

Rasa Tea

Rasa dhatu is built on the principle of supply and demand, so Rasa Tea includes both demulcents and diuretics/ diaphoretics.

Adaptogenic herbs will increase the tonifying action of the tea.

Alteratives will increase the cleansing action of the tea.

Demulcents

- Cinnamon
- Flax
- Licorice
- Marshmallow
- Shatavari

Adaptogens

- Astragalus
- Licorice
- Shatavari

Digestives

- Cardamom
- Cinnamon
- Fennel
- Fenugreek
- Ginger
- Indian Sarsparilla
- Orange peel

Alteratives

- Indian Sarsparilla
- Burdock
- Dandelion

Diuretic

- Coriander
- Fennel
- Indian Sarsparilla
- Marshmallow

Diaphoretic

- Burdock
- Cinnamon
- Coriander
- Ginger

Once herbs are blended, use ¼ cup herbs: 4 cups water, bring to a boil, turn off, cover and let steep 30 min or to taste.

Rasa Tea

The tea blends listed here are merely suggestions. I encourage you to play with the herbs and ratios to find a blend that is both effective and tasty.

If herbs are powdered, you may steep in hot water only, rather than bringing to a boil. If using whole c/s herbs, then bring to a boil, cover, and steep.

Demulcent/ Adaptogenic: Sweet

- Shatavari 2
- Marshmallow 2
- Licorice 1
- Cinnamon 1
- Ginger 1

Demulcent/ Adaptogenic: Savory

- Shatavari 1
- Marshmallow 1
- Indian Sarsparilla 1
- Fennel 1
- Fenugreek 1
- Ginger 1

Classic Rasa Tea

- Fennel 1
- Fenugreek 1
- Licorice 1
- Shatavari 1
- Astragalus 1
- Ginger 1

Demulcent/ Alteratives

- Shatavari 1
- Indian Sarsparilla 1
- Burdock 1
- Dandelion 1
- Fennel 1

Demulcent/Diuretic

- Shatavari 1
- Licorice 1
- Fennel 1
- Indian Sarsparilla 1
- Cardamom 1
- Orange peel 1

Demulcent/ Diaphoretic

- Shatavari 2
- Licorice 1
- Burdock 1
- Cinnamon 1
- Ginger 1

Once herbs are blended, use ¼ cup herbs: 4 cups water, bring to a boil, turn off, cover and let steep 30 min or to taste.