

## INCREDIBLE VIGOR PROFITS OF BLUE TEA (ASIAN PIGEONWINGS)

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### ABSTRACT

This study investigated the affordability and health benefits of Indian blue tea, focusing on medicinal properties and sensory evaluation compared to black tea. To collect data on the health of *Clitoria ternatea* (CT), a quantitative method was used to analyze the data using random sampling method and SPSS analysis tools. Thirtyfive untrained volunteers were also recruited to conduct the emotional assessment. Blue tea made from butterfly flowers has been identified as a potential source of phytochemicals that are important in solving human health problems. Blue tea has many health benefits, including antioxidant, anti-inflammatory, anti-anxiety, antidiabetic and anti-cancer properties. This study shows the acceptance of blue tea in the Indian market, including the knowledge of the market and the affordability of its people. The 66 Indian consumers surveyed spend an average of less than INR 300 per month on tea, and they are likely to spend the same amount on blue tea. However, its recognition in India is limited compared to traditional black tea, whose taste and aroma are more acceptable among Indian consumers.

### I. INTRODUCTION

Advertising blue products has become a trend, especially in beverages (Spence, 2018). Products from beer to tea due to the rarity of blue food and beverages, making it special and good for customers worldwide. Blue is popular among buyers and add different food ingredients to make the product healthy. Spence, (2021; p1) suggests that blue foods, i.e. blue foods, are considered weird and bad, which makes blue. Bearing in mind self-experimentation, this study aims to evaluate the popularity and connected health benefits of blue tea made from *Clitoria ternatea* (CT) or butterfly pea flower. The aim of this study is to evaluate the effectiveness of IT on health in India. This study also evaluates the commercial use of CT drinking water based on effectiveness focusing on "the most economical way" along with various health benefits including health properties and application leadership. (Lakshmi et al. 2014). Pacheco-Coello et al. (2020), tea consumption is often disease. It has antioxidant and anti-inflammatory properties and improves endothelial function. It is called blue tea because its black blue leaves are always used to make dyes and are made from fresh or dried flowers of the butterfly flower plant (NDTV Food, 2020). It is also known as Pigeon Wing Flower or Blue Pea Flower and is often found in Southeast Asian countries. Blue tea is popular in Vietnam and Thailand and is drunk after dinner with honey and lemon. Cultivation, including butterfly farming, is successful in India because farming methods are very good and suits the local ecology. It is possible to choose different types of feed for cultivation and this can lead to a huge change for the Indian economy. Butterfly peas originate from tropical Asia and are widely distributed in China, India, South and Central America, and the East and West Indies.

India has been recognized as the second largest manufacturer of tea after China. Most of its production takes place in the northeastern region of the country, especially in West Bengal and Assam. Tamil Nadu is also the country's main producer of tea. The birth of the tea industry in India took place when Robert Bush discovered the origin of the tea plant in Assam in 1823 (Sivanesan, 2013). The Bengal Tea Company in Calcutta and the Jorhat Tea Company in Assam marked the growth of the industry. Assam, Tripura, West Bengal, Himachal Pradesh, Tamil Nadu, Karnataka and Kerala are the vital tea-growing states in India. Total tea production in 2020 was 1257.56 m.kgs (Tea Board of India, 2021b). With the growth of the economy and demand from domestic and foreign consumers, the price of tea in India has increased over the years.

#### ASIAN PIGEONWINGS

**Biological Source:** *Clitoria ternatea*

**Family:** Fabaceae

**Usually known as :** Gokarna flower

**Uses:** It is rich in antioxidants and may be linked to many health benefits, including weight loss, diabetes control, and improved hair and skin health.



### **BENEFITS OF BLUE TEA**

Blue tea, as its name recommends, is a unique blue beverage acquired from the flowers of the Clitoria ternatea plant. Common names for this medicinal plant in Southeast Asia include butterfly pea, Kordofan pea, blue pea, aparajitha, and Asian pigeon wing. Blue tea has great benefits for human health, promoting hair growth, etc. It has become a popular food in recent years.

Butterfly pea is a legume plant commonly found in Southeast Asian countries such as Thailand, Vietnam, Indonesia, India and Sri Lanka. The beautiful blue flowers of the butterfly plant have been used throughout the region as an ingredient in herbal teas and in cooking for centuries. Since the blue flowers appear blue when soaked in warm or hot water, they can be used as color and add color to many types of dishes.

### **MEDICINAL PROPERTIES OF BLUE TEA ANTIOXIDANT PROPERTIES:**

Blue tea is rich in antioxidants, especially anthocyanins. Antioxidants help protect the body from oxidative stress and free radicals that can cause chronic diseases and aging.

### **ANTI-INFLAMMATORY EFFECTS:**

Some studies suggest that compounds in butterfly pea flower tea may have antiinflammatory properties. This helps reduce pain in the body, which is associated with many health problems.

### **COOLING PROPERTIES:**

Ayurveda believes that blue tea has cooling properties. It is often eaten to help cool the body and balance excess calories, making it suitable for people with pitta constitutions or people with stress and pain-related diseases.

### **ANTI-AGEING:**

The antioxidants in blue tea are thought to help fight free radicals that can cause premature aging. It is sometimes used for its ability to prevent skin aging and its general importance.

### **ANXIOLYTIC (ANXIETY REDUCING):**

Blue tea is known for its sedative and stress-sinking properties. Because it can interact with neurotransmitters in the brain, it can help reduce stress and promote relaxation.

### **ANTIBACTERIAL AND ANTIFUNGAL:**

Some studies show that blue tea has antibacterial and antifungal properties that may help maintain health and prevent disease. Some studies show that blue tea has antibacterial and antifungal properties, which may be beneficial for overall health and immunity.



### **ACCELERATE WEIGHT LOSS**

Blue tea has no caffeine and is low in carbohydrates, fat and cholesterol. Therefore, it is one of the best drinks for people trying to lose weight, as it cleanses the intestines from food waste and foreign substances and controls appetite. Blue tea is an excellent herbal drink for weight control by suppressing junk food cravings.

### **ENHANCE SKIN HEALTH**

Flavonoids in blue tea help stimulate collagen production, which helps build and maintain skin elasticity. Drinking a cup of warm tea regularly can remove undigested food from the body and cleanse the stomach, liver and kidneys. This in turn cleanses the inside of the body, brightens dull skin to a great extent and removes dark spots and rough skin.

### **BOOSTS BRAIN HEALTH**

Blue tea is known in Ayurvedic science as a brain-boosting herb and can be used to improve memory, support brain health, treat anxiety and combat depression. This herb may also help fight Alzheimer's disease due to the presence of acetylcholine. Drinking butterfly pea flower tea has many benefits for the brain.

### **PROMOTES HEALTHY EYESIGHT**

Blue tea is rich in proanthocyanidin complexes, making it a refreshing, fun and healthy eye-healing beverage. Because blue tea is rich in anti-inflammatory and analgesic properties (i.e., pain relief), it has significant benefits in reducing discomfort, redness, and swelling caused by venous disease. By stimulating essential nutrient-rich blood flow to the complex capillaries of visual cells and tissues, blue tea can protect the visual organelles and structures of the retina, cornea and lens, and treat the symptoms of glaucoma and blindness.

### **UPLIFTS CARDIAC WELLNESS**

Blue tea is rich in fortified bioflavonoid compounds that provide heart-healthy protection and antioxidant benefits. Blue tea is rich in anti-hyperlipidemic compounds that can reduce cholesterol and high lipid/fat levels in the blood. Additionally, drinking a cup of tea may lower triglycerides and harmful LDL cholesterol, while also increasing HDL cholesterol levels. This prevents the risk of many cardiovascular diseases such as atherosclerosis, heart disease, dangerous blood clots in the arteries and veins, and high blood pressure.

### **AMELIORATES DIABETIC CONDITION**

Blue tea is rich in fortified bioflavonoid compounds that provide heart-healthy protection and antioxidant benefits. Blue tea is rich in anti-hyperlipidemic compounds that can reduce cholesterol and high lipid/fat levels in the blood. Additionally, drinking a cup of tea may lower triglycerides and harmful LDL cholesterol, while also increasing HDL cholesterol levels. This prevents the risk of many cardiovascular diseases such as atherosclerosis, heart disease, dangerous blood clots in the arteries and veins, and high blood pressure.

### **STIMULATES HAIR GROWTH**

Blue pea flowers are also good for hair because they contain anthocyanins, which are known to increase blood circulation in the scalp, thus keeping the skin healthy. It also helps strengthen hair follicles from within. Blue tea, made by brewing the live indigo flowers of the Clitoria ternatea plant in boiling water, provides many health promotions in terms of physical health and mental health. This plant, also known as Butterfly Tea among the public, is rich in antioxidants such as polyphenols, tannins, catechins and many beneficial phytonutrients that are very useful for memory: healing, lowering blood fat, anti-glycemic and analgesic goods.

### **FORMULATION OF BLUE TEA**

1 cup (240 ml) boiling water 3-5 butterfly pea flowers, 1 teaspoon dried butterfly pea flowers, or 1 tea bag sugar, honey, or other sweetener of choice (optional) ½ cup fruit juice Lemon or lime (optional). Place butterfly pea flowers or tea bags in a cup and add boiling water. Let it sit for 5 minutes or until the water turns blue. Sweeten with sugar or honey if desired. You can supplement lemon or lime juice. In addition to adding a rich flavor, this lowers the pH, or acidity, of the tea and changes its color from blue to purple. To enjoy a cup of green tea during the hot summer months, let the tea cool, transfer it to a glass and add ice.

## II. CONCLUSION

In conclusion, blue tea has many health benefits in today's world. We learn more about its uses and benefits every day. You can use them in herbal teas, drinks or other ways. Its versatility can be a great addition to your daily diet.

### DISCLAIMER

These results have not been evaluated by the US Food and Drug Administration. This is not intended to diagnose, treat, cure or prevent disease. If you are pregnant or have ongoing health problems, talk to your doctor before taking this herb.

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