DEVELOPMENT OF THE COMPOSITION OF THERAPEUTIC AND PREVENTIVE TEA WITH HEPATOPROTECTIVE EFFECT

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Introduction. The development of a therapeutic and preventive tea with hepatoprotective effects can provide a natural alternative to synthetic drugs for the treatment and prevention of liver diseases. The aim of this study was to develop a composition of therapeutic and preventive tea with hepatoprotective effects using technological experiments.

Methods of Research. Several technological experiments were conducted to develop the composition of the therapeutic and preventive tea. First, different ratios of the three main ingredients were tested, namely milk thistle seeds, dandelion root, and ginger root. Then, the tea was brewed at different temperatures and for varying amounts of time to determine the optimal brewing conditions. The pH and antioxidant activity of the tea were also measured.

Main Results. The results of the technological experiments showed that the optimal ratio of milk thistle seeds, dandelion root, and ginger root for the therapeutic and preventive tea was 1:1:0.5. Brewing the tea at a temperature of 80°C for 10 minutes produced the highest antioxidant activity, and a pH of 5.5 was found to be optimal. The tea showed high antioxidant activity, indicating its potential hepatoprotective effect.

Conclusions. In conclusion, the composition of the therapeutic and preventive tea with hepatoprotective effects was successfully developed using technological experiments. The optimal ratio of milk thistle seeds, dandelion root, and ginger root was determined, and the optimal brewing conditions were identified. The developed tea showed high antioxidant activity, indicating its potential hepatoprotective effect. The developed tea could provide a natural alternative to synthetic drugs for the treatment and prevention of liver diseases.