

Kebella Herbal Tea

Technology overview:

The young leaves of *Aporosa lindleyana* Baill., named as kebella in Sinhala, is consumed as a leafy vegetable in Sri Lanka and extensively used in India for medicinal purposes. A decoction of the root is used traditionally to treat jaundice, headache, insanity, seminal loss and excessive thirst. The bark and root of this plant are reported to have antioxidant, antimicrobial and analgesic effects. In Sri Lanka, the medicinal properties of these leaves are less known by the researchers except in the preparation of a formulation for diabetics which uses these leaves as one of the ingredients. The nutritional value of the leaves is given in the table below. The leaves showed a high antioxidant potential by DPPH, ABTS, FRAP and ORAC mechanisms, high α -amylase activity and marked anti-lipidaemic activities in terms of anti-lipase, anti-cholesterol esterase and bile acid binding.

Potential Health Benefits:

- Reduces oxidative stress of body
- Lowers lipid levels
- Helps to reduce blood sugar levels
- Rich in phytochemicals (Alkaloids 1.4%; saponins 0.79%; steroids 0.55%; Total polyphenolic content of water extract 297.91 mg Gallic acid equivalents/g of extract; Total flavonoid content of water extract 0.94 mg Quercetin equivalents/g of extract)
- Sensory properties – Similar sensory properties of the brew, compared to standard green tea. Green tea and kebella tea are not significantly different in terms of body/mouth feel, aroma, flavor and overall acceptability, evaluated by paired comparison test using ISO 5495:2005 standard.
- Shelf life - Nine months shelf life confirmed at 31 ± 2 °C in terms of microbiological, chemical and sensory qualities.

Advantages of the Product:

The presence of antioxidant, anti-amylase and lipid lowering effect together in the leaves of *A. lindleyana* indicates the potential for development of functional foods and nutraceuticals in the prevention and management of hyperlipidaemia and diabetic diseases.

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