

DEVELOPMENT OF HERBAL TEA (ENERGIZER, APPETIZER AND RELAXER)

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Herbal tea is a kind of a specialty tea, which can be defined as a drink formed by brewing aromatic plant parts in boiling water. According to the Ayurvedic medicine, herbal energizers enhance the energy within the body and prevent exhausting of energy from the body. Herbal appetizers increase the appetite of a person, stimulating intake of more foods and herbal relaxers are defined as tranquilizers which soothe the body.

Material for the three different herbal teas was selected according to the basic principles of Ayurveda. Each herbal mixture was mixed with black tea (*Camellia sinensis*) to prevent the difficulties during the tea bagging operation. A seven point hedonic test was conducted to select the best percentage of tea to be mixed with herbal tea. The data were analyzed using the Friedman test.

Chemical analysis of the produced teas showed that the initial moisture contents of energizer and relaxer are greater than the highest recommended value (12%). Total extractives of herbal energizer, appetizer and relaxer are 37.5%, 37.5% and 25% respectively. Average caffeine intake per cup of energizer (17 mg), appetizer (5 mg) and relaxer (5 mg) are much less than that of black tea (60 mg). Iron concentration (0.5 ppm) of energizer is higher than that of appetizer and relaxer. All three herbal teas are good sources of magnesium. Microbiological analysis revealed that all three herbal teas developed are much closer to or lower than recommended values of European Herbal Infusion Association for Aerobic Plate count (APC) and Yeast & Mould counts. Statistical analysis of the experimental data obtained for color, pH and sensory data for flavor revealed that the teas are acceptable for a period of one and a half months storage period without any quality deterioration.

