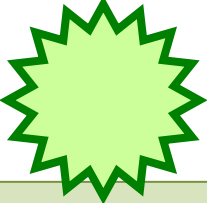


Herbal Pharmaceutical Products

Phytotherapeutic(al)s

Herbal Medicine (USA)



Herbal Teas
Medicinal Teas
Tıbbi Çay (TR)

Medicinal Oils
Volatile oils
(Aromatherapeutics)
Fatty Oils
Bitkisel Yağlar (TR)

Phytomedicines
Phytopharmaceutics (EU)
Phytopharmaka (German)
Bitkisel İlaç (TR)

TYPES OF MEDICINAL TEAS

A- According to the number of herbs(drug)

- ❖ Single herb tea (Mono Çay)
- ❖ Mixtures (Blend) Tea (Karışım Tıbbi Çay)

B- According to their external form :

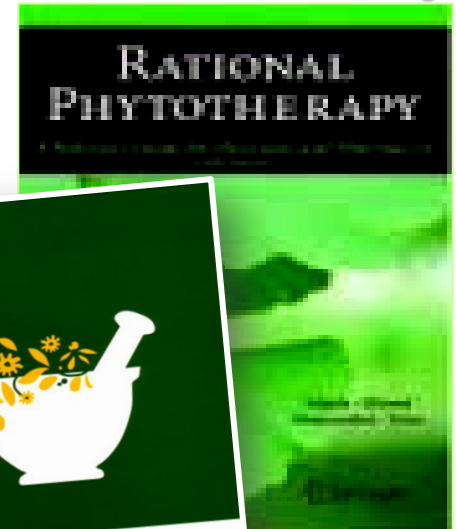
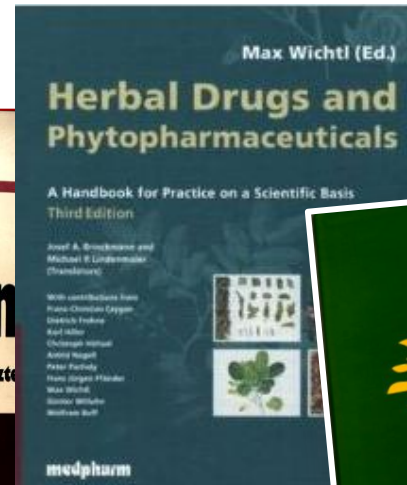
- ❖ Coarsely or fine cut herb(s)
- ❖ Tea-(Filter)bag teas (süzen poşet tek kullanımlık)
- ❖ Soluble teas

✓ We have to use the term «**medicinal tea**» instead of «**herbal tea**»

✓ **Medicinal tea** Coarsely or fine cut herb(s); mono or Mixtures(Blend) tea **must be prepared by pharmacist in pharmacy for human health care.**

✓ We have to use the herbs which are **Pharmacy quality.**

Medicinal tea
Tibbi Çay
Formulas



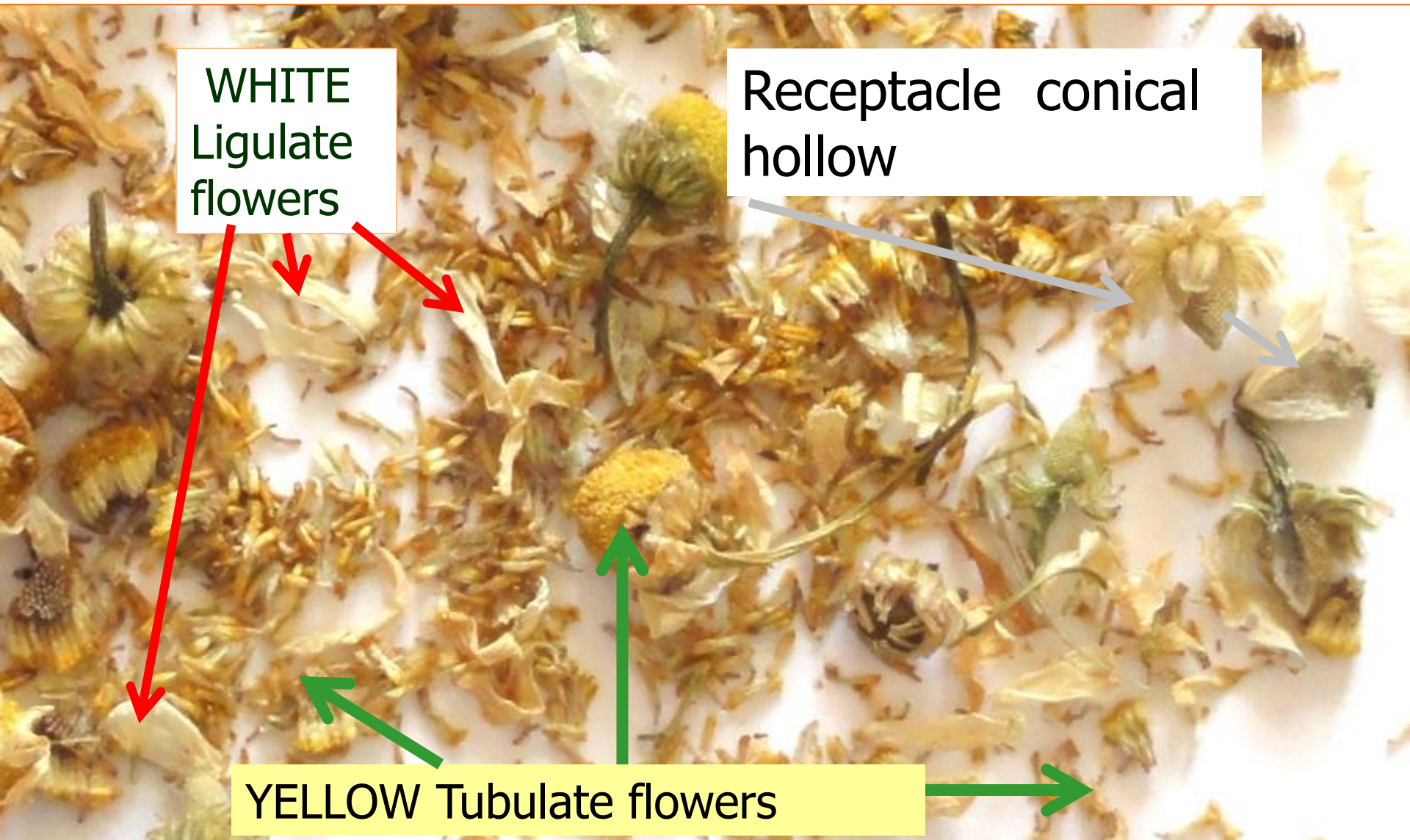
Pharmacy quality herbs

are accompanied by

- a technical index card with the **latin name of the plant and drug**
- also **producer, the picking, packing informations,**
- **expiry dates,**
- **the strength of the active principles and**
- **certification of the absence of contaminants.**

Medicinal Chamomile (Tibbi Papatya)

Matricaria chamomilla = *M. recutitata*



**wrong materials/
products on the
market !**



Matricariae flos


Any herb, before being used, must be identified and checked for the possible presence of moulds, insects and other plants.


It is obvious that **the herb must be well preserved** so as not to alter its active principle content.




Gangolf Apotheke
Saarbrücken

Indications for the use of medicinal teas

1- Psychosomatic disorders (anxiety and restlessness; Nervous sleep disorders ; depression; functional cardiac complaints) 

2- Respiratory infections (colds and congestion, flu, for phlegm concestion(expectorant teas), cough, to induce sweating, for fever...) 

3- Gastrointestinal disorders(digestive problems-  flatulence,bloating-,loss of appetite,mild inflammations of gastric mucosa; digestive problems associated with biliary tract dyskinesia , motion sickness ...)

Indications for the use of medicinal teas


4- Constipation (To promote gentle bowel movements with soft stools, e.g. in patients with anal fissures or hemorrhoids or following anorectal surgery; chronic constipation; irritable colon)

5- Urinary tract disorders (To promote diuresis, to disinfect the urine, to prevent stone disease (Urolithiasis; Benign prostatic Hyperplasia.. ...)

6- Gynecologic disorders (menstrual complaints- excessive menstrual bleeding, PMS; pre and post menopausal complaints ...)



Indications for the use of medicinal teas

7-Local use as mouthwash or gargle (inflammations of oropharyngeal mucosa; oral hygiene) 

8- Rheumatic disorders (adjuvant for rheumatism; morning stiffness in rheumatoid, ...)

9- Skin disorders (inflammations and injures of skin...)

10- Wellness tea
Family House Tea 

❖ **Terminology and importance of medicinal teas in phytotherapy applications**

❖ **Types of medicinal teas**

❖ **Usages (in which disorders and diseases)**

❖ **Preparation medicinal tea in pharmacy**

❖ **The rules for preparing medicinal tea**

❖ **Presentation and marketing**

❖ **Application**

The rules for preparing medicinal tea

1- To determine the personalized tea formula (tea recipe)

The correct selection of herbs, according to the personal health properties such as his / her allergies or chronic diseases or used drugs.

- Menthol allergy , **Menthae folium**
- The wastatin group anticholesterol medications users, **Hyperici herba**

The MODERATE EFFECTIVE herbal materials must be used for the medicinal tea recipes.

The rules for preparing medicinal tea

FORTE GROUP (Strong effective) herbal materials , for example, **Digitalis leaf - Digitalis folium, **Belladonna folium**, Aconiti tubera etc. are never used.**



Digitalis purpurea



Atropa belladonna



Aconitum napellus

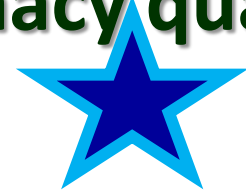
The rules for preparing medicinal tea

MEZZO FORTE Group (medium strong effective); like Sennae folium-senna leaf , **Arnicae flos -Arnica flower ;** the dosage must be very careful.



The rules for preparing medicinal tea

2- To use, the herbal material in pharmacy quality, preferably organic



- **The right herbal material (latin name of the plant and drug)**
- **Produced with good agricultural and harvest practices (GAHP)**
- **The picking, packing and producer informations**
- **Expiry date**
- **The active principles contents**
- **Certification of the absence of contaminants**

The rules for preparing medicinal tea

3- The herbs be weighed correctly (Tea recipes had been obtained with long experiences)

4- To cut or shred the herbal materials coarsely or fine, to make them similar particle size.



grinder / shredder

**Lini semen
Linseed
Flaxseed**

Need to be coarse piece:
flowers, leaves and
ground-parts (herb), bark
(cortex), root (radix).

Should be fine powder:
saponin drugs

The rules for preparing medicinal tea

4- To cut or shred the herbal materials coarsely or fine, to make them similar particle size.

grinder / shredder

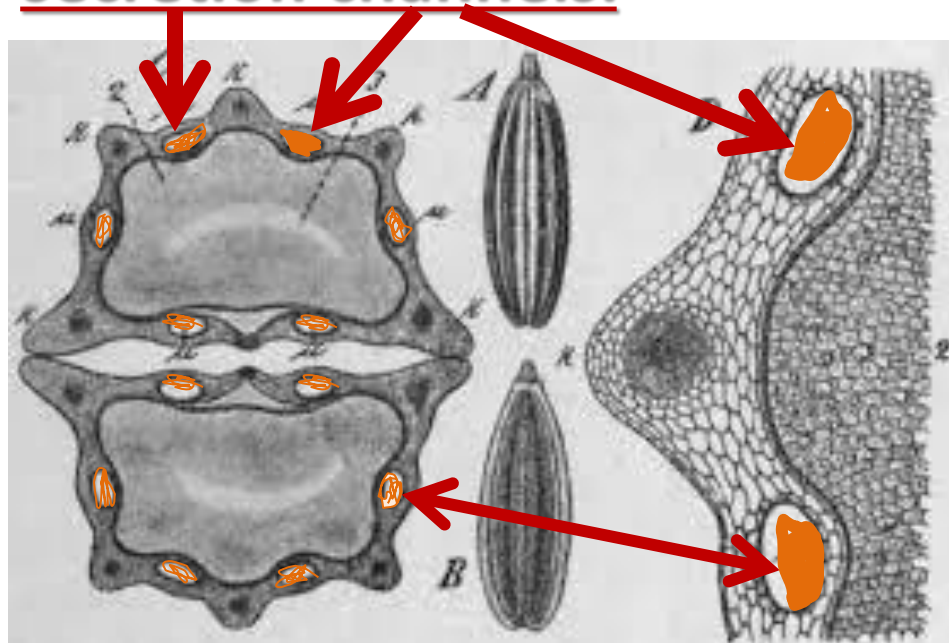


Need to be crushed and shredded, prior to mixing : Fruits / seeds which contain volatile oil.

Specific situations of essential oil containing herbal materials ; Very fine powder is inconvenient, secretory organs will disintegrate after a while, all of the volatile oil evaporates, the expected effect disappears.

Need to be crushed and shredded, prior to mixing : Fruits / seeds which contain volatile oil.

Umbelliferae(Apiaceae) drugs anise and fennel fruits contain essential oils in **secretion channels**.



Fruits must be crushed coarsely to break secretion channels. Otherwise in the benefits of essential oils of tea, do not give the expected rate.

The rules for preparing medicinal tea

5-Appropriately weighed and shredded herbal materials are put into the special instrument; its lid is closed and mixed.



It is used also for packaging mixture medicinal tea to the special paper bag without touching hand.

The rules for preparing medicinal tea

6- Appropriate packaging (Pharmacy name, tea formula and usage recommendations and warnings were written on it)



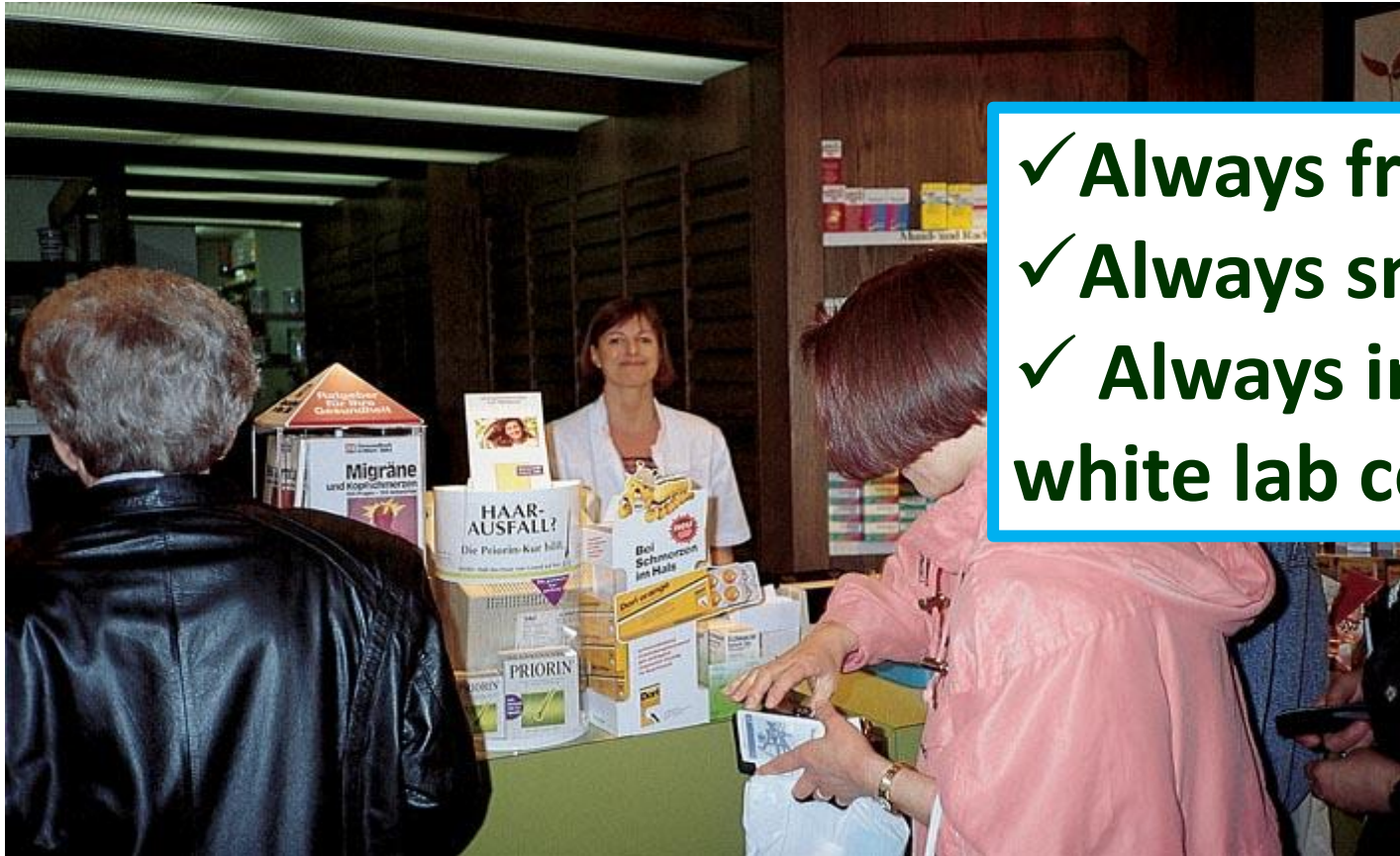
Paper bags, are of different sizes; inner layer of greaseproof paper, outer layer of protective paper not torn easily.

6- Appropriate packaging (Pharmacy name, tea formula and usage recommendations and warnings were written on it)



The rules for preparing medicinal tea

7-Talk to the patients and inform them.



- ✓ Always friendly
- ✓ Always smiling
- ✓ Always in white lab coats

8- By asking the patient's satisfaction evaluation.

Oral instructions from the physician or pharmacist

Infusion : Pour boiling water (150 ml = about 1 large cupful) over 1 tablespoon of tea, **cover** and steep for about 10 minutes, then pour through a tea strainer. Prepare each cup freshly just before use.

Decoction : Cover the designated amount of the mixture with cold water and bring to boil. Simmer for 5-10 minutes, then strain. Prepare each cup freshly just before use.

Cold maceration : Cover the of the tea mixture with tap water, and let stand for 6-8 hours at room temperature, then strain. A cold meceration dose pose potential hygienic problems.

- Sip a glass of lukewarm tea should be drunk slowly.
- If the taste of tea is not pleasant, it can be corrected with sugar or preferably with honey*.

* Apitherapy (bee products)

The daily dose and user time of the medicinal teas

Generally, 1 cup of tea 3 times daily is advised, but the following exceptions should be noted.

- **Tea used as a laxative or sleep aid should be taken at night.**
- **Diuretic tea is taken at breakfast time; 1 liter should be consumed in one sitting if possible.**

The daily dose and user time of the medicinal teas

- **Peppermint and chamomile tea for an upset stomach should be taken at the patient's usual meal times or as needed.**
- **Linden blossom tea and elder flower tea should be consumed hot while the patient is in bed, because much of their diaphoretic effect is based on physical warming.**
- **Appetite-stimulant teas are taken about 30 minutes before meals.**
- **Teas for the liver and gallbladder generally contain bitter-tasting herbs, so it may be take them 30 min. before meals as well.**

The daily dose and user time of the medicinal teas

- **Some authors (Weiss) recommend medicinal teas as an adjunctive therapy in the management of chronic illnesses, with patients drinking 2 or 3 cups daily for a period of 3-4 weeks.**

Medicinal teas for Infants and Children

The recommendations of The Nutritional Committee of German Society of Pediatrics : If the tea is given to babies between 10 days and 6 months of ages, it should contain no more than 4 % carbohydrates (instant tea/soluble tea). Instead of instant products teas can be used in the form of coarsely cut leaves or tea bag teas.

What do you need to prepare the medical teas at the pharmacy ?

1- Having a decision to prepare medical tea

- ❖ Inform to your employees
- ❖ Create a medicinal tea corner in the pharmacy. (Drug boxes are placed in a visible place of the pharmacy; preparation corner may also visibly).

2- Obtain medical tea set

- ❖ Scales and weighing containers
- ❖ Shredders
- ❖ Specific mixing
- ❖ Special paper bags and the closing cords
- ❖ Tea recipes books

What do you need to prepare the medical teas at the pharmacy ?

3- Create the perception in humans with some visuals "Medicinal tea is prepared by pharmacist in the pharmacy"

a) showcase

b) medicinal plant photos/ inside the pharmacy

c) live medical plants / inside the pharmacy / environment

a) showcase

The
Medicinal
teas for your
health

ECZANE
ALLOPATİ HOMEOPATİ FITOTERAPİ AROMATERAPİ

Sağlığınız için
Eczacınız'dan
Tıbbi Çay

Eczacı Ayşe Özkan

The advertisement features a central image of a tea set with a white teapot and a cup of tea on a saucer, set against a background of red berries and green leaves. Overlaid on this image are several chemical structures, likely representing polyphenolic compounds found in tea. To the left, three small photographs show a man drinking from a white mug, a pregnant woman holding a cup of tea, and an elderly woman smiling. To the right, there are several circular icons containing botanical illustrations of various herbs. The overall design is clean and professional, with a green and white color scheme.

b) medicinal plant photos/ inside the pharmacy



c) **live medical plants** / inside the pharmacy /
Lavandula species



Basil (*Ocimum basilicum*)

Rosemary (*Rosmarinus officinalis*)

Lemon balm (*Melissa officinalis*)

Blueberry (*Vaccinium myrtillus*)

To prepare medicinal tea in the pharmacy:

4- To begin with a few tea recipes that can be used very widely, so gain confidence of people.

Medicinal tea for cold-flu

Matricariae flos (chamomile /Mayıs Papatyası çiçeği)	20
Salviae trilobae folium (sage /Adaçayı yaprağı)	20
Origani herba (origano /kekik)	20

Matricaria flos (chamomile, Mayıs Papatyası çiçeği)

Matricaria chamomilla (Asteraceae)



Salviae trilobae folium (sage /Adaçayı yaprağı)
Salvia triloba (= *Salvia fruticosa*, Lamiaceae)



Origani herba

Origanum species (Lamiaceae)



Drugs be weighed and shredded equally sized (similar particle size).

Shredded drugs are taken to the special mixer and mixtured; after than medicinal tea is filled to the special bag without touching hand.

The tea bag is closed in accordance..

The ready-made label which is included package content, usage, warnings,etc for informing to the user person is written.



Medical Tea Formula For Young Girls who are suffering from menstrual pain and menstrual irregularities.

Matricaria flos (chamomile-mayıs papatyası çiçeği)... 20
Lippiae folium (limonotu yaprağı)..... 10



Matricaria flos (Mayıs Papatyası çiçeği)
Matricaria chamomilla (Asteraceae)



Lippiae folium (lemon verbena/ limon otu)

Lippia citriodora (Verbenaceae)



Drugs be weighed and shredded equally sized.

Shredded drugs are taken to the special mixer and mixtured; after than medicinal tea is filled to the special bag without touching hand.

The tea bag is closed in accordance..

The ready-made label which is included package content,usage,warnings,etc for informing to the user person is pasted.

Medicinal Teas,

- ✓ will be new source to pharmacies,
- ✓ will be also Professional satisfaction of pharmacists,
- ✓ will support people health.

