Tea-Syamaparni / *Camellia sinensis*

**Part consumed** - Leaves

**Form consumed** - Dried powder in Tea decoctions

**Maximum daily consumption by adults** - Decoction - 100 - 300 ml

**Composition**
- Catechins
- Polyphenols
- Epigallocatechin
- Caffeine
- Xanthosine
- Essential Oils
- Theophylline
- Reducing sugars

**Indications as per Ayurveda**
- Heart problem
- Teeth decay, Gargle
- Dysentery, Diarrhoea
- Hepatitis
- Gastro-enteritis
- Cuts, Wound
- Burns

**Modern Clinical Studies**
- Diuretics
- Antioxidant, Anti-Cancer
- Mouth wash
- Anti-Inflammatory
- Cholesterol Lowering
- Cardioprotective
- Asthma
- Lowers blood sugar
- Antibacterial, Antiviral