International Journal of Medical and Pharmaceutical Sciences
Open access peer-reviewed Journal
Volume 1, Issue 11, Page 110-119.
https://doi.org/10.5281/zenodo.17645871

Research Article

Formulation and Evaluation of Stress Relief Herbal Tea

Swapnaja Kadam, Bhagyashree Dane, Yash Patil, Manasvi Jarag*, Vidya Dange

Rajarambapu College of Pharmacy, Kasegaon, 415404, Maharashtra, India

The present study focuses on the formulation and evaluation of a polyherbal tea blend designed to relieve stress and promote overall wellness. The formulation incorporates six medicinal ingredients—Chamomile, Ashwagandha, Peppermint, Liquorice root, Acacia gum, and Starch, with natural orange flavor for palatability. Each herb was selected based on its traditional use and scientifically validated therapeutic properties such as anxiolytic, antioxidant, anti-inflammatory, and adaptogenic effects. Three formulations (F1–F3) with varying concentrations were prepared by shade drying, powdering, blending, and sieving of plant materials. The blends were evaluated for organoleptic characteristics, ash value, moisture content, loss on drying, and flow properties, along with preliminary phytochemical screening. Results confirmed the presence of key phytochemicals such as alkaloids, flavonoids, glycosides, carbohydrates, and volatile oils, contributing to the therapeutic potential of the formulations. Among the three blends, Formulation F2 (the mid-blend) showed optimal moisture level, good flowability, and highest sensory acceptability. Thus, the developed polyherbal tea blend (F2) offers a natural, caffeine-free, and functional beverage with promising potential for stress relief and health enhancement.

Keywords: Herbal tea, Stress relief, Chamomile, Ashwagandha, Polyherbal formulation, Antioxidant, Phytochemical evaluation, Natural beverage.

INTRODUCTION

Herbal teas, also known as tisanes, are beverages prepared from the infusing or decoction of dried leaves, seeds, flowers, barks, fruits, or other botanical components derived from various medicinal plants. Unlike traditional tea obtained from *Camellia sinensis*, herbal tea are typically caffeine-free and are valued for their wide range of therapeutic and nutritional benefits. Historically, herbal teas have been used across cultures such a Ayurveda, Traditional Chinese Medicine (TCM), and European folk medicine for their curative and preventive health effects. The modern resurgence of herbal tea consumption is attributed to growing awareness about the side effects of synthetic drugs and global shift towards natural and plant-based alternatives. Herbal teas are rich in polyphenols, tannins, flavonoids, terpenoids, and other phytochemicals knwn to exibit antioxidant, anti-inflammatory, antimicrobial, and immunomodulatory properties. These bioactive compounds help in preventing oxidative stress, strengthening immunity, and managing several lifestyle relaed disorders. Depending on the combination of herbs used, herbal teas can serve multiple purposes – from improving digestion, relieving anxiety, and promoting relaxation to reducing cardiovascular risk and enhancing skin health. Studies have demonstrated that Polyherbal formulations, which combine more than one medicinal plant, often shows superior pharmacological activity compared to synergistic effects among phytoconstituents. Among the various medicinal plants, *Camellia sinensis, Moringa oleifera, Tulsi (Ocimum sanctum), Stevia rebaudiana, Amla (Embelica officinalis), and Zingiber officinalis* are widely used for preparing herbal teas. These herbs not only impart pleasant aroma and taste but also provide numerous health benefits such as antioxidant, hepatoprotective, cardioprotective, and anti-diabetic effects. Recent research has focused on the development of Polyherbal tea formulations that enhances bioavailability, stability, and overall wellness benefits. Therefore, the present study aims to formulate and evaluate a Polyherbal tea blend combining selected medicinal plants based on their traditional and scientific evidence for antioxidant and therapeutic potential. The formulation is expected to serve as a natural, safe, and functional beverage that supports overall health and immunity enhancement.

MATERIALS AND METHODS:

Sample Collection:

The required ingredients were collected and pure active ingredients were obtained through the extraction process.

1. Chamomile:

Biological Source:

The biological source of chamomile is the dried flower heads of two main species: 1. Matricariarecutita 2. Chamomillarecutita. Both the species belong to the family Asteraceae, also known as the daisy or composite family.

Chemical Constituents:

Chamomile (Matricaria Chamomilla) contains several active constituents that contribute to its stress relieving properties. The primary compounds responsible for its calming and anxiolytic effects include:

1. **Apigenin:** A flavonoid that binds to benzodiazepine receptors in the brain, promoting relaxation and reducing anxiety.It has mild sedative effects ,helping to calm the nervous system.
2. **Chamazulene:** A volatile oilwithanti inflammatory and anti-oxidant properties, which may directly support stress relief by reducing inflammation related tension in the body.
3. **Bisabolol:** An essential oil with anti-inflammatory and also soothing effects on brain, contributing to calming properties by reducing mental stress.
4. **Luteolin:** Another flavonoid with anxiolytic and anti-inflammatory effects which may help modulate stress responses in the brain.
5. **Matricin:** A precursaor to chamazulene,its support the herb’s anti-inflammatory and calming effects.

Medicinal Uses: It has anti-inflammatory and Calming effects on CNS.

2. Ashwangandha:

- **Biological source:** It consists of dried roots and stem base of withania somnifera dunal, belonging to family **Solanaceae**.
- **Chemical constituents:** Ashwagandha (Withaniasomnifera) contains withanolides as its active constituents leading to stress relieving properties.

1. Withanolides: They exhibit anti-inflammatory and anti-stress properties.

Examples: Withaferin A, Withanolide A, Withanolide

2. Alkaloids: Compounds like isopelletierine, anaferine, somniferine act as ashwagandha's calming effects.

3. Sitoindosides: These are glycosylated derivatives of withanolides.

4. Other compounds: Saponins and Flavonoids.

- **Medicinal Uses:** Ashwagandha is used in traditional medicine to manage stress and anxiety, boost immunity and improve cognitive function.

3. Peppermint:

- **Biological Source**: The biological source of peppermint is the perennial herb ***Mentha Piperita***, a hybrid of watermint (Mentha aquatica) and spearmint (Mentha spicata). It belongs to **Lamiaceae** family.

- **Chemical constituents**: Monoterpenoid menthol, Ketone menthol, flavonoids and Rosmarinic acid.

- **Medicinal uses**: It is mainly used to relieve tension and headaches.

4. Liquorice Root:

- **Biological Source**: The biological source of liquorice root is the perennial herb ***Glycyrrhizaglabra***.

- **Chemical constituents: glycyrrhetic** acid, flavonoids, saponins, isoliquiritin, glycyrrhizin and glabridin

- **Medicinal uses**: It has anti-oxidant and anti-inflammatory properties.

5. Acacia:

- **Biological source**: The biological source of acacia is from the stem and branches of ***Acacia Senegal***. It belongs to the family of ***Fabaceae***.

- **Chemical constituents: Gums, Tannins, flavonoids** and Terpenes.

- **Medicinal uses**: To provide stability, emulsifying agent.

6. Starch:

- **Biological source**: Starch is founds in plants as a polysaccharide, located in seeds, roots, tubers and stems.

- **Chemical constituents**: It consists of Polysaccharide,Monomer and Polymer such as Amylose and amylopectin.

- **Medicinal uses**: Mainly used to increase flowabilty of powder.

7. Orange Flavour Powder:

- **Chemical constituents**: Hydrocarbon limonene, Octanel and various esters and alcohol.

- **Uses:** Used as a Flavouring agent.

Preparation of plant material, solvent selection and extraction methods:

1. Chamomile:

- **Preparation of plant material:**
  - Collect and purchase dried chamomile flowers, as they contain higher concentration of apigenin (primarily in the form of apigenin-7-glucoside).
  - Grind the dried flowers into a fine powder using a mortar and pestal or a mechanical grinder to increase surface area foe extraction.

- **Solvent slection :**
  - Use a polar solvent like ethanol (70-80% aqueous solution) ormethanol, as apigenin is moderately polar. Ethanol is preferred for its safety and effectiveness.
  - Alternatively, water can be used for hot water extraction, but it may yield lower apigenin concentration due to its polarity.

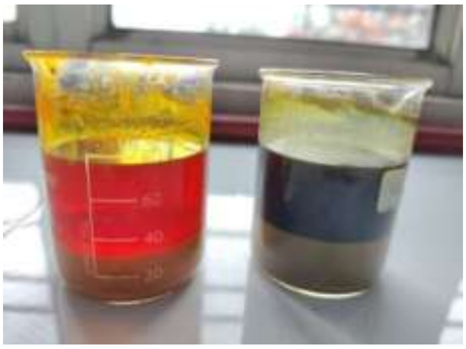
- **Extraction method:**
  - **Maceration-** soaks the powdered chamomile (e.g., 100g) in 500-1000ml of 70% ethanol for 24-48 hours at room temperature with occasional stirring. This simple method is used for small scale extraction.

2. Ashwagandha:

- **Preparation of plant material:**
  - Use dried ashwagandha roots and leaves, as they contain higher concentration of withanolides (root typically have 0.1-1.5%withanolides).
  - Clean the plant material to remove dirt and imourities. Dry at 40-50% to preserve active compound. Grind into a fine powder (40-60 mesh size) to increase sirface area for extraction.

- **Solvent slection:**
  - Common solvents include methanol, ethanol, or a mixture of alcohol and water (e,g.,70:30 ethanol**:** water). Methanol is effective for extracting withanolides due to their polarity but requires careful handling due to toxicity.
  - For greener methods, supercritical CO_2 with ethanol as a co-solent or aqueous extraction may be used.

- **Extraction method:**
  - **Maceration:** Soak powdered material in methanol and ethanol (1:10 w/v ratio) for 24-48 hours with occasional shaking at room temperature. Filter the extract using whatman filter paper or a vacuum filter.



Preparation of Herbal Tea Powder:

Formulation Table:

Sr.no.	Ingredients	F1 (Low blend)	F2 (Mild blend)	F3 (High blend)
1	Chamomile	0.4 gm	0.6 gm	0.8 gm
2	Ashwagandha	0.5 gm	0.5 gm	0.5 gm
3	Peppermint	0.2 gm	0.4 gm	0.6 gm
4	Liquorice	0.2 gm	0.2 gm	0.2 gm
5	Starch	0.1 gm	0.1 gm	0.1 gm
6	Acacia	0.05 gm	0.10 gm	0.15 gm
7	Orange Flavour	0.05 gm	0.05 gm	0.05 gm

Procedure:

1) Drying: Dried all herbal ingredients under shade to remove moisture.

2) Grinding: Each dried herb grinded separately to make fine powder.

3) Sieving: All the powders were passed through a fine sieve to obtain uniform particle size.

4) Weighing: All powders accurately weighed as per formulation'

5) Mixing: Herbal powders were mixed together in a clean, dry bowl. Gum acacia, starch, natural orange flavour were added. Mixed thoroughly to ensure uniform blending.

6) Sieving: The final blend was passed once more to remove lumps.

7) Packaging: Packed the blend in a airtight container and also filled 2g in per tea bag. Labeled properly with name, ingredients, and storage conditions.

8) Storage: Store in cool, dry place away from sunlight and moisture.

Evaluation Tests for Herbal tea blend:

A) Physiological Evaluation

1) Organoleptic Properties:

The colour, odour, taste, and texture of the tea powder were evaluated. Two grams of each dry herbal tea sample were placed in a Petri dish, and a panel of six assessors evaluated their colour, smell, taste, and texture.

2) Ash value:

Two grams of the herbal material were weighed into a crucible that had been preheated at 105 ± 2°C for 5 minutes and cooled in a desicator. The sample was then incinerated at 525 ± 25°C. After cooling, the crucible was weighed, reheated for 30 minutes, and weighed again. This process was repeated until a constant weight was obtained. The ash value percentage was calculated using Equation

Ash Value (%) =Weight of Sample Weight of Ash ×100

Where,

W1 = weight of crucible with ash, W2 = weight of crucible with sample, and W3 = weight of empty crucible.

3) Moisture content:

Three grams of the herbal material were weighed into an evaporating dish that had been preheated at 105 ± 2°C for 5 minutes and cooled in a desicator before use. The evaporating dish containing the powder was placed in an oven at 105 ± 2°C. It was removed every 30 minutes and weighed until two consecutive readings showed no change in weight. This process was repeated three times. The moisture content percentage was then calculated using Equation 2.

Moisture Content (%) = W1−W3/W1−W2×100

Where:

W_1 = weight of crucible + sample before drying

W_2 = weight of crucible + sample after drying
W_3 = weight of empty crucible

This formula gives the percentage of moisture lost from the sample during drying.

4) Flow Properties of tea powder

a) The angle of repose:

The static angle of repose (α) was measured using the fixed funnel and free-standing cone method. Fifty grams of powder were placed in a funnel with a 1 cm orifice, positioned 10 cm above a flat surface. The funnel's tip was initially closed, then released to allow the powder to flow freely onto the surface. After all the powder had drained, the height and diameter of the formed cone were measured. The procedure was repeated three times.

The angle of repose was then calculated using the formula:

$\tan \Theta^o = 2H/D$
Where,
Θ^o = angle of repose, H = height and
D = diameter.

b) Bulk and Tapped Densities:

The volume occupied by 50 g of granules was measured using a 200 mL graduated cylinder. The tapped volume, obtained after consolidation using an automated tapping machine (Sample volumeter, STAV 2003JEF, Germany), was also recorded. Both the bulk volume (V_0) and tapped volume (V_T) were determined. The bulk and tapped densities were calculated by dividing the weight of the granules by their bulk (V_0) and tapped (V_T) volumes, respectively, as shown in Equation 5.

Mass (g)/Volume (Vo or VT)

c) Compressibility Index and Hausner's Ratio:

The compressibility index (CI %) was calculated from the bulk and tapped densities using Equation 6.

The formula for the Compressibility Index (CI %) is:

$$Compressibility\ Index = 100 \times \left(\frac{\rho_{tapped} - \rho_{bulk}}{\rho_{tapped}} \right)$$

$$Hausner\ \ Ratio = \left(\frac{\rho_{tapped}}{\rho_{bulk}} \right)$$

5) Loss on Drying:

Loss on drying is the loss of weight expressed as % w/w resulting matter can be driven off under specified condition. weight about 2gm of the air-dried crude drug in in dried in tarred flat weighing dish. Dry in oven at 100-105% C. Cool in desiccators over phosphorus pentoxide for specific period of time. The loss in weight is recorded as moisture. Repeat the process till constant weight is obtained.

B) Preliminary Phytochemical Screening:

Sr. No.	Test	Procedure	Observation
1.	Glycoside: a. Keller kiliani test	1ml filtrate+1.5ml glacial acetic acid+1 drop of ferric chloride+conc.H_2SO_4	Reddish colour appear
2.	Carbohydrates: a. Molish Test	2ml filtrate+2-3 drops of Molish reagent +1ml conc. H_2SO_4	Purple or violet colour ring at the interface of two layers
3.	Alkaloids test a. Wagners Test	2 ml Filtrate+2-3 drops of wagners reagent	Reddish brown colour appear
4.	Flavonoids test: a. Alkaline reagent test	2ml filtrate+ Few drops of dil. NaOH	Yellow colour appear
5.	Volatile oil: a. Sudan red Test	2ml filtrate + alcoholic sol. Of sudan III	Red colour appear

RESULTS AND DISCUSSION:

1) Organoleptic test:

Organoleptic analysis was carried out to assess the sensory attributes such as color, odor, taste, and overall acceptability of the herbal tea blends.

Evaluations	F1	F2	F3
Colour	Light Brown	Vibrant Brown	Deep Brown
Odour	Mild	Fresh Citrus	Earthy Spicy
Taste	Mildly Sweet	Balanced Bitter	Slightly Astringent
Overall acceptability	Medium Acceptability	High Acceptability	Low acceptability

Formulation F1 exhibited a light brown color and mild aroma but lacked strong flavor intensity. F3, containing higher chamomile and peppermint content, had a deep brown color and astringent taste, making it less palatable. F2, the mild blend, displayed a vibrant brown color, balanced bitterness, and fresh citrus aroma due to an optimized ratio of flavoring herbs and chamomile constituents. Among all, F2 was found to be the most acceptable formulation based on sensory evaluation by the panelists.

2) Physiological Evaluation:

Physiochemical parameters such as moisture content, loss on drying, ash value, bulk density, tap density, angle of repose, Carr's index, and Hausner's ratio were determined to evaluate the stability, purity, and flow characteristics of the tea blend.

Parameter	F1	F2	F3	Figures
Moisture content (%)	10	11	12	
Loss on drying (%)	10.8	11.6	12.3	
Ash value (%)	0.36	0.38	0.40	
Angle of repose (°)	44	41	38	
Bulk density (g/mL)	0.46	0.48	0.50	
Tap density (g/mL)	0.65	0.67	0.69	

Carr’s index (%)	29.2	28.3	27.5	-
Hausner’s ratio	1.41	1.39	1.38	-
Flow character	Passable	Good	Good-Excellent	-

A gradual increase in moisture content and loss on drying from F1 to F3 was observed, which can be attributed to the increasing concentrations of chamomile and peppermint—both containing volatile components and hygroscopic oils. The ash value was within the acceptable range (<1%), confirming the purity and minimal inorganic contamination of the herbal blends. The angle of repose, Carr’s index, and Hausner’s ratio are indicators of powder flowability. F1 showed a passable flow (angle 44°), while F2 and F3 exhibited improved flow properties (angles 41° and 38°, respectively). The improved flow can be linked to the presence of acacia and starch, which act as flow enhancers. Although F3 showed the best flow, its sensory characteristics were less desirable. Therefore, F2 achieved the most balanced physicochemical profile, combining good flow with favorable sensory properties.

3) Phytochemical Screening:

Phytochemical tests were performed to identify major bioactive constituents responsible for stress-relieving properties.

Phytochemical Test	Name of Test	Inference	Figures
1. Glycoside test	Keller kiliani Test	Glycoside present	
2. Carbohydrates Test	Molish Test	Carbohydrate Present	
3. Alkaloid Test	Wagners Test	Alkaloid Present	
4. Flavonoids Test	Alkaline reagent Test	Flavonoids Present	
5. Volatile Oil Test	Sudan Red Test	Volatile Oil Present	

The phytochemical screening confirmed the presence of flavonoids, glycosides, alkaloids, carbohydrates, and volatile oils. These compounds play a key role in the pharmacological efficacy of the herbal tea. Apigenin and luteolin from chamomile, withanolides from ashwagandha, and menthol from peppermint contribute synergistically to the anxiolytic and adaptogenic properties of the formulation. The presence of volatile oils and flavonoids suggests potential antioxidant and calming activity, validating the stress-relieving claim of the herbal tea. A comparative evaluation among formulations F1, F2, and F3 revealed that F2 exhibited an optimal balance of physicochemical and sensory attributes. The moderate concentrations of chamomile (0.6 g) and peppermint (0.4 g) provided a pleasant flavor profile and adequate antioxidant content without excessive bitterness or moisture retention. Improved flow parameters and stable moisture levels make F2 the ideal formulation for large-scale production and packaging.

CONCLUSION:

The formulated herbal tea blends were successfully developed using traditional stress-relieving herbs with complementary actions. All three formulations met acceptable physicochemical and phytochemical parameters, confirming their quality and purity. Among them, Formulation F2 (Mild Blend) demonstrated the best overall performance in terms of sensory acceptability, moisture stability, and flow characteristics. The presence of bioactive compounds such as flavonoids, glycosides, and volatile oils supports its potential role as a natural stress-relieving beverage. Hence, the developed F2 formulation can be recommended as a balanced, palatable, and effective herbal tea blend for managing mild stress and promoting relaxation.

CONFLICT OF INTEREST:

The authors declare no conflict of interest.

REFERENCES

1. Rabade VS, Gurunani SG. Formulation and evaluation of herbal tea containing medicinal plants with antioxidant activity. Int J Pharm Biol Sci. 2021;11(4):107–114. doi:10.21276/ijpbs.2021.11.4.14
2. International Journal of Creative Research Thoughts (IJCRT). Sourashtra Herbal Tea: A polyherbal formulation for promoting health and wellness. IJCRT. 2024;12(5):945–947. ISSN 2320–2882.
3. Builders PF, et al. Preparation and characterization of polyherbal tea bags derived from Nigerian folk recipes. J Phytomed Ther. 2020;19(2):448.
4. Mahomoodally MF. Traditional medicines in Africa: An appraisal of ten potent African medicinal plants. Evid Based Complement Alternat Med. 2013; 2013:617459. doi:10.1155/2013/617459
5. McKay DL, Blumberg JB. The role of tea in human health: An update. J Am Coll Nutr. 2006;25(2):79–99. doi:10.1080/07315724.2006.10719574
6. Chacko SM, Thambi PT, Kuttan R, Nishigaki I. Beneficial effects of green tea: A literature review. Chin Med. 2010; 5:13. doi:10.1186/1749-8546-5-13
7. Panche AN, Diwan AD, Chandra SR. Flavonoids: An overview. J Nutr Sci. 2016;5:e47. doi:10.1017/jns.2016.41
8. Sharangi AB. Medicinal and therapeutic potentialities of tea (Camellia sinensis L.) – A review. Food Res Int. 2009;42(5–6):529–535. doi: 10.1016/j.foodres.2009.01.007
9. Singh SA. A review on Moringa-based herbal teas and their health benefits. Pharmaspire. 2023;15(11):121–125. doi:10.56933/Pharmaspire.2023.15121
10. Altemimi A, Lakhssassi N, Baharlouei A, Watson DG, Lightfoot DA. Phytochemicals: Extraction, isolation, and identification of bioactive compounds from plant extracts. Plants. 2017;6(4):42. doi:10.3390/plants6040042
11. Reddy A, Vaishnavi N, Yadav S, Saitej Y. Formulation and evaluation of herbal tea. Int J Creative Res Thoughts. 2024; 12:3–8. ISSN 2320–2882.
12. Ribeiro-Severo A, Ilva AL, Filho EJSDO. Generalized anxiety: A systematic review of Passiflora incarnata (passion fruit), Matricaria recutita (chamomile) and Melissa officinalis

(lemon grass). Int J Family Community Med. 2019;3(5):200–208. doi:10.15406/ijfcm.2019.03.00158

13. Salehi B, Venditti A, Sharifi-Rad M, Kręgiel D, Sharifi-Rad J, Durazzo A, et al. Therapeutical properties of apigenin: A review on the experimental evidence and basic mechanisms. Int J Food Sci Nutr. 2023;74(7):1914–1939. doi:10.1080/10942912.2023.2236329
14. Haghi G, Hatami A, Safaei A, Mehran M. Analysis of phenolic compounds in Matricaria chamomilla and its extracts by UPLC-UV. Res Pharm Sci. 2014;9(1):31–37. PMCID: PMC4292179.
15. Sosa AA, Fusco MB, Cardinali N, Barbieri MA, Greloni MP. Dynamic maceration of Matricaria chamomilla inflorescences: Optimal conditions for flavonoids and antioxidant activity. Rev Bras Farmacogn. 2018;28(1):111–117. doi: 10.1016/j.bjp.2017.11.006
16. Singirala SK, Dubey PK, Roy S. Extraction of bioactive compounds from Withania somnifera: The biological activities and potential application in the food industry – A review. Int J Food Sci. 2025; 2025:9922626. doi:10.1155/2025/9922626
17. Rasve VR, Chakraborty AK, Jain SK, Vengurlekar S. Study of phytochemical profiling and in vitro antioxidant properties of ethanolic extract of Clematis triloba. European Chemical Bulletin. 2022;11(12):2658–77. doi:10.53555/ecb/2022.11.12.2162022.
18. Srivastava JK, Shankar E, Gupta S. Chamomile: A herbal medicine of the past with bright future. Mol Med Rep. 2010;3(6):895–901. doi:10.3892/mmr.2010.377
19. Mirjalili MH, Moyano E, Bonfill M, Cusido RM, Palazón J. Steroidal lactones from Withania somnifera, an ancient plant for novel medicine. Molecules. 2009;14(7):2373–2393. doi:10.3390/molecules14072373
20. McKay DL, Blumberg JB. A review of the bioactivity and potential health benefits of peppermint tea (Mentha piperita L.). Phytother Res. 2006;20(8):661–666. doi:10.1002/ptr.1936
21. Asl MN, Hosseinzadeh H. Review of pharmacological effects of Glycyrrhiza sp. and its bioactive compounds. Phytother Res. 2008;22(6):709–724. doi:10.1002/ptr.2362
22. Al Assaf S, Phillips GO, Williams PA. The investigation of gum arabic polysaccharide/acacia gum: A review of its structure and molecular characteristics. In: Gums and Stabilisers for the Food Industry. Vol. 14. Cambridge: Royal Society of Chemistry; 2007. p. 241–254. doi:10.1533/9781845692193.2.241
23. Rasve VR, Paithankar VV, Shirsat MK, Dhobale AV. Evaluation of antiulcer activity of Aconitum heterophyllum on experimental animal. World Journal of Pharmacy and Pharmaceutical Sciences. 2018;7(2):819–39.
24. Builders PF, Arhewoh MI. Pharmaceutical applications of native starch in conventional drug delivery systems: A review. Starch/Stärke. 2016;68(9–10):864–873. doi:10.1002/star.201500334
25. Dharmarajan G, Manian S. Volatile compounds in citrus essential oils: A comprehensive review. Front Nutr. 2019; 6:20. doi:10.3389/fnut.2019.00020.

Cite: Swapnaja Kadam, Bhagyashree Dane, Yash Patil, Manasvi Jarag*, Vidya Dange, Formulation and Evaluation of Stress Relief Herbal Tea, Int. J. Med. Pharm. Sci., 2025, 1 (11), 110-119. https://doi.org/10.5281/zenodo.17645871