe)

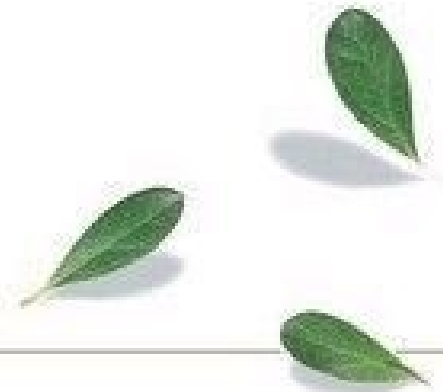
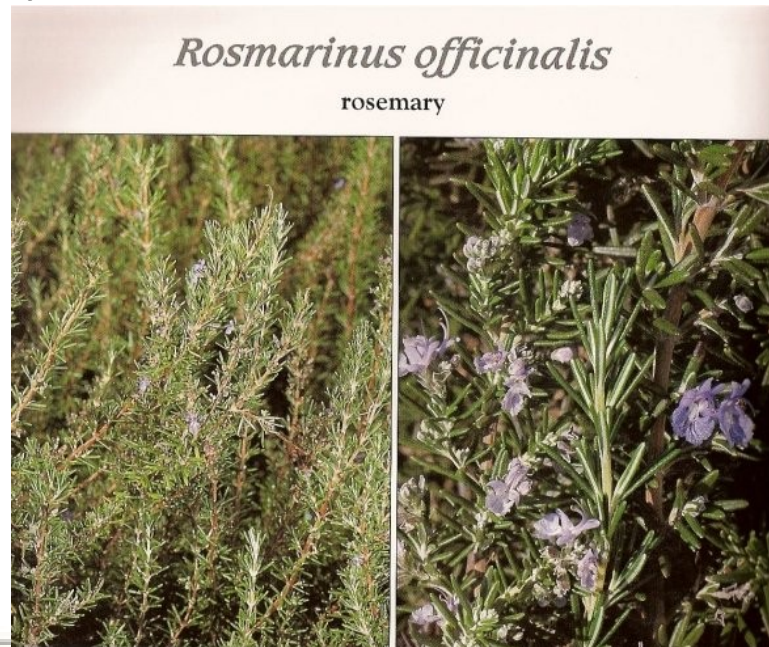
- **Dosing Infusion:**
1 to 2 tsp dried leaves in 1 cup water for 5 minutes.



Rosemary

(*Rosmarinus officinalis* / Mi Die Xiang)

- It is widely cultivated for its fragrant grey-green leaves used in cooking and in perfumery.



Rosemary

(Rosmarinus officinalis / Mi Die Xiang)

- **Proven Clinically Effective for:**

(1) **Dyspepsia**

Its antispasmodic effects enable it to relax smooth muscle tissue so rosemary is quite good for digestive problems.

(2) **Liver and gall bladder complaints**

Rosemary Tea stimulates the liver and digestion.

(3) **Cough and asthma**

Asthma may be relieved by rosemary.

Rosemary

(*Rosmarinus officinalis* / Mi Die Xiang)

- **Dosing Infusion:**

2 to 3 tsp crushed leaves in 1 cup water for 5-10 min. Drink 1 cup tea, 3 times per day.





- Thank you.

