

Research Article

Rapha Organic Tea

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Abstract: Rapha organic tea made from the plants that are easy to get and good to have it at home. It is an organic drink because no any fertilizer used for the plants. All the plants will take around two weeks to grow and we are able to pluck the leaves to make the tea. The aroma of the plants can make our mind relax. The best part of this invention is Rapha Organic Tea suits best to all age group; from children to adult. The amount of consumption will differ. Children may take in a small cup compare to adults. This tea is suitable to drink in the morning with empty stomach or before go to bed. This is to ensure the herbs produce the maximum benefits to the body. It is good to have herbal drink such as Rapha Organic Tea compare to coffee as an initial liquid for the body in the morning. As we know, respiratory diseases such as Covid-19 and Influenza A is the biggest pandemic in the country. The symptoms are cough, fever and sore throat. So, this tea absolutely can be as prevention for those symptoms. It is good to consume at least once a week and make it a routine. Manjal or turmeric is one of the ingredients in this tea. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant. Rapha Organic Tea we have also included a plant that can act as a anti-inflammatory and reduce any inflammation in our stomach. For the marketing purpose, we can dry the leaves from the plants and packed it as teabags. We must make sure the amount of each leaf included precisely. This is to ensure consumers getting the accurate benefit.

Keywords: organic; plants; fertilizer.



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1. INTRODUCTION

Organic tea is the mixture of dried or fresh leaves where these leaves grow without any chemicals like fertilizers, pesticides or fungicides. Organic tea can help strengthen our immunity and neutralize free radicals. Tea is the most popular beverage in the world, after water. Maybe you drink tea because you love the taste, the aroma, the health benefits or even just the feel-good vibes after that first sip of the day. We love drinking organic tea because it can help strengthen our immunity and neutralize free radicals.

2. METHOD & MATERIAL

Everyone can have a good health by drinking Rapha Organic Tea. These are the plants leaves that used to produce Rapha Organic Tea.

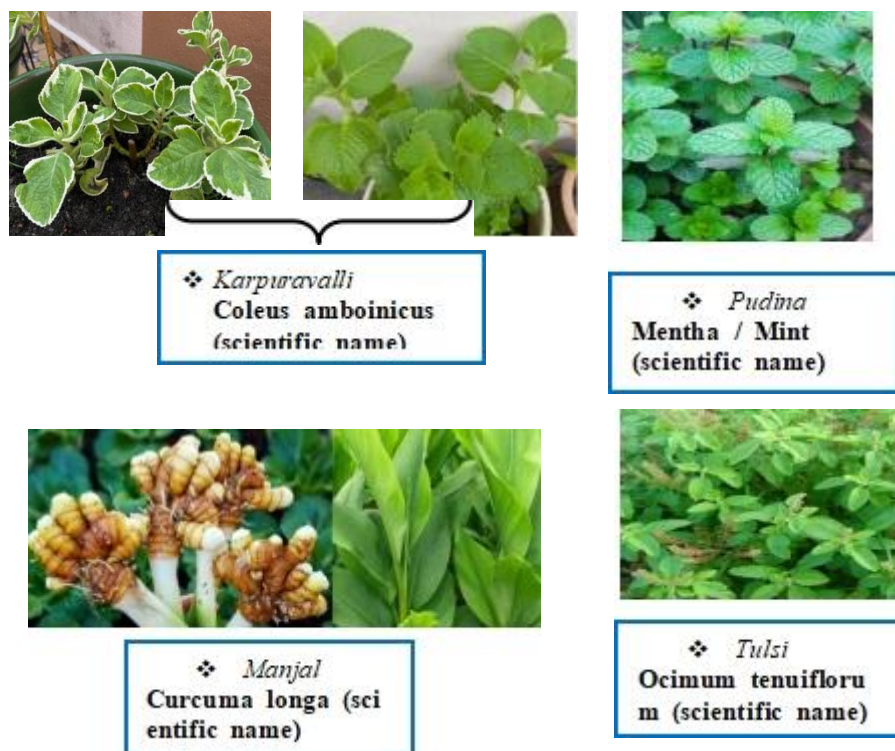


Figure 1: Plants leaves that used to produce Rapha Organic Tea.

2.1 Method

Collect fresh herbal leaves and wash it. Place these leaves on small pot with pinch of turmeric powder.



STEP 1

Add 1 litre of water and let it in simmer for 10 to 15 minutes.



STEP 2

Turn of the heat once it boil. Allow tea to sit for at least 10 minutes before serving.



Step 3



Rabha Organic Tea suitable from 2 years old kid to elderly people.

3. FINDINGS

Drinking such organic tea raise advantage of increasing energy levels and regenerate body, preventing dehydration of the body, lowering insomnia and antimicrobial action. Organic tea has important chemical compositions such as phytochemical and antioxidant. These phytochemicals are superior to assure protection against harmful free radicals. The antioxidant that found in organic tea could defend our neurons and indirectly lowering the risk of Alzheimer's and Parkinson diseases. The information given in this review shows that organic tea is the oldest and cheapest healthy beverage in the world. They are prepared by infusion of tea or herbal alone or by mixing with various ingredients. Due to it is an affordable source of phytochemicals, antioxidants, minerals, vitamins, aroma, and other compounds it is useful as a nutraceutical function. Further reviewing, especially well-conducted documents and needs to be performed to provide evidence for the nutritional profile of organic tea and creating awareness.

4. CONTRIBUTION & MARKETABILITY OF INVENTION

We should start to plant this type of herbal plants at school. Teachers can assist students to plant it and to take care of it. So, students will learn the proper way of planting and aware of the taking care process. Besides this, they can implement the same planting methods at home. Parents will definitely cheer their kids. Indirectly, we are encouraging kids to learn traditional agriculture and spend their time wisely.

One of the key requirements for entrepreneurial success is the ability to develop and offer something unique to the marketplace. For the marketing purpose, we can dry the leaves from the plants and packed it as teabags. We must make sure the amount of each leaf included precisely. This is to ensure consumers getting the accurate benefit. We can commercial it.

On the other hand, we may supply the Rapha Organic Tea or the teabags to poor people or orphanage kids who need help to boost their immune system and memory. This can be the great contribution to the community at this hard time.

5. CONCLUSION

Rapha Organic Tea was made out of excellent quality locally available plants with very good quality ingredients which producing medicinal properties. Organic tea would fulfil the requirements like thirsty, refreshing effect, satiety, healing and carminative requirements. Task oriented individuals most preferred because no preparation involving for the drink, easy to carry and easy to handle. Organic tea would supply energy and nutrient with refreshing effect and boost the immune system for every individual.

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