

Red Tea – An Updated Review

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INTRODUCTION

Rooibos is grown only in a specific region of South Africa. The plant itself is a broom-like member of the legume family growing in the Fynbos ecoregion.



For centuries indigenous Bushmen in the region, harvested the leaves for use as herbal remedies to treat a variety of different ailments. The medicines were loved for their delicious taste, but as the indigenous tribes dwindled so too did the knowledge of rooibos. Thankfully, in 1772 botanist Carl Humberg rediscovered the leaves, reviving their popularity and spreading interest in the tea further than ever before. Over a century later, in 1904 a Russian immigrant with tea manufacturing connections began to market the drink as a herbal alternative to traditional tea, calling it a 'Mountain Tea'.

Tea from Asian countries was almost impossible to import during World War II, giving rooibos tea a chance to shine. It became an excellent alternative and was shipped around the world. However, the scarcity of the planta seeds meant it was expensive and demand increased its cost

further, making it difficult for many to buy. It is only in recent history that the fortunes of rooibos tea have been turned around. In 1968 a South African mother, "Annie Theron", wrote a book on rooibos teas amazing health benefits. The popularity of the release led to hundreds of studies, which found more and more health benefits in the tea, as well as discovering the teas high level of antioxidants. This new medical understanding led to an explosion in popularity.

POWERFUL INGREDIENTS IN RED TEA

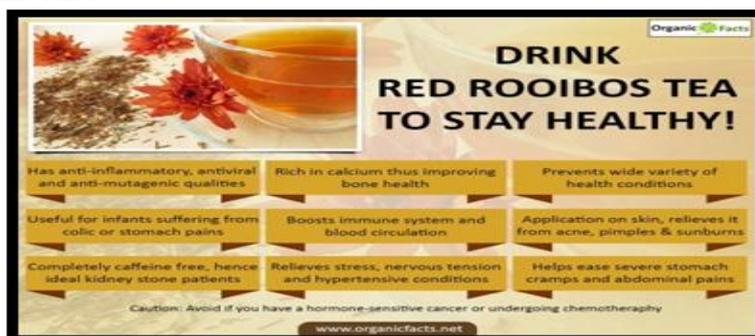


Rooibos tea contains vital minerals including calcium, iron, magnesium, zinc and alpha hydroxyl acid. As with most true teas and herbal teas, it also contains high levels of vitamin C along with powerful antioxidants such as aspalathin that offer extensive health benefits. Rooibos tea contains polyphenols that help to fight free radicals, keeping your body healthy and ready to tackle the day.

Difference between Normal Tea/ Red Tea/Green Tea

NORMAL TEA	RED TEA	GREEN TEA
 <p>Common Name: Camellia sinensis</p> <p>Cultivation & collection: It is occurred dried leaf of <i>camellia sinensis</i></p> <p>Chemical constituents: Caffeine, Vit B, tannins, Minerals, protein.</p> <p>Benifits: Dental Health, Brain Health</p> <p>Antioxidants: It contains group of polyphenols, including catechins, theaflavins & thearubigins</p> <p>Commercially Available product:</p> 	 <p>Rooibos tea, red bush tea, bush tea</p> <p>It is occurred from dried leaves of <i>Aspalathus linearis</i></p> <p>aspalathin and nothofagin, flavanols, flavones, flavanones</p> <p>reduce the insomnia, irritated throat</p> <p>Aspalathin, nothofagin, quercetin, rutin, isoquercitrin, luteolin, vitexin, orienthin</p> 	 <p>Dragon well</p> <p>It is occurred from dried leaves of <i>camellia sinensis</i></p> <p>Catechins, caffeine, Theanine, Vit C, B2, E, saponins, Fluorine, Chlorophyll</p> <p>It reduce the risk of cancer, Heart Disease, Anti-Aging, Weight loss</p> <p>Catechins (EGCG)-Epigallocatechin Gallate</p> 

BENEFITS OF RED TEA



DRINK RED ROOIBOS TEA TO STAY HEALTHY!

- Has anti-inflammatory, antiviral and anti-mutagenic qualities
- Rich in calcium thus improving bone health
- Prevents wide variety of health conditions
- Useful for infants suffering from colic or stomach pains
- Boosts immune system and blood circulation
- Application on skin, relieves it from acne, pimples & sunburns
- Completely caffeine free, hence ideal kidney stone patients
- Relieves stress, nervous tension and hypertensive conditions
- Helps ease severe stomach cramps and abdominal pains

Caution: Avoid if you have a hormone-sensitive cancer or undergoing chemotherapy

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- **An antioxidant**
The antioxidants present in rooibos tea prevent the movement of free radicals in the body and combat oxidative stress. This in turn prevents premature ageing and enables the maintenance of soft, supple skin.
- **Enables digestion**
Red tea is caffeine-free and also free of tannins. This element is present in other teas and is known to cause digestive

issues among many people. Red tea is a storehouse of antispasmodic elements, preventing diarrhea and gastric issues. It has no oxalic acid, this makes it suitable for those who are prone to developing kidney stones.

- **Full of micro-nutrients**
Iron, zinc, copper and manganese are only a few of the many minerals that rooibos tea is rich in. If you are suffering from hair loss, red tea is known to improve hair growth by

strengthening the hair follicles and provides the required nutrients that the body needs for healthy hair.

- **Boost your immunity**

Red tea has the power to protect your body against diseases while building and strengthening your immunity and making you stronger from within.

- **Anti-inflammatory and anti-bacterial properties**

These encourage healing wounds and giving relief from any kind of pain. The tea is super rich in polyphenols, thus aiding the immune system and thereby, boosting the health of an individual.

- **Improves the quality of sleep**

It is important to note that rooibos tea is free of any caffeine content and therefore, it is extremely suitable for insomniacs. Caffeine is addictive and creates havoc for your the sleep cycle. Drinking red tea reverses the harrowing effects of too much caffeine and relaxes your tired nerves and calms you down.

- **Enhances bone strength**

The presence of calcium and manganese is really good for your bones. Along with strengthening bones, it encourages bone and joint development. Thus, problems like arthritis are kept at bay.

- **Good for skin**

Red tea is also the secret to beautiful and radiant skin. The alpha hydroxy content of red tea can reverse cell damage and rejuvenate the skin. As a rich source of bioflavonoids, red tea improves blood circulation and glowing skin.

MAJOR DESEASES THAT CAN CURE BY RED TEA

Introducing rooibos (pronounced "ROY-boss"), one of the hottest tea varieties to drink right now.

An herbal tea from South Africa, rooibos is a delicious, caffeine-free. Boasting 50 percent more antioxidants than green tea, rooibos tea touts more benefits than green, black, and maybe even matcha tea.

While other teas have an acquired taste, rooibos tea has a sweet, mild flavor profile with notes of honey and vanilla. In fact, the red beverage is considered one of the most palate-pleasing types of tea out there.

For centuries, South Africans have used rooibos for its myriad health benefits, including to relieve teething gums, soothe colicky

babies, and promote better and deeper sleep.¹ Its anti-inflammatory powers and antioxidant content also show promise in protecting against many diseases, including cancer, heart disease, and diabetes. Rooibos tea may even help with weight loss.

In the late 1990s, green rooibos tea, a non-fermented, less oxidized type of rooibos, was invented. This less-oxidized version means it maintains a higher integrity of antioxidants. As for taste, green rooibos has a more grassy, mineral-like flavor.

Rooibos contains 50% more antioxidants than green tea. Antioxidants clean up the harmful free radicals that can damage cells and cause cancer, curbing cellular damage and inflammation.

Rooibos tea boosts levels of master antioxidant glutathione in the body. More powerful than any other antioxidant, glutathione protects against inflammation, toxins, free radicals, and pathogens. Think of it as your body's own natural detoxifier.

Aspalathin — found only in rooibos tea — and nothofagin are two such polyphenols (a type of antioxidant) that have been shown to have powerful anti-inflammatory and cancer-fighting powers.

Inflammation is a key player in the role of heart disease. A study involving 17 healthy volunteers took a look at the effect of green, black, and rooibos tea had on angiotensin-converting enzyme (ACE), an enzyme located in the inner layer of blood vessels that causes blood vessels to shrink, thus increasing blood pressure. The study found that one hour after people drank 13.5 ounces of rooibos tea, ACE levels went down, lowering participants' blood pressure.

Another study over a six-week period showed that drinking six cups of rooibos tea daily significantly increased total polyphenol levels, which improved HDL "good" cholesterol. It also lowered "bad" LDL cholesterol and triglycerides, another lipid found in your blood. Rooibos extract is also recommended to use on the skin for its anti-inflammatory, antimicrobial, and soothing properties.

Studies have shown that rooibos tea is pro-apoptotic and anti-proliferative on skin cancer cells in vitro and on mouse skin. Translation: it helped destroy cancer cells and keep them from spreading in test tubes and in animal studies. More research on humans is needed to know for sure.

Researchers studied the effect of antioxidants aspalathin and nothofagin on inflammation caused by high blood sugar and found that it lowered inflammation in the vascular system (aka arteries and blood vessels). People with diabetes tend to have chronic, low levels of

inflammation that affects insulin's function and contributes to the disease. Reducing inflammation may therefore provide major benefits in the treatment of diabetes and diabetic complications.

Another study in type 2 diabetic mice found that aspalathin helped balance blood sugar by stimulating the glucose uptake in muscle tissues.

In 1968, Annetjie Theron was a South African mother who was struggling with a colicky infant. She discovered that a rooibos tea infusion calmed her baby of chronic restlessness, vomiting, and stomach cramps. She studied the benefits of rooibos tea and eventually went on to create her own products using Rooibos extract.

While the development of cancer is a complex process, it has been well established that oxidative damage, generally associated with free radicals, is responsible for cancer development. Quercetin and luteolin are two flavonoids found in rooibos tea that have been studied on pancreatic tumor cells, showing they suppress tumor growth and promote cancer cell death.

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