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RESEARCH ARTICLE

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PURE WELLNESS IN A CUP: THE HEALING POWER OF *Nyctanthes Arbor-Tristis* (HARSINGAR) HERBAL TEA—FREE FROM STEROIDS, SAPONINS, AND TANNINS

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ABSTRACT

Nyctanthes arbor-tristis, commonly known as Harsingar or Night Jasmine, has long been valued in traditional medicine systems like Ayurveda for its wide range of therapeutic properties. This herbal plant, when prepared as an herbal tea, is considered a natural remedy free from potentially harmful compounds such as steroids, saponins, and tannins. This research article explores the health benefits of *Nyctanthes arbor-tristis* herbal tea, including its anti-inflammatory, antioxidant, digestive, and immune-boosting effects. Additionally, the article discusses the significance of its purity, highlighting how its lack of steroids, saponins, and tannins makes it a safe, holistic alternative to other herbal teas.

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INTRODUCTION

Nyctanthes arbor-tristis Linn. (*Oleaceae*) is popularly known as 'Night Jasmine' (English) or 'Harsinghar' (Hindi) due to the fact that its flowers emit a very strong and pleasant fragrance during the whole night [1,2]. The flowers start falling after midnight and by the day break, the plant appears dull. The generic name 'Nyctanthes' has been coined from two Greek words 'Nykhta' (Night) and 'anthos' (flower) [3,4]. Herbal teas have become increasingly popular as a natural and holistic approach to improving health. *Nyctanthes arbor-tristis*, or Harsingar, is an ancient plant native to India and Southeast Asia. Known for its fragrant white flowers that bloom at night, this plant is often used in Ayurvedic medicine for its wide range of therapeutic properties. Traditionally, the leaves, flowers, and bark of *Nyctanthes arbor-tristis* have been utilized in various forms for treating conditions such as fever, inflammation, joint pain, skin disorders, respiratory issues, and more. In this Article, we focus on the herbal tea made from *Nyctanthes arbor-tristis*, highlighting its potential as a pure wellness beverage. Unlike many other medicinal plants, *Nyctanthes arbor-tristis* is free from compounds like steroids, saponins, and tannins, which are often present in other herbal teas and can cause side effects when consumed regularly. The absence of these compounds makes *Nyctanthes* tea a safer and more natural option for those seeking an effective and gentle way to improve their health.

Phytochemical Profile of *Nyctanthes Arbor-Tristis*

The *Harsingar* plant, also known as *Parijat*, exhibits a rich chemical composition across its various parts, each contributing to its medicinal properties.

Flowers: The flowers of *Harsingar* are highly beneficial, containing a range of bioactive compounds, including essential oils and glycosides (5,6). The key chemical components found in the flowers include:

- **Apigenin** (a flavonoid),
- **Anthocyanins** (pigments),
- **D-Mannitol** (a sugar alcohol),
- **Tannins** (polyphenolic compounds),
- **Glucose**,
- **Carotenoids** (including beta-carotene),
- **Essential oils** (responsible for its fragrance),
- **Kaempferol** (a flavonoid),
- **Nyctanthin** (an alkaloid glycoside),
- **Quercetin** (another flavonoid),
- **Rengylone** (a glycoside),
- **α -Crocetin** (or crocin-3),
- **β -Monogentiobioside** and **β -Digentiobioside** (glycosides).

Leaves: The leaves of *Harsingar* are particularly notable for their rich chemical profile, which includes:

- Alkaloids such as Nyctanthine,
- Nannitol (a sugar alcohol),
- β -Amyrin and β -Sitosterol (triterpenes and sterols),
- Hentriacontane (a long-chain alkane),
- Benzoic acid,
- Astragalín (a flavonoid glycoside),
- Nicotiflorin (a flavonoid glycoside),
- Oleanolic acid (a triterpenoid),
- Nyctanthic acid,
- Friedelin (a triterpene),
- Lupeol (a pentacyclic triterpene),
- Mannitol,
- Ascorbic acid (vitamin C),
- Tannic acid,
- Methyl salicylate (a compound with anti-inflammatory properties),
- Carotene (a precursor to vitamin A),
- Resinous substances,
- Astringent compounds,
- Traces of volatile oils. (7,8)

Seeds: The seeds of *Harsingar* contain fatty acids such as palmitic acid, oleic acid, and myristic acid, which contribute to the plant's overall bioactivity.

Bark: The bark of the plant is known for its alkaloid and glycoside content, which further adds to the therapeutic potential of *Harsingar*. However, what makes *Nyctanthes arbor-tristis* stand out as a herbal tea is the absence of potentially harmful compounds like steroids, saponins, and tannins:

Steroids: Often present in some herbal plants, steroids can have side effects such as weight gain, fluid retention, and hormonal imbalances. The absence of steroids in *Nyctanthes arbor-tristis* makes it a safer alternative for long-term consumption.

Saponins: These compounds are known for their ability to lower cholesterol and improve heart health. However, they can also interfere with nutrient absorption, cause digestive issues, and lead to toxicity in high amounts. Since *Nyctanthes arbor-tristis* lacks saponins, it avoids these potential drawbacks.

Tannins: While tannins offer some antioxidant benefits, they can also hinder the absorption of important minerals like iron and calcium. By being free from tannins, *Nyctanthes arbor-tristis* ensures better nutrient absorption and avoids possible gastrointestinal irritation.

Health Benefits of *Nyctanthes Arbor-Tristis* Herbal Tea

Anti-Inflammatory Properties: One of the key health benefits of *Nyctanthes arbor-tristis* is its ability to reduce inflammation. Inflammation is linked to numerous chronic conditions, including arthritis, cardiovascular disease, and even cancer. Studies have demonstrated that the compounds in *Nyctanthes arbor-tristis* can help alleviate inflammation by inhibiting pro-inflammatory cytokines and enzymes. Drinking the herbal tea regularly may help relieve conditions like arthritis, muscle pain, and even skin inflammation.

Antioxidant Power: The plant is rich in flavonoids, which have potent antioxidant properties. Antioxidants help neutralize free radicals in the body, preventing oxidative damage that accelerates aging and contributes to conditions like heart disease and neurodegenerative disorders. By drinking *Nyctanthes arbor-tristis* herbal tea, individuals can help protect their cells from oxidative stress, supporting long-term health.

Digestive Health: *Nyctanthes arbor-tristis* has been traditionally used to improve digestion. The plant's leaves and flowers contain compounds that stimulate the production of digestive enzymes, aiding in the breakdown of food and improving nutrient absorption. As an herbal tea, it can soothe the digestive tract, relieve symptoms of indigestion, bloating, and gas, and promote a healthy gut microbiome.

Immune System Boost: The antimicrobial and antiviral properties of *Nyctanthes arbor-tristis* are especially valuable in enhancing the body's immune defenses. Regular consumption of the tea can help strengthen the immune system, making the body more resilient to infections. Its anti-inflammatory properties further support immune health by modulating immune responses and reducing chronic low-grade inflammation.

Sleep and Relaxation: The flowers of *Nyctanthes arbor-tristis* have a natural calming effect. Drinking a cup of this herbal tea before bedtime may help induce relaxation and improve sleep quality, especially for those struggling with insomnia or stress. The tea's mild sedative properties work without the side effects associated with synthetic sleep aids or other herbal sedatives.



(A) Flower and Leaves of Harsingar



(B) Herbal Tea of Harsingar

Potential Benefits for Specific Conditions

- **Diabetes:** Research suggests that *Nyctanthes arbor-tristis* may help regulate blood sugar levels, making it useful for individuals with diabetes or those at risk.
- **Respiratory Disorders:** The plant's expectorant and anti-inflammatory effects make it effective in treating respiratory conditions like asthma, bronchitis, and chronic cough.

Skin Health: *Nyctanthes arbor-tristis* has detoxifying properties that can improve skin health by reducing acne, eczema, and other inflammatory skin conditions.

CONCLUSION

Nyctanthes arbor-tristis herbal tea, with its unique combination of beneficial compounds and the absence of harmful substances like steroids, saponins, and tannins, offers a safe and effective way to promote health and well-being. Whether for improving digestion, boosting immunity, alleviating inflammation, or supporting relaxation, this herbal tea provides a holistic, natural solution to modern health challenges. By incorporating *Nyctanthes arbor-tristis* into daily wellness routines, individuals can experience a variety of benefits without the risks associated with more processed or chemically altered remedies.

As interest in natural healing continues to grow, *Nyctanthes arbor-tristis* stands out as a promising plant for the future of herbal medicine, offering pure wellness in every cup.

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