Botanical Garden
IIT Mandi

Indian Institute of Technology Mandi

Camellia sinensis (L.) Kuntze
Family: Theaceae
Common name: Tea, Chai.



Description:

Camellia sinensis is native to mainland China, South and Southeast Asia, but it is today cultivated across the world in tropical and subtropical regions. It is an evergreen shrub or small tree that is usually trimmed to below two metres when cultivated for its leaves. It has a strong taproot. The flowers are yellow-white, 2.5-4 cm in diameter, The young, light green leaves are preferably harvested for tea production; they have short white hairs on the underside. Older leaves are deeper green.

Utilization:

Tea is a widely consumed beverage worldwide. It has a great antioxidant properties which is useful in oral health, skin, good vision, hair loss etc. Tea is reported to contain nearly 4000 bioactive compounds of which one third is contributed by polyphenols (Tariq *et al.,* 2010). The catechins, a natural phenol have been found to possess antibacterial and antiviral as well as Anticarcinogenic and antimutagenic properties (archana and Jayanthi, 2011).

Part	**Uses**
Green Tea made from leaf	Antioxidant, Antibacterial
Black tea made from leaf	Anti-hyperglycemic

References:

Tariq M, Naveed A, Barkat Ali K; (2010) The morphology, characteristics, and medicinal properties of *Camellia sinensis'* tea. J. Med. Plants Res; 4(19): 2028-2033.

Archana S, Jayanthi A; (2011) Comparative analysis of antimicrobial activity of leaf extract from fresh green tea, commercial green tea and black tea on pathogens. J App Pharmaceutical science; 01(08): 149- 52.

Goenka P, Sarawgi A, Karun V, Nigam A.G, Dutta S, and Marwah N; (2013) "Camellia sinensis (Tea): Implications and role in preventing dental decay." Pharmacogn. 152–156.

Gomes A, Vedasiromoni J.R, Das M, Sharma R.M, Ganguly D.K; (1995)"Anti-hyperglycemic effect of black tea (Camellia sinensis) in rat." Journal of Ethnopharmacology Volume 45, Issue 3, Pages 223-226.