- Herbs—therapeutic use

THE BENEFITS OF HERBAL DRINKS FOR PHYSICAL & MENTAL HEALTH

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HERBAL drinks have been a part of people's lifestyles for centuries, especially in Eastern cultures such as Malay, Chinese, and Indian traditions.

They are not just traditional beverages but also known for their remarkable health benefits for the body and mental well-being. Even in today's world, surrounded by modern technology and advanced medicine, herbal drinks continue to have a place in society due to their various advantages and minimal side effects when consumed correctly.

One of the main benefits of herbal drinks is that they help strengthen the immune system. Herbs such as ginger, lemongrass, turmeric, pennywort, and cat's whiskers (orthosiphon) contain a variety of natural active compounds with antioxidant, anti-inflammatory, and antimicrobial properties. For instance, ginger tea is commonly consumed to improve blood circulation, relieve coughs, and reduce bloating. Lemongrass is well known as a natural detox agent that helps cleanse toxins from the digestive system. By incorporating herbal drinks into one's routine, the body becomes healthier and more resistant to infections.

Besides physical health, herbal drinks also play an important role in mental and emotional well-being. In today's fast-paced and stressful world, many individuals are exposed to stress and sleep disorders. Herbs such as mint leaves, chamomile, and butterfly pea flowers are known to help calm the mind, reduce stress, and improve sleep quality. For example, chamomile tea is often consumed at night to promote better sleep, while butterfly pea flower tea is believed to enhance brain function and memory.

Herbal drinks also aid the digestive system. Drinking herbal tea after meals is believed to stimulate digestion, reduce bloating, and enhance nutrient absorption. Peppermint tea, for example, is ideal for individuals with mild gastric issues due to its ability to relax the muscles in the digestive tract. A healthy stomach contributes to better overall bodily function.

However, despite the many benefits of herbal drinks, their consumption should be approached with caution and based on proper knowledge. Not all herbs are suitable for everyone, especially those with specific health conditions or who are taking modern medications. Some herbs may also not be suitable for pregnant women or chronic patients. Therefore, it is important to seek advice from medical professionals or certified herbal practitioners before consuming herbal drinks regularly.

Herbal drinks are also gaining popularity in commercial forms such as herbal tea bags, sugar free bottled herbal beverages, and even cafés offering herbal drinks as healthy menu options. This shows that herbal drinks are no longer limited to traditional practices but have been adapted to fit modern lifestyles. With easier preparation methods and a variety of flavours, herbal drinks are now more accepted by the younger generation.

In conclusion, herbal drinks are a natural alternative that offers great benefits for both physical and mental health. They not only help strengthen the body's immune system, calm the mind, and support healthy digestion but also play a role in promoting a more balanced and healthy lifestyle. Therefore, the public should be educated about the benefits of herbs and be encouraged to consume them wisely and knowledgeably so that the full advantages can be enjoyed without any negative effects.

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