

The Healthcare Efficacy Research Progress on Tea and Herbal Tea

Aiketaguli Anwaierjiang, Mayinuer Abuduwake

Xinjiang Hetian College, Hetian 848000, Xinjiang Uygur Autonomous Region, China

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Abstract: Tea and herbal tea, as a combination of traditional medicine and modern health concepts, has been favored by more and more people due to its long-term efficacy and mechanism of action. Based on the introduction of the basic concept and development process of tea and medicinal tea, this article focuses on their health care functions and mechanisms, and analyzes the application effects of tea and medicinal tea in different diseases, to provide scientific basis and useful reference for their application and promotion in practice.

Keywords: Tea; Medicinal tea; Health benefits

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1. Introduction

Medicinal tea is tea or substitute tea as raw material, with some food or traditional Chinese medicine compatibility, through the process of brewing, decoction, distillation, pressing, etc., made of daily maintenance, disease prevention and other functions of drinks. The development of medicinal tea can be traced back to the ancient times, along with the development of traditional Chinese medicine. Since modern times, with the continuous improvement of people's health awareness, herbal tea has gradually been recognized and favored by consumers because of its mild effect, small side effects, and easy to drink. This paper is focused on the health care efficacy of the herbal tea, related to its development fully, comb, in order to better give play to the important role of herbal tea in the maintenance of human health and promote the heritage and development of herbal tea culture.

2. The historical development of medicinal tea

2.1. The origin and development of ancient medicinal tea

The application history of medicinal tea can be traced back to the ancient times. According to legend the emperor Shen Nung tasted grass bouquet, discovered the medicinal value of tea, the cold-induced febrile in "Shen Nong tasted grass bouquet, a day in seventy-two, tea and solution of" the records, it is considered to be the origin of the herbal tea important legend^[1]. Tao Hongjing of the Liang Dynasty proposed that herbs such as asparagus could be

used as a substitute for drinking tea, which further expanded the range of raw materials for medicinal tea ^[2].

Period in Tang dynasty is important in the development of herbal tea, Lu Yuzhu book “the saint” of the first tea in the world, the system discussed the origin of tea, fuel types, technical and cook drink methods etc., are driving the spread of tea knowledge ^[3]. At the same time, Sun Simiao in carrying the daughters book “bamboo shavings reed root tea” and other 10 herbal tea party, Wang Tao carrying in the platform and the secret to outside “new generation of tea drinking party”, the herbal tea making and drinking method was described in detail, Tibetan ware in the compendium gleanings Chen gave a high evaluation of tea, think “medicine of medicine for all ills, tea for the disease of medicine” ^[4, 5].

Song dynasty by the bureau of the song dynasty cure too much into the and dhi pharmacopoeia have herbal tea introduction, in which “rhizoma *Ligustici wallichii* tea powder” is the earlier of finished herbal tea ^[6]. Sheng Ji Zonglu, published in the reign of Zhenghe of the Song Dynasty, contained a large number of empirical prescriptions for the application of medicinal tea ^[7].

Shoulao Yangqin Xinshu, edited by Zou Xuan in the Yuan Dynasty, contains two herbal tea prescriptions for the prevention and treatment of senile diseases ^[8]. Hu Sihui, the imperial doctor of drinking food, recorded the production, efficacy, and indications of a variety of medicinal tea in various places in his Yin Shan Yao (Drinking-Food Zhengyao). Yarn figure Jose Sue compilation of the book “Red Bamboo Experience Hall Party”, carrying cure phlegm asthma for herbal tea party ^[9].

Pu Ji Fang (Prescriptions for Universal Relief) of the Ming Dynasty set up a chapter entitled Herbal Tea, containing 8 herbal tea prescriptions. Li Shizhen recorded many herbal prescriptions in Bencao Gangmu (Compendium of Materia Medica), and discussed the properties and functions of tea. In the Ming Dynasty, the tea-making technology was constantly improved, and six categories of tea were formed, which provided more diverse choices for the development of medicinal tea ^[10].

In the Qing Dynasty, tea therapy was popular, and the content, application scope, and production method of medicinal tea were constantly updated and enriched. From the Selection of Prescriptions of Cixi Guangxu, it can be seen that medicinal tea had become a part of the imperial court medicine of the Qing Dynasty, and the medicinal tea prepared by the imperial doctors of the Qing palace for Cixi and Guangxu was at a high level at that time ^[11].

2.2. The development of modern herbal tea

In modern times, advancements in science and technology, along with growing public demand for health and wellness, have led to increasing attention on the health benefits and therapeutic value of herbal tea. A growing variety of antihypertensive teas, herbal teas, and afternoon teas continue to evolve, with their types and applications becoming increasingly diverse. The development of modern science and technology makes people pay more attention to health and prevention of diseases, while preventing the toxic and side effects of treatment methods and drugs themselves. A variety of components in medicinal tea have good health care and treatment effects, and the combination of medicine and tea helps to enhance and strengthen the efficacy of drugs and is conducive to the dissolution and absorption of drugs ^[12]. In recent years, the heat of tea therapy has continued to heat up. Not only the ancient herbal tea prescriptions been widely used, but also many new herbal tea prescriptions have been produced and introduced. At the same time, the medicinal tea culture of some ethnic minorities has gradually attracted attention, such as the Li medicinal tea, which uses local Li medicines that are safe and non-toxic and suitable for drinking as tea, and has unique drinking habits and effects.

3. The production process of medicinal tea

3.1. Traditional manufacturing process

The traditional production techniques of medicinal tea include pressing, brewing, decocting, and distilling. Among them, the most simple and commonly used method is the brewing, that is, to use boiling water to completely soak medicine or food with tea, such as chrysanthemum tea, wolfberry tea and other medicinal teas are used in this method. Some components are not easy to dissolve; the texture of the relatively hard medicinal materials is more suitable for decoction method, such as the *Agastone rugosa*, *Perilla*, and other drugs together with tea water decoction to make summer tea. The use of this method should not choose metal utensils, should choose crock POTs, casseroles and other utensils, to avoid metal and drug components reaction which affects the effect of medicinal tea.

3.2. The innovation of modern manufacturing technology

With the rapid development of modern technology, the extraction technology of medicinal tea is also keeping pace with The Times and constantly innovating. The application of advanced technologies such as ultrasonic-assisted extraction, microwave-assisted extraction, supercritical fluid extraction, and so on has greatly improved the extraction utilization rate of effective components in medicinal tea. With supercritical fluid extraction (SFE) technology as an example, its application in the herbal tea extract production, through low temperature extraction technology, effectively avoid the loss of heat sensitive component. In respect of herbal formulations, on the basis of the traditional powder, medicinal broth, has successively developed a tea bag, granules, and many other more easy to carry and references, and is better able to absorb new dosage forms ^[13]. In addition, the application of modern production technology in the extraction of medicinal tea is more convenient to control the quality of medicinal tea. In the process of medicinal tea production, advanced detection technology can be used to test the effective components, heavy metal content, and microbial limit, so as to effectively ensure the quality and safety of medicinal tea.

4. The efficacy of medicinal tea

4.1. Classification of the efficacy of common medicinal tea

4.1.1. Health care and health care

Health care and health preservation function is one of the main functions of herbal tea, such as daily conditioning of the body, strengthening the constitution, and so on. Common examples such as *Huangqi* tea and *Codonopsis* tea can help enhance the immune system and prevent diseases; Red jujube leaf tea and sour jujube leaf tea can effectively relieve insomnia and improve sleep; *Chrysanthemum* tea and rose tea, because they are rich in antioxidant substances and vitamins, have significant beauty and anti-aging effects.

4.1.2. Disease prevention and adjuvant therapy

Scholars' research on the efficacy of herbal tea has revealed part of its mechanism of action. Studies have found that herbal tea has a significant effect on treating high blood pressure. In addition, in hyperlipidemia sequela treatment, herbal tea drink with warm acupuncture compatibility, can effectively reduce the patient's level of blood lipid; Herbal tea drinks in nonalcoholic fatty liver disease, liver depression, damp and hot accumulate knot Pixu (spleen deficient) also has good clinical effect, obvious effect in improving liver function, etc ^[14]; Sanshu slimming

decoction can significantly improve the physique, promote the decomposition of fat cells, and achieve the effect of weight loss.

4.2. Modern scientific research on the function of herbal tea

For the effect of herbal tea, studied by modern science, reveals some of its action mechanism. Taking green tea as an example, green tea is rich in tea polyphenols, which have antibacterial, anti-inflammatory, antioxidant, and other functions. It can remove free radicals in the body and reduce the damage caused by oxidative stress to cells, thus delaying aging and preventing cardiovascular diseases. And through the study of some weight-loss tea, it is found that some of the active ingredients can effectively regulate the fat metabolism enzymes, affect the synthesis of fat, to play a role in weight loss, such as lotus leaf tea, which contains the lotus leaf alkaloid can effectively inhibit lipase, reduce fat absorption ^[15].

5. The application status of medicinal tea

5.1. Common medicinal tea products on the market

In the modern market, medicinal tea products are rich in varieties and functions, and can be divided into a variety of types according to their different raw materials and functions. In terms of raw materials, it can be divided into single raw material medicinal tea and compound medicinal tea, among which single raw material medicinal tea, such as *Lycium barbarum* tea, honeypot tea, fat sea tea, etc. Compound herbal tea refers to the compatibility of a variety of drugs or food, such as hawthorn, lotus leaf, *Cassia* seeds, known as lipid-lowering and weight-reducing tea. From the perspective of dosage form, it is divided into bags of tea, granules, ointment, instant drinking herbal tea, and so on. From the perspective of sales channels, the sales of medicinal tea are not only distributed in pharmacies, tea shops, supermarkets, and other channels, but also in major online shopping platforms. Consumers can conveniently purchase all kinds of medicinal tea products according to their own needs.

5.2. The application of medicinal tea in different fields

In the field of health care, the role of medicinal tea cannot be underestimated, especially for the adjuvant treatment of some chronic diseases and daily health care. For the treatment of some chronic diseases, some doctors will recommend symptomatic herbal tea to patients according to their condition and constitution. For example, Apothema tea is suitable for the adjuvant treatment of patients with mild hypertension. In some health care institutions, herbal tea for its moderate effect, and the advantages of small side effects, is highly regarded, institutions tend to be according to customer needs, personalized herbal tea for its solution. In addition, with the awakening of people's health consciousness, some food and beverage industry also seize the opportunity, according to the customer demand and seasonal, launch the plum juice of such as summer, winter snow pear tremella soup and so on some have health care function and the characteristics of the composite consumer tastes demand herbal tea.

6. The safety of medicinal tea

6.1. The safety of raw materials of medicinal tea

In terms of the safety of medicinal tea, it is very important to control the quality and safety of medicinal tea

raw materials. During the cultivation and processing of some medicinal tea raw materials, due to the pollution of their own growth environment, or the unreasonable use of pesticides and fertilizers, there may be a series of problems such as pesticide residues and excessive heavy metals, which may affect the safety of medicinal tea. In addition, some herbal tea raw material itself has a certain toxicity, if in the process of post processing, no strict processing or dose control, is likely to cause various adverse reactions. For example, some medicinal tea contains toxic medicinal materials such as aconitum, which may lead to poisoning if improperly processed or overused. Therefore, in order to ensure the safety of medicinal tea, the planting, picking, storage and other environments of raw materials should be strictly monitored to ensure that they meet the quality and safety standards.

6.2. The influence of drinking method and dosage on the safety of medicinal tea

Another key factor to ensure the safety of medicinal tea is the correct method of drinking and the appropriate dose selection. Different herbal teas have different drinking requirements. In order to achieve better quoting effect, some herbal teas need to be taken warm, while some herbal teas need to be quoted while they are hot. If the drinking method is not appropriate, it may not achieve the desired effect, or even play a side effect. In addition to ensuring the correct method of drinking, it is also crucial to control the dosage of herbal tea. Although the effect of herbal tea is relatively mild compared with some traditional Chinese medicine decoctions, there may still be various adverse reactions if you drink too much herbal tea. For example, some consumers with constipation may choose to drink herbal tea with a laxative effect, but if they do not pay attention to the drinking dose and drink large quantities for a long time, it may lead to dehydration, diarrhea and other problems. Therefore, when choosing medicinal tea, consumers should follow the doctor's advice or product instructions and drink it reasonably.

7. Conclusions and Prospects

7.1. Research summary

Herbal tea as the treasure of traditional Chinese medicine culture, has a long history in this country, accumulated the rich connotation. Since the origin of the ancient development, herbal tea after long-term development, until the modern innovative applications, its role in both the efficacy, processing work clothes, application field and so on various aspects, has is the significant progress. Especially in recent years, traditional herbal tea production technology combined with modern science and technology gradually, herbal tea processing, production technology and process more scientific and efficient, which to a great extent, improved the quality and safety of herbal tea. Modern scientific research and practice show that the function of herbal tea, effects obtained full verification and recognition, especially in the role of health care and disease prevention is growing. But in the herbal tea industry in the process of rapid development, its security problem is always cannot be ignored. The use of safety to ensure that the herbal tea, should firmly grasp good raw material quality control, method of drinking, such key links as measurement standard, thus promote the healthy development of herbal tea industry, for the majority of consumers to provide more safe and effective herbal tea products.

6.2. The future development direction

In terms of future development, herbal tea can focus on branding and diversification of health care functions. But as for the present, China's development of the health care industry is still in its infancy, is still faced with imperfect market standards and related industry regulations is not sound and so on a series of problems. In the process of

marketing, part of the enterprise product quality control is lax, exaggerated product efficacy, consumers of a single and a series of problems. In the development of the future, the herbal tea industry can be relying on the perfect product quality standard system, perfecting the laws and regulations as well as the vigorous development of health care market, gradually to multiple resources and function transformation, and with the aid of network marketing, increase publicity, expanding the scope of the consumers, in order to promote the sustainable and healthy development of the herbal tea industry.

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