

EFFECT OF HERBAL TEA ON WEIGHT AND FITNESS OF ADULT

ARCHANA SINGH* AND TRAPTISEN

Department of Food & Nutrition (Biochemistry) ,
 Institute of Home Science,
 Dr. B.R. Ambedkar University,
 AGRA- 282 002 (U.P.) INDIA
 *Corresponding Author
 E-mail : 301archana@gmail.com

Received : 20.08.2017; **Accepted** : 08.10.2017**ABSTRACT**

Herbal tea is full of many medicinal qualities. It's claimed that 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 is to evaluate the effect of Herbal Tea on weight and fitness. One hundred adolescents of age group 20-35 years in Agra district were selected and significant effects of herbal tea were observed on the health in youth.

Figure : 00

References : 06

Tables : 06

KEY WORDS : Adolescents, Fitness, Herbal Tea, Obesity

Introduction

Plants have always been a source of medicine and a major resource for human health care. Chinese traditional medicine has documented the use of botanicals for over 2,000 years. Natural products and mainly plants (greater than 80%) are the basis of traditional Chinese medicine¹. The Australian horticultural sector has

developed strong capabilities in Asian vegetable production in the past ten years but this review has encompassed additional products including other plant derived materials like fruit, grains and oils². The potential for new neuroprotective (*i.e.* antidementia) plant products to be further developed and have an impact on Australian health is another exciting possibility, especially given that

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
Total	50	100.0	50	100.0

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
Total	50	100.0

dementia effects one in four Australians over the age of 60. Traditional herbal medicines are naturally occurring, plant-derived substances with minimal or no industrial processing that have been used to treat illness within local or regional healing practices.¹ Traditional herbal medicines are getting significant attention in global health debates. 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^{4,5}. Our traditional morning cup of tea or the high tea we have in the evening is made from leaves of *Camellia sinensis*, also known as the tea bush. As well as antioxidant, 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 vitamin 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 a treatment for ailment such as common cold and irritable bowel syndrome (IBS)⁶. Today more and more people are drinking Tisane since it helps to relax and revive them. The objective of the study is to evaluate effect of herbal tea on weight and fitness of adult.

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, and anthropometric measurement, dietary pattern among the

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
Total	50	100.0

TABLE-4: Distribution of users and non – users of herbal tea according to the food preferred

Food Preferred	Herbal Tea			
	Users		Non-Users	
	Number	Percentage	Number	Percentage
Spicy	26	52.0	37	74.0
Sour	7	14.0	0	0.0
Sweet	9	18.0	8	16.0
Salty	8	16.0	5	10.0
Total	50	100.0	50	100.0

adolescents. The lifestyle section included questions on the hours spent in physical activity. 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.

Result and Discussion

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-

TABLE- 5: Distribution of users and non- users of herbal tea according to body mass index

Body Mass Index	Herbal Tea			
	Users		Non-user	
	Number	Percentage	Number	Percentage
15 – 20	3	6.0	17	34.0
20 – 25	35	70.0	22	44.0
25 and above	12	24.0	11	22.0
Total	50	100.0	50	100.0
Mean	23.29		21.68	
SD	1.91		3.17	
t	3.076			
p	<0.05			

TABLE- 6: Effect of herbal tea on weight ,body structure and fitness

Parameter	Effect of Herbal Tea Users Non -Users			
	Increase/Better	No change	Decrease/Reduce	Total
Weight	0	17	33	50
Body Structre	14	36	0	50
Fitness	16	48	2	50

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-1).

Distribution of users of herbal tea according to the duration of use. Out of 50 users of herbal tea, majority of them (78.0%) were using for a month, followed by 12% for 2 months and the minimum (10%) were using herbal tea for last three months (Table-2).

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 (Table-3).

The distribution of users and non-users of herbal tea according to preferred food were recorded and presented in the above Table. Out of 50 users of herbal tea, majority of them (52.0%) preferred spicy, sour food while among the non-users of herbal tea, majority of them (74.0%) preferred spicy food, followed by 16.0% sweet food and the minimum (10.0%) preferred salty food (Table-4).

The body mass index of users and non-users of herbal tea was calculated and presented in the above table. Out of the users of herbal tea, majority of them (70.0%) had body mass index of 20-25 (normal), followed by 24.05 having body mass index of 25 and above (obese) and the minimum (6.0%) were having body mass index of 15 – 20 (under weight) while among non-users of herbal

tea, majority of them (44.0) had body mass index of 20 – 25 (normal), followed by 34.0 % having body masas index of 15-20 (under weight)and the minimum (22.0%)were having body mass index of 25 and above (Obese). Further analysis of the data from the above table shows that the mean body mass index was more among the users of herbal tea (23.29) as compared to non users of herbal tea (21.68). Statistically, significant difference in mean body mass index was observed between the users and non users of herbal tea ($p < 0.05$) (Table-5).

Effect of herbal tea on weight, body structure and fitness (Table-6). Out of the 50 users of herbal tea, majority of them (66.0%) informed that they decreased their weight and remaining (34.0%) observed no change in their weight. Regarding the body structure , majority of them (72.0%) observed no change in their body structure and remaining (28.0%) informed that their body structure increased Information regarding fitness was also sought from the users of herbal tea ,96.0% of them reported no change in fitness and very few (4.0) observed that they reduced in their fitness³.

Conclusion

From the present study entitled “Effect of Herbal tea on weight and fitness on health”, the results were obtained for those who were consuming herbal tea for last one month to reduce weight. The mean body mass index was more among the users of herbal tea as compared to non users of significant difference in mean body mass index was observed between the users and non users of herbal tea ($p < 0.05$). Age, body mass index and family monthly income of the users and non-users of herbal tea effected positively to most of the nutrient intakes.

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