

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