

## Effect of Herbal Tea on Health and Nutrient Intake in Youth

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### Abstract

Herbal teas are all the rage for the many medicinal qualities they are supposed to possess. It's claimed they can help with everything from easing a cold and indigestion to fighting infection and nausea. Dietary and lifestyle behaviors among adolescents are risk factors for several chronic diseases in adulthood. The objective of the study to evaluate the effect of Herbal Tea on health. Selecting 100 adolescents of age group 20-35 years in Agra district. Significant effects of herbal tea were observed on the health in youth.

**Keywords:** Dietary habits, Herbal Tea

### Introduction

Herbal Tea that has received so much acclaim for its health benefits isn't really a Tea at least not in the strictest sense of the world. Herbs (Basil, ) when made as a tea strengthen, nourish and enliven the whole body through their supply of powerful plant nutrition. They are often rich in antioxidants, which help keep the levels of free radicals in our bodies low. As well as antioxidants, herbal teas are often high in vitamins and minerals helping to prevent deficiencies in diet. Infusing the plant in hot water and drinking the infusion is a great way to access the vitamins and minerals that these plants have to offer. Benefits of herbal Teas include aiding

digestion, relaxing stress, speeding up metabolism and some are even used as a treatment for ailments such as common cold

and irritable bowel syndrome (IBS). Today more and more people are taking to drinking Tisne since it helps to relax and revive them.

The objective of the study to evaluate the effect of Herbal Tea on health and nutrient intake in youth.

### Methodology

The study was carried out in 100 adolescents (50 users of herbal tea and 50 non users of herbal tea) were selected for the present study with the help of multistage stratified sampling technique. Information was collected regarding general information, dietary pattern among the adolescents. The objective of the study and information in the questionnaire were explained to the students by qualified nutritionists, who also supervised the collection of the data. The 24 hours recall method was used in the present study.



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## Result & Discussion

**Table 1:** Distribution of users and non users of herbal tea according to age.

Age in Years	Herbal Tea			
	Users		Non -Users	
	Number	Percentage	Number	Percentage
20 - 25	20	40.0	21	42.0
25 - 30	14	28.0	23	46.0
30 - 35	16	32.0	6	12.0
<b>Total</b>	50	100.0	50	100.0

Above table shows the distribution of users and non-users of herbal tea according to age. Out of 50 users of herbal tea, majority of them ( 40.0%) were in age group of 20 – 25 years, followed by 32.0% in the age group of 30 -35 and minimum (28.0%) were in the group of 25 – 30 years while among the 50 non-users of herbal tea, majority of them (46%) were in the age group of 20 – 25 years, followed by 42% in the age group of 30 – 35 years and minimum (12%) were in the age group of 25 – 30 years.

**Table 2:** Distribution of users of herbal tea according to duration of use.

Duration of use in months	Users	
	Number	Percentage
One	39	78.0
Two	6	12.0
Three	5	10.0
<b>Total</b>	50	100.0

Above table highlights the distribution of users of herbal tea according to the duration of use. Out of 50 users of herbal tea, majority of the (78.0%) were using month, followed by 12% for 2 months and the minimum (10%) were using herbal tea for last three months.

**Table 3:** Distribution of users according to reason of herbal tea used.

Reasons	Users	
	Number	Percentage
Health	9	18.0
Reduce Weight	27	54.0
Fitness	5	10.0
Change Taste	7	14.0
Anti - oxident	2	4.0
<b>Total</b>	50	100.0

Above table indicates the distribution of users according to reasons of herbal tea used. Out of 50 users of herbal tea, majority of them (54.0%) reported that they used herbal tea to reduce weight, followed by 18% for the reason to maintain health and minimum (4.0%) informed that they used herbal tea as an anti-oxidant. Paul, M. accepted, economical, and safe drink that is enjoyed every day by hundreds of millions of people across all continents and it is the richest source of a class of antioxidants.<sup>1,3</sup>

**Table 4:** Mean nutrient intake among the users and non-users of herbal tea.

Nutrients intake	Herbal Tea				Statistical	
	Users		Non-users			
	Mean	SD	Mean	SD	t	p
Calories	1971.48	110.81	2040.41	108.78	3.139	<0.05
Protein	62.26	1.60	62.78	3.07	1.062	>0.05
Calcium	612.74	63.22	589.50	49.06	2.054	<0.05
Vitamin A	2322.56	136.97	2355.21	119.42	1.270	>0.05
Vitamin B1	1.14	0.08	1.10	0.08	2.500	<0.05
Vitamin C	38.98	14.11	35.77	10.03	1.311	>0.05
Iron	26.10	2.40	26.42	2.61	0.638	>0.05
Fat	30.45	1.75	31.05	2.10	1.552	<0.05
Riboflavin	1.11	0.11	1.11	0.06	0.000	>0.05
Niacin	13.34	1.50	13.21	1.46	0.445	>0.05

Above table reveals the mean nutrient intake among the users and non users of herbal tea. The mean nutrient intake of calories (2040.41), protein (62.78), Vitamin A (2355.21), iron (26.42) and fat (31.05) were found more among the nonusers of herbal tea as compared to users of herbal tea while the mean nutrient intake of calcium (612.74), vitamin B1 (1.14), vitamin C (38.98) and niacin (13.34) were found more among the users of herbal tea as compared to non users of herbal tea. The mean nutrient intake of riboflavin was same (1.11) among the users and non users of herbal tea. Statistically, significant difference in mean nutrient intake of calories, calcium and vitamin A, Vitamin C iron, fat riboflavin and niacin were observed between

the users and non users of herbal tea even at 5% level of significance

### Conclusion:

On the basis of the results obtained from the present study the most of herbal tea users were consuming herbal tea for the last one month to reduce weigh. The mean body mass index was more among the users of herbal tea as compared to non-users of herbal tea The calories, protein, vitamin A, iron and fat consumed more among the non-users of herbal tea as compared to users of herbal tea while calcium, vitamin B1, vitamin C and niacin consumed more among the users of herbal tea as compared to non-users of herbal tea.

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