NEWS, VIEWS AND REVIEWS
You can use

Healthcare Consciousness with Tea
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This is 11th instalment in the series of Articles on Healthcare Consciousness. Normally, people think that Tea is a kind of beverage especially meant for elderly people. This is a Myth, After water, Tea is most widely consumed popular drink in the world across all ages. Even though India is the world’s biggest consumer of tea, its annual per capita consumption is among the lowest. Turkey is on the top consuming 3.15 kg average annual tea per person. Ireland follows it at 2.19 kg, United Kingdom 1.94 kg, Russia 1.38 kg, Morocco 1.21 kg, China 0.57 kg, India 0.32 kg. Tea is an agricultural product of the leaves, leaf-buds, and internodes of CAMELLIA SINESIS plant prepared and cured by various methods. It is believed that tea was accidentally discovered by Emperor Shen Nung of China in 2700 BC. Indian Legendaries tell that in the 5th year of a seven years sleepless contemplation of Lord Buddha, he began to feel drowsy. He immediately plucked a few leaves from a nearby bush and chewed them which dispelled his tiredness. This bush was a Wild-Tea Tree. By early 1900, tea cultivation started in most of the countries of the World. In India, it was Sepoy Mutineer Leader Maniram Dewan who planted the first Assamese tea exactly on 17 April, 1804. Let us explore the powers of this superfood.

Tea plant is believed to have originated in the landmass encompassing Tibet, Western China, and Northern India. According to ancient Chinese legendaries, tea was discovered when leave from a wild bush fell into a pot of boiling water. Today, India is number one producer of tea in the world. Worldwide, more than 2.5 million metric tons of tea is produced each year. In addition to India, Sri Lanka, Kenya, Indonesia, Turkey, USSR, Japan, Iran and Bangladesh are leading tea growing countries.
In India, tea is any time drink day or night. However, general rule is lighter tea in the day and stronger tea at night. Spicy Masala Chai is a favourite tea drink here. Morning Tea with spicy herbs, citrus, honey or ginger root, Afternoon tea with lemon and Evening tea with Chamomile, lavender Kahwa and Almond Silvers is the standard pattern. Tea drinking is a quintessential afternoon custom across the UK. It is served with scones, sandwiches, clotted cream and jam. In Japan, tea is a big part of social culture and involves a ceremony known as Matcha which is about serving green tea to a small group of people in a tea-house. There is also a special type of food prepared for the ceremony. In Morocco, sipping hot mint-tea or tuareg-tea with a lot of sugar and mint leaves is synonymous with hospitality. When it is served to guests at home and Patrons at Cafes, it is considered a social beverage. Not accepting a glass of this tea is considered Rude. In Tibet, warm butter tea is made by mixing tea with Yak and salt. It is high fat and an energy boosting drink meant to help people combat the cold climate in the upper reaches of Himalayas. Hongkong has “Panty-Hose” tea which is a mix of black tea and condensed or evaporated milk. It is named after a sack-like bag that is used to filter the tea leaves.

**TEATOX:**

Tea experts say that every quarter body goes through a transformation and “teatox” plan plays a paramount role in this. They say that for a morning cup add tulsi-pudina leaves plus grated ginger to black tea. Add honey at room temperature and sip on it. Mint aids digestion while tulsi is good for upper respiratory problems and ginger battles inflammation. For the night, try rosemary and thyme as both these herbs have curative properties. Boil the springs and add them to white tea. Let it sit for a minute and then enjoy. Add orange rind, ginger root, star anise, cinnamon and cloves either directly as it is or crush the pods and add them while brewing Darjeeling Black Tea. The Cuppa so prepared is a spiced warming tea. Teatox is a form of alternative medicine which not only boost immunity and saving off a cold but also cleanse the system. Alongwith it, we must also have some foods that are gentle on the body systems. Butterfly Blue Pea is a Thai favourite Teatox. It invigorates the
mind, body and soul. It is also an antioxidant and carries anti-ageing properties. White tea made of Silver buds is the purest variant and is a great Teatox. Oolong is a variety between green tea and black tea. According to Chinese, it is said to have cardio-vascular benefits. Kaushal Dugar, Founder of Teatox says that teatox is a new Champagne, a luxury priced anywhere between Rs.500/- and Rs.5000/- for a 100 gms pack. Ordinary tea range is Rs.200/- to Rs.350/- per kg. White Pearl Jasmine tea is sold at a staggering price of Rs.64,000/- per kg.

**BENEFITS**

Tea is associated with a reduction in stroke risk, lowered risk of diabetes and decreases depression. Tea has antioxidants and flavonoids which are essential for cell regeneration and delaying the effect of ageing. It also has cavity-fighting properties as the polyphenols present in it inhibit the growth of mouth bacteria. In addition, there are many more health benefits like it:

- contains 1/3 less caffeine than coffee
- helps reduce fatigue
- maintains mental alertness
- is fat-free and calorie-free
- is a rare source of natural fluoride which inhibits growth of oral bacteria and enzymes responsible for dental plaque.
- is a rich source of Manganese necessary for healthy bones and rich source of Potassium which regulates heartbeats.
- Contains B1, B2 and B6 Vitamins, Folic acid, calcium and valuable minerals.
- Reduces Blood Pressure, Cholesterol and thus lowers the risk of having a heart attack.
- Helps in preventing cancer of mouth, stomach, pancreas, lungs, colon, breast and prostate.
- Is believed to boost the body’s defense and reduces the risk of Alzheimer, hypertension and AIDS.
**MYTHS**

If you are a tea fanatic, here are a few things about your favourite beverage that might shock you.

**Myth-1 :** Adding milk to tea will decrease its benefits. It is a wrong perception as roughly the same amount of Catechins are absorbed from milk-tinged tea as from plain black tea.

**Myth-2 :** Tea dehydrates you. Lawrence Amstrong, Professor of Kinesiology at the University of Connecticut says that Caffeinated beverages do not dehydrate you when consumed in moderation, i.e less than 5 cups per day.

**Myth-3 :** Tea helps fight cancer. Prof Jeffrey Bhumberg who runs the Antioxidants Research Laboratory at Tufts University says that the data are not clear in this direction.

**Myth-4 :** Tea is bad for teeth. As a natural source of Fluoride, tea renders tooth enamel resistant to acid. In addition, tannins in tea inhibit salivary amylase from breaking down dietary starches into sugar in mouth. It causes dental caries.

**Myth – 5 :** Green tea is superior over black tea. Lynee Garton, a Nutritionist, who is an Advisor to UK Tea Council says that it is not true. Both types of tea contain similar amount of Caffeine and Flavonoids.

**DAILY CUPS OF TEA**

Researches at Boston University found that women have 27 per cent increased chances of becoming pregnant if they drink tea regularly three times a day compared with those who do not drink tea at all. They say that the antioxidants present in the beverage actually aid fertility. Lead author Prof. Elizabeth Hatch drews this finding based on an analysis of a group pf 3600 woman who were actively trying for a baby over a period of one year. Christian Herder of the Leibriz Centre for Diabetes Research at Heinrich Heine University in Germany examined the tea-drinking habits of 12000 type-2 diabetes sufferers in across the Europe and found that drinking at least 4 cups of tea a day can cut 20 per cent risk of developing diabetes. However, the Researchers warned that drinking excessive tea prepared with milk and sugar can be quite harmful to health. This is what exactly the lead author
Kashy Shafique of the University of Glasgow has reported that those who drink 7 cups of tea or more daily can raise 50 per cent chances of contracting Prostate Cancer. This finding counters the previous studies which had shown that tea drinking lowers the risk of cancer as well as heart disease, diabetes and Parkinson’s disease. An analysis of 6 different studies by the University of California Researchers found that drinking 3 cups of tea daily helps the brain to stay sharper, staving off mental decline, and protects against Alzheimer’s. A team of Researchers of Cardiff University’s found that c. diff-clostridium difficile a bacteria that causes Diarrhoea and gut-based disease is vulnerable to chemicals called Polyphenols present in the tea. A cup of tea daily is enough to beat diarrhea. Academics at Cardiff University is School of Pharmacy and Pharmaceutical Sciences in London discovered that Polyphenols found in tea can deactivate RICIN. This is a poison used by Militants. A tinny amount of Ricin can kill a person within two to three days. Prof Les Baillie of Cardiff University says that tea has the ability to inhibit Anthrax. Therefore, to concentrer the threat of RICIN, morning cup of tea is the answer. Ricin comes from humble easter oil beans.

**USED TEA-BAGS**

Do you know that ICED-Tea was invented at the 1904 St.Louis World’s Fair by and Englishman named Richard Blechynden. Tea was not selling because it was too hot. Richard poured tea over ice and it was an instant success. Similarly, tea-bags were invented in 1908 in the United States by Thomas Sullivan. Do not throw used green tea bags. Cool the used tea bags and place them over your eyes for relief. Mix equal amount of baking soda and green tea dregs. Add honey to make a rejuvenating facial mask. A green tea is good for your hairs too. Put a few used green tea bags in boiling water and simmer for 10-15 minutes. Leave it overnight. Next morning, pour this water on dump hairs and leave it for 10 minutes. Rinse out your hairs and apply shampoo later. While black tea reduces hair breaking, green tea is said to stimulate hair growth. Put the used bags in the Fridge to cool and then place them under the eyes to reduce dark circles. Use a mouth wash made with a cup of Papermint Tea and 2 spoons of salt to remove mouth odour.
Soak your feet in a solution made of boiled black tea. It is anti-bacterical therapy and stops foot-sweat' thus reducing the foul smell. This is how used tea-bags are creative in your beauty regimen.

**CUPPA WOES:**

In August-2014, Greenpeace India an NGO Studied 49 branded packages of tea drawn from 8 Companies that dominate Indian market which also export tea. Samples were taken from Mumbai, Delhi, Kolkata and Bangalore and sent to certified laboratory in Europe for testing. The results were very frightening. A large number of samples tested positive for a cocktail of toxic pesticides. DDT was present in almost 67 per cent of tea samples. The study results indicated that tea cultivation in India was on a “Pesticide Treadmill”. Acute and chronic toxicity was seen in farmers and tea cultivators body. It caused body-ache, respiratory and skin problems. Pesticides consumed through tea is potentially carcinogenic affecting hormones, reproductive systems, liver thyroid, heart and spleen toxicity, skin tremors, kidney damage, and fatal if swallowed. The WHO, therefore, urged the tea companies to replace the Pesticides Applied Tea cultivation by ecological methods of Agriculture. Tea Board of India has released a statement that Indian teas are now totally safe. Tea cultivation has also become more sustainable with reduce reliance on synthetic plant protection measures. Your CUPPS-WOES are thus phased out. A team at the University of Northumbria’s School of Life Sciences came up with an equation for a perfect cuppa. Add boiling water to a tea-bag in a Mug, add milk and let it sit for 6 minutes to attain 60 degree Celsius temperature. There are different kinds of cuppa by trade name of different countries. Karkade : A very sugary common tea in Egypt made from hibiscus flowers. Moroccan Tea: A favorite in the Middle East made by throwing spearmint into black tea. Genmaicha : Japanese tea made from green tea and roasted brown rice. Macha : It is a powdered green tea used in Japanese tea ceremonies. Olive Tea Leaf : Made in Italy from the leaves of Manzanillion and mission olive trees. Gurgur Tea : In Tibet, tea is made with salt and rancied Yak butter. The name Gurgur comes from the sound butter being churned in the kettle.
TYPES OF TEA

All teas come from Camellia Sinesis plant but there are difference varieties named after on the basis of their appearance, taste, value, benefits, aroma, and processing method followed. Most popular types of tea are:

1. **Black Tea:**

Black tea is the most popular tea in the world. It is most widely used in making Iced Tea. Its process consists of three main stages: Cut, Torn and curled. It is also known as CTC-Tea. After cutting, the leaves are spread on shelves. Air is blown over the leaves to remove excess moisture. These withered leaves are then crushed between the rollers of a Machine to release their flavoured juices. In the tearing process, oxidation process begins. They are then taken to the fermenting room where under the controlled temperature and humidity they change into copper colour. Finally, they are dried in ovens where they are curled by heat and become Brownish Black. Drinking cups of black tea can help prevent type-2 diabetes. It inhibits the body from absorbing glucose sugars which cause type-2 diabetics. Black tea has “anti-hyperglycaemic effects.” Black tea is what most of us have grown up drinking. Black tea tastes great. It can also be had with milk and sugar. And, it makes great Iced tea. Black tea is brewed with boiling water. Brew it for 4-5 minutes. Let it sit for 4 minutes. Strain, pour and add lemon, sugar or milk as you wish. Black tea contains 1/3 the amount of caffeine your coffee contains. It hydrates the body and strengthened the immune system with bacteria-fighting antioxidants and promotes blood flow to the brain. It improves focus and concentration. Black tea needs lemon to kill acidity.

2. **Green Tea:**

Green Tea is essentially a normal tea that is not put through oxidization process to keep its enzymes intact. Nutritionists tout it as an elixir for people with hectic life styles. Green tea is made from the shoots of special clonal bushes. A single leaf and bud are steam-dried and gently hand-rolled by
skilled person before being roasted. Green tea has minimal tannin content. Green tea leaves are not fermented and hence do not go through oxidization process that black tea undergoes. Green tea is extremely rich in EGCG (epigallacto catechin gallate) a popular antioxidant known for fighting cancer and cardio-vascular conditions. Green tea contains ¼ of caffeine that coffee has. Since oxidization is arrested, it is believed that more polyphenols are preserved in green tea. It is less acidic and washes off acidic wastes. Pure organic green tea creates a detoxifying effect giving you glowing skin, boosted metabolism and stronger immunity. Green Tea is especially rich in Vitamin-C, chlorophyll and trace elements. It relieves sore throat and smooth the voice. Bring 220 ml water to 80 degree Celsius. Higher the tea quality, lower the temperature. Add 2 grams of green tea leaves. Let it sit for 3 minutes, strain and serve. Do not add anything. Do not mix tea pots either. Do not over boil the water. Green Tea is delicate and boiling water may burn the leaves destroying its properties and drive away the aroma. Green tea stimulates the pineal gland that makes the mind stay clear and awake. This is why Monks are known to drink a lot of green tea. It has a range of other benefits like slowing the rise of blood sugar, anti-viral and reducing the Blood Pressure. It also has cancer-fighting properties. Medical research indicates that green tea helps people loose weight and aids in digestion. Too much of green tea, however, is harmful. It causes Liver toxicity. Green Tea is the favourite choice of most Asians and is fast becoming a popular drink in United Kingdom. A team of scientists from Israel's Institute of Technology has reported that green tea can beat bad breath and even mouth cancer. Green tea in India is bucking the trend as it has become the latest health food craze. Palatability, however, is a big factor. Its natural harsh taste has made the Tea Brands to add honey, lemon or aloevera. Green Tea category is growing 60 per cent year-on-year basis as compared to black tea that is growing at around 2 per cent only. It has become an inspirational drink for young urban Indians whose food habits are not under control. The market for green tea has thus become the fastest growing in India’s Rs.16,000 crore tea industry,
3. **White Tea** :

White Tea is most perfectly made from the leaves and buds all in a single bush. They need special care to grow most suitably in early spring. This tea is not fermented or steamed the way the other tea leaves are. They are left to dry carefully in the shade where sun would shrivel and blacken them. Unlike green tea or black tea, white tea is not rolled. The tea takes its name from the silver fuzz that still covers the buds which turn white when tea is dried. This is how it is named as “White tea”. When making White tea, water used in brewing needs to be lukewarm. White tea is said to have a very delicate fruity flavour and an exceptional aroma with low caffeine. (15mg per serving compared to 40 mg for black tea and 20 mg for green tea) being rich in antioxidants. With its natural sweetness and delicate aroma, White tea is considered the purest and least processed of all teas. It has anti-aging properties and cardiovascular health (lower the BP and reduces cholesterol). White Tea is rich in catechins too. This tea prevents cancer, makes your bones stronger, and clears your skin. It calms the nerves and thus is a great teatox White tea is a light oxidized tea especially grown in China, Taiwan, and Northern Thailand. It comes from the buds and leaves of the Chinese Camellia Sinesis plant originated in 1700. Its growing popularity came in 2000 when it was launched in International market and encouraged tea producers in India and Sri Lanka. White tea is now a current hot beverage trend in the West especially in North America. White tea is considered the most expensive tea in the world. It is currently sold at a record price of US $ 1850 per kg (approximately Rs.1.25 lakhs). Taiwan hand-crafted green tea which was considered the best by now and oriental beauty as adjudged by International Tea Tasters falls behind at a tag price of Rs,1 lakh a kg.

4. **Oolong Tea** :

A semi-fermented tea with a delicate aroma. Two leaves and a bud from clonal bushes at a high elevation are moderately withered and then rolled gently by hand before being sun-dried by tossing and turning the leaves. Then, it is pan-dried. The Unique aroma of oolong comes from organic polyphenols that are loosely bonded. In case of too much stress during rolling,
tossing and drying it can break. Pan-drying is thus done in short bursts. While processing, oolong tea takes the properties of green as well as of black tea. This tea is hand-crafted, a labour-intensive product. Ancient Chinese remedy their indigestion, lower their cholesterol levels, and reduce plaque built up. As per Research, those who drink 5 cups of oolong tea per week can reduce their cardiovascular disease. To prepare it, take a table-spoon to a cup and steep it for 3 minutes. Oolong should be brewed between 80-85 degree Celsius and water can be poured over the leaves numerous time. You can also make a rinse out of it for thick and lustrous hairs. Oolong tea pronounced as “Wulong” is served in Chinese Restaurants. It is very good for throat problems. It keeps you refreshed in warm climates. This tea is also known to improve complexion and a good tonic for skin.

Apart from these 4 basic types of tea, there are a number of other locally produced teas branded either by the name of specific country or by the scent of the raw material used. It simply means the tea that has the decoction of herbs, spices, fruits and flowers. A good examples of such teas are given below:

**Matcha:** Traditionally, it is a Japanese green tea. This powdered green tea is quite powerful. It has 137 times more antioxidants than regular green tea. The sweet and slightly grassy tea is typically served in bowls. Because we consume it whole, the catechins, amino-acids, proteins, Vitamins (Vitamin-C and Vitamin-A) and minerals (potassium and calcium) in it are considerably higher. Hence, it has strong anti-cancer, anti-aging, metabolism enhancing, stress-reducing, immunity-boosting, and cholesterol-lowering properties. Matcha powder is used in almost all desserts, regular cakes, éclairs, milk-feuilles, milk-shakes and smoothies.

**Purple Tea:** This tea is available only in Kenya. Kenya is the leading exporter of tea in the world. Apart from its delightful purple colour, this tea has great health benefits and gives green tea a real run for its money. Purple tea contains anthcyanin particularly beneficial against cardiovascular diseases and defective vision. Purple tea contains much lower caffeine than black or green tea. Sweet and woody, it has strange flavour and appeals to palate. Although it is a new health drink, eventually it may not replace the green tea. However, it’s worth a one time try.
**Herbal Tea**: Herbal Tea is the only tea that does not contain any leaves from camellia plant family. Herbal tea are called by various names: (a) Rooibos-Tea: This tea is made from South African red bush. That is why it is also called by “Red-Tea”. It is delicious, comes in a variety of flavours and can be had either hot or ice-cold. Rooibos is rich in iron, calcium and manganese and is regarded as a cure for every thing from hypertension to depression and bone weakness. It is caffenine free and should be taken before bed-time. To make it, pour boiling water over the tea and steep for 3 minutes, (b) Mate-Tea: It is considered the coffee lovers favourite tea as it tastes like coffee. It is a wild shrub from Argentina that makes for a delicious and flavoured tea often consumed in a guard with a filtered straw and shared among friends, (c) Infusion Tea: It consists of pure herbs, flowers and species. They can be delicious hot or iced. Thai Butterfly Blue tea is a good example of this kind of tea. Infusion takes place with Vitamin-C. It emulsifies the fat in the body, (d) Lavender tea: Aromatic lavender tea relieves bloating, flatulence and aids digestion. It fights stomach infection. To make it, add dried lavender leaves to boiling water and steep it for 4 minutes. You can also cool this tea and rinse your scalp with it to ease infection, (e) Hibiscus – Tea: Rich red hibiscus tea is said to prevent cell damage due to anthocyanins (antioxidants). It has high percentage of Vitamin C. To make it, place the leaves in a pot and pour hot water over it. Leaves and flowers release colour. Steep for 6 minutes. Those pregnant should avoid it, (f) Chamomile Tea: This pleasant brew is muscle relaxing and is said to ease pain, and leaves you feeling tranquil. Dip a tea bag into freshly boiled water. Let it steep for about 3 minutes. Add some honey. According to beauty professionals, application of Chamomile tea can lighten your hairs. (g) Gingko Biloba: The seed and leaf of gingko trees are used in Chinese medicines for centuries. Gingko tea is said to protect nerve cells against damage as well as decreased blood flow to the brain which is said to be the main cause of Alzheimer’s. It builds focus and enhance blood circulation in the body, (h) Chinese Herbal Tea: Chinese herbal tea blends hold a very important position in Chinese culture. All the ingredients in those teas can be only found in nature and used without any
chemical process. As per philosophy, these teas help build vital energy and restore balance (yin and yang), increase immunity and have antioxidant properties. Look for tea that have Asian gin-seng, pu-erh, chrysanthemum, goji berry, and hawthorn.

(i) Peppermint Tea: If you are finding it difficult to remember things, drink Pepper-Mint tea. It will boost your long-term memory, working memory and alertness. It will also give arousing and enhancing effects on your mood and cognition.

Pekoe Tea: Pekoes tea is as unique to its native Assam and Darjeeling as Champagne is to the Champagne region of France. Light in colour but robust in flavor. Pekoes is considered a black tea but should really be classified as more oolong because of its incomplete oxidization. Pekoe helps prevent cavities and is rich in antioxidants which counter the free radicals in the body that can lead to cancer and premature ageing. Pekoe tea is brewed with medium water. Otherwise, the brew can go bitter. The tea has cooling qualities and is best for hot weather.

Coffee Leaf Tea: 23 species of coffee leaves were analysed by the Researchers from Royal Botanical Gardens in Kew, South-West London in collaboration with Researchers of Montpellier, France. They discovered that the tea made from coffee leaves was a “Super-Brew” less bitter than tea and not as strong as coffee. The drink so prepared boasts high level of compounds which lower the risk of diabetes and heart disease. It carries far less Caffeine than traditional tea and coffee. It also contained antioxidants and anti-inflammatories properties. By all means, coffee leaf tea is much healthier than both the drinks. There is evidence that coffee leaf tea is drunk in places like Ethiopia, South Sudan, Indonesia and Britain.

Although coffee is considered a classier beverage, here seems to be a visible shift from coffee to tea in the past couple of years. People have started thinking that tea is an healthier option. Tea-exotica, therefore, are finally having their existence. In markets like New York and San Fransisco, predominatly coffee drinking cities, there are more than 50 Tea- Lounges. Cafes are now experimenting with tea putting tea-infused dishes on their
Menu. Tea is finally in the spotlight. Humble Chai (Tea) is thus getting a fancy makeover. In India, Tea-Lounges are opened in Malls, Five-Star Hotels and fine-dining Restaurants. Tea has thus become a new wine, a new Champagne, a new Special Teas. Potential is huge.