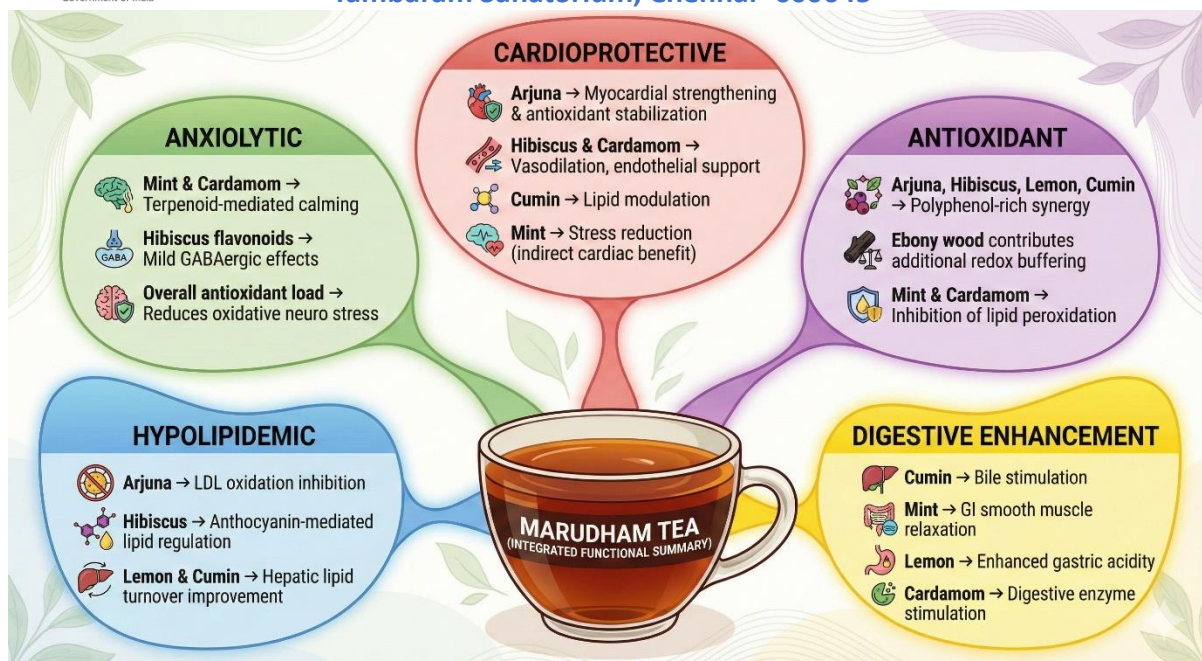


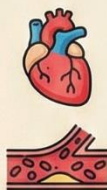


MARUDHAM TEA

(This herbal infusion combines polyphenol-rich *Terminalia arjuna* and *Diospyros ebenum*, which release tannins and antioxidant compounds into the decoction, contributing cardioprotective and free-radical–scavenging activity. Hibiscus adds anthocyanins and organic acids that support vascular tone and skin health, while lemon enhances vitamin C–mediated antioxidant stability. Mint, cardamom, and cumin provide essential oils with carminative, digestive-modulating, and cooling properties. The combined phytochemical profile yields a beverage that supports digestive comfort, hydration, and antioxidant-driven skin benefits, particularly suitable for warm climates.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Marutham pattai (Arjuna Bark)	<i>Terminalia arjuna</i>	Qs
	2	Karungaali pattai (Ebony wood)	<i>Diospyros ebenum</i>	Qs
	3	Sembaruthi poo (Hibiscus Flower)	<i>Hibiscus rosa-sinensis</i>	Qs
	4	Elumichai (Lemon)	<i>Citrus limon</i>	Qs
	5	Pudhina (Mint)	<i>Mentha spicata</i> or <i>Mentha arvensis</i>	Qs
	6	Elam (Cardamom)	<i>Elettaria cardamomum</i>	Qs
	7	Seeragam (Cumin)	<i>Cuminum cyminum</i>	Qs
Preparation Time	50 minutes			
Preparation Method	Boil marudham pattai and karungali till red decoction forms. Add hibiscus and lemon juice, then mint, honey, cardamom, and cumin. Boil and stir it well. Filter and serve it.			
Benefits	Good for skin, improves digestion, cooling in summer.			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.258, stanza 705.			





CARDIOPROTECTIVE

- Arjuna → myocardial strengthening & antioxidant stabilization
- Hibiscus & cardamom → vasodilation, endothelial support
- Cumin → lipid modulation
- Mint → stress reduction (indirect cardiac benefit)



ANTIOXIDANT

- Arjuna, hibiscus, lemon, cumin → polyphenol-rich synergy
- Ebony wood contributes additional redox buffering
- Mint & cardamom → inhibition of lipid peroxidation



DIGESTIVE ENHANCEMENT

- Cumin → bile stimulation
- Mint → GI smooth muscle relaxation
- Lemon → enhanced gastric acidity
- Cardamom → digestive enzyme stimulation



HYPOLIPIDEMIC

- Arjuna → LDL oxidation inhibition
- Hibiscus → anthocyanin-mediated lipid regulation
- Lemon & cumin → hepatic lipid turnover improvement



ANXIOLYTIC

- Mint & cardamom → terpenoid-mediated calming
- Hibiscus flavonoids → mild GABAergic effects
- Overall antioxidant load → reduces oxidative neuro stress





MARUDHAM TEA

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