

LATEST NEWS

6/11/20

CALMING, ANTI-STRESS HERBAL TEA AND FRUIT EXTRACT INGREDIENTS



While people are still reeling from various issues caused by the economy and the coronavirus pandemic, there is much tension and stress all around the world. A survey that Harris Poll conducted from April 24 to May 4 of 3,013 adults relating to stress in America in 2020 shows that 70% of adults stated that economic problems have been a significant source of stress, compared with only 46% in the previous year. Additionally, a survey by the American Psychological Association (APA) found that 46% of parents said their average stress level related to the coronavirus pandemic was from 8 to 10 on a 10-point scale.

People often use herbal remedies for relaxation, drinking an herbal tea in the evening to wind down before going to bed. People are increasingly choosing to use functional beverages and teas to consume their supplements. This avoids the need to swallow handfuls of capsules since many older people or those with health conditions often have difficulty swallowing. Drinking ingredients already dissolved will allow for faster assimilation and bioavailability.

Some of the most popular calming herbal teas have been chamomile, hibiscus, and lemongrass – all of which are pleasantly refreshing, and contain bioactives proven to activate brain pathways involved in reducing stress and anxiety. Some additional calming superfruits and traditional herbs can also be used to expand formulating capabilities with Euphoria fruit, Jujube Fruit, Baikal Skullcap, and Mimosa Tree Bark.

Lemongrass (*Cymbopogon citratus*) leaf and stem, when brewed in a tea, has a sweet, lemony flavor without the tartness of lemons, and a soothing effect. In folk medicine throughout the world, most notably Brazil, Phillipines, China, and Southeast Asia, lemongrass is used for its calming effects. This is based on the lemon flavor essential oil component known as citral which mediates the GABA (gamma-aminobutyric acid)-receptor-benzodiazepine complex in the brain to induce a pleasant state of relaxation.

Euphoria fruit (*Dimocarpus longan*) is a popular, sweet, mild-tasting superfruit used for reducing the effects of stress. It contains adenosine (a calming neurotransmitter) and is also known to lower blood pressure. Caffeine, on the other hand, blocks the adenosine, to make a person more alert and stimulated, so the actives in Euphoria have an anti-caffeine effect to reduce alertness and stress. An extract with adenosine produced the anti-conflict effect and also contributed to an analgesic effect (Okuyama, 1999).

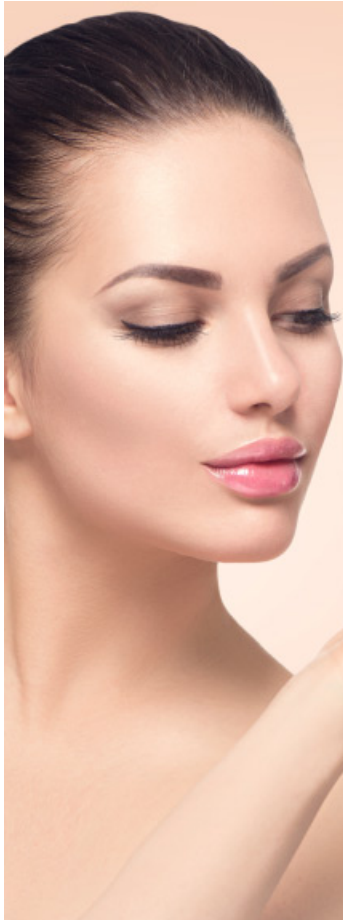
Mimosa Tree (*Albizia julibrissin*) is used in TCM from its bark as a medicinal ingredient also known as "Collective Happiness Bark" which helps with balancing emotions and reducing stress that could result in irritability, insomnia, and anxiety. Based on its ability to modulate serotonin activity, it can also improve mood and is used as a remedy for depression.

Jujube fruit, also known as red date, is a rich source of saponin compounds known as betulinic acid and its metabolite betulin which has calming and anti-stress effects based on binding to GABA receptors. It also contains the flavonoid apigenin known to have GABA effects.

Baikal Skullcap (*Scutellaria baicalensis*) is used for anti-inflammatory and sedative effects. Baicalin, the main active, has anxiolytic-like (tranquilizing) effects through activating the GABA-A receptors (Chang, 2011). There are three additional flavones in skullcap that have calming effects: oroxylin A, wogonin, skullcapflavone II.

Chamomile is a popular calming tea with a pleasant, floral, apple-like taste. One study found that just two cups helped 10 of 12 patients achieve a deep sleep within 10 minutes of drinking. In another study for moderate to severe generalized anxiety disorder, it brought about clinically meaningful reductions in anxiety after 8 weeks, with a response rate comparable to conventional anxiolytic drug therapy (Keef, 2016). Chamomile is rich in apigenin, an anxiety-reducing flavonoid.

Draco produces all of these extracts for your formulating needs. We offer an option to help design a custom instant drink mix with a pleasant flavor profile for various beverage applications using peach, mango, lemongrass, or other satisfying flavor blends. Draco can also blend these ingredients for use in capsules or tablets.



Cosmetic Corner

Chamomile Skin Soothing Properties

Chamomile flower (*Matricaria chamomile*) is one of the best skincare herbs available and is particularly useful for inflammatory skin conditions such as contact dermatitis (**eczema**). Studies have demonstrated that topical chamomile is comparable to 0.25% hydrocortisone and shows improvement in sodium lauryl sulfate-induced contact dermatitis (Brown and Dattner 1998). Chamomile is also **antibacterial, anti-fungal, and antiseptic**. As for its **wound healing** effects, a small double-blind trial found that chamomile significantly decreased the surface area of wounds and healing time was found to be reduced.

The amazing effects of chamomile are attributed to an blue essential oil that contains the sesquiterpene alcohol, α -bisabolol, chamazulene, and flavonoids. **Anti-inflammatory** properties in Chamomile are also related to the inhibition of the inflammatory enzymes (cyclooxygenase and lipoxygenase), and the flavonoids act by inhibiting histamine release.

During times of tension, chamomile is a wise choice to not only relieve stress and anxiety, but also to soothe your skin!

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