

# history of herbal tea

## Introduction

Herbal tea is one of the oldest recipes on Earth, dating back thousands of years. It's a staple in many cultures around the world and has been used for both medicinal and recreational purposes. Today we're going to trace herbal tea's history from its first accidental discovery all the way up to today's popular blends.

## Herbal tea is drunk all over the world, but its history is particularly tied to that of China.

Herbal tea is a popular beverage that's consumed around the world. It's consumed by both experts and novices alike, and its history is rooted in China. The first known piece of literature on tea was written in China, where it has been grown for centuries.

- Drinking water from other sources can be risky; boiling water does not kill all bacteria and parasites that may cause illness or disease.
- Boiling water kills most disease-causing organisms found in surface water like lakes, rivers, streams and ponds—but not all of them!
- You can get much more benefit from drinking herbal teas than you ever will from drinking regular hot beverages made with tap water straight out of your faucet.

## In 2737 BC, Shen Nong, a Chinese emperor and herbalist, accidentally discovered tea when leaves from a nearby shrub fell into boiling water he was using to cook.

In 2737 BC, Shen Nong, a Chinese emperor and herbalist, accidentally discovered tea when leaves from a nearby shrub fell into boiling water he was using to cook. This anecdote is recorded in "The Classic of Tea," the first known piece of literature on the subject of tea. In it, Shen Nong says: "Tea-Leaves resemble withered grass; when infused they are fragrant; if you drink them with hot water they will stop diarrhoea."

The book also discusses both medicinal uses for tea and its role as a beverage.

## He tasted the infused water and was surprised to experience a feeling of alertness after drinking it.

In a study of the history of herbal tea, it is important to recognize that its origins were often medicinal. The first recorded use of medicinal tea was by Shennong (the Divine Farmer), who lived in China about 5,000 years ago. After tasting the infused water and experiencing a sensation of alertness after drinking it, he wrote down his findings.

By this point in time, people already understood how plants could be used to heal: through their roots, stems, leaves and flowers they would treat diseases such as malaria or diarrhea with herbs like yarrow or wormwood; they also used them as anesthetic tools before surgery during ancient times by placing crushed mint leaves on wounds.

## He then went on to write the first known piece of literature on the subject of tea, called "The Classic of Tea."

Shen Nong, the Chinese emperor and herbalist who is often credited with discovering tea, wrote the first known piece of literature on the subject of tea, called "The Classic of Tea." This book discussed both medicinal uses for tea and its role as a beverage.

## The book discussed both medicinal uses for tea and its role as a beverage.

Tea was first used as a medicinal beverage in China. In the book, they discuss how tea was used to treat a variety of illnesses and ailments such as colds, headaches and stomachaches. Tea was also used to treat respiratory problems like bronchitis and asthma.

## During this time, teas were usually brewed with other herbs in order to add flavor or create certain health benefits.

Teas have been brewed for thousands of years in Asia and Europe. The earliest recorded use of tea dates back to 2737 BCE, when Chinese Emperor Shen Nung prescribed the drinking of tea for medicinal purposes. In ancient China, herbal teas were used alongside other herbs in order to add flavor or create certain health benefits. The first reference to this practice comes from a book called "The Classic of Tea", which was written during the Tang Dynasty (618–907). This text also contains information about how tea should be prepared and consumed, as well as its benefits for mental wellbeing.

In many ways, herbal remedies can be traced back even further than those involving tea alone; they were used in Europe before being integrated into beverages like herbal infusions or green teas respectively!

## These plants were also used for medicinal purposes before ever being used in tea.

Herbs have been used for medicinal purposes since ancient times. When they were first introduced to tea, they were already being used as medicine. This is because there are many benefits of herbal tea that can be found in

both the leaves and roots of these plants that were not originally intended for consumption, but rather for healing purposes.

### The history of herbal tea goes back thousands of years

The history of herbal tea goes back thousands of years. The earliest known examples of tea were used for medicinal purposes before they ever became a beverage. It was first discovered in China and was discovered by accident when the leaves fell into boiling water!

### Conclusion

Herbal tea is a part of many cultures around the world, but its history can be traced back to China. Shen Nong was the first known emperor to write about this beverage and even tried brewing it himself before accidentally discovering its effect on his health. The word "tea" itself comes from an ancient Chinese dialect, so it's interesting that we still use this word today when talking about different kinds of herbal infusions!