

**DEVELOPMENT OF GYMNEMA (*Gymnema sylvestre*)
INCORPORATED HERBAL TEA**

A dissertation submitted to the
Faculty of Animal Science and Export Agriculture
Uva Wellassa University
In partial fulfillment of the requirements for the award of
Bachelor of Science in Tea Technology and Value Addition

By
THEVARAJAH SULAXAN

**Tea Technology and Value Addition Degree Programme
Faculty of Animal Science and Export Agriculture
Uva Wellassa University of Sri Lanka**

2014

ABSTRACT

Gymnema sylvestre (Asclepiadaceae), popularly known as “gurmar” for its distinct property as sugar destroyer, is a reputed herb in the Ayurvedic system of medicine. The herb exhibits a broad range of therapeutic effects as an effective natural remedy for diabetes, besides being used for arthritis, diuretic, anemia, osteoporosis, hypercholesterolemia, cardiopathy, asthma, constipation, microbial infections, indigestion, and anti-inflammatory. The study was conducted to develop a herbal tea by mixing *Gymnema sylvestre* fine cut with tea. Sensory analysis was done to find the best dosage of *sylvestre* and tea ratio for herbal tea development. Peppermint fine cut was blended to enhance the aroma with identified best combinations and sensory evaluation was conducted to select the best combinations. Through the sensory analysis the blend with green tea, peppermint and *sylvestre* fine cut was selected as the superior final product. The findings of microbial studies showed no total plate counts in the final product. The results revealed that percentage of *sylvestre* and peppermint fine cut considerable effect to the final product in the research. Developed herbal tea is safe and fit for human consumption for a period of minimum two months. And the cost of the final herbal tea blend was economically feasible compared to other herbal tea products in the market.

Key words: cardiopathy, *Gymnema sylvestre*, gymnemic acids, phytoconstituents, sensory evaluation.