

Joint Event on

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Symbiotic soups

Herbal teas are actually mixtures of several ingredients, and are more accurately known as 'tisanes.' Tisanes are made from combinations of dried leaves, seeds, grasses, nuts, barks, fruits, flowers, or other botanical elements that give them their taste and provide the benefits of herbal teas. The herbal teas may consist of one main herbal ingredient or a blend of herbal ingredients, intended to bring about a specific purpose, such as relaxation, rejuvenation, relief from a specific condition, amongst other things. Unlike most other forms of tea, herbal

teas do not contain caffeine, taste good and refreshing. Herbal Teas are commonly consumed for its therapeutic and energizing properties since it can help to induce relaxation. Being able to aid with stomach or digestive problems, herbal teas can help provide cleansing properties to the body thereby helps to strengthen the immune system. In the present study the herbal blend has been developed keeping in view of the Ayurveda concept of Anupana- a product which acts as bioenhancer. This facilitates combination of anupana with other therapeutically active herbs to be developed as nutraceutical soups. The details will be presented.

Biography

S Narasimhan is currently working as a Chairman and Managing Director at, AsthaGiri Herbal Research Foundation, India. He has extended his valuable services and has been a recipient of many awards and grants. He has made his valuable contributions and discoveries in major area of research. His area of expertise credits him with many publications in national and international journals.

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