

International Tea Day: 5 kinds of tea and its health benefits

Whether it's black, green or oolong, tea is the drink you need to boost your overall health.



If there's one cup of something that can refresh you, give your taste buds a joyride and keep you fit, it's the good old tea.

Here's a beverage that the world borrowed from Asia, especially China and India, and took to like fish to water. Currently, many tropical and sub-tropical regions across the globe have taken to cultivating this herb to meet the global demand for it.

If you want a healthy drink, go for tea. Picture courtesy: [Instagram/mind_body_and_tea](https://www.instagram.com/mind_body_and_tea)

There are many kinds of tea--especially now, with the rising popularity of



infused teas. And all of them are powerful enough to give a kick-start to the gloomiest of days. But today, on International Tea Day, we choose to focus on five kinds of tea, and the amazing benefits you can reap from them.

Black tea

Black tea has low caffeine content. Picture courtesy: Instagram/infuseherbalteas

Black tea is extremely low in caffeine, which is why it's very good for circulation, and oral and bone health. A cup of this tea can help boost your immunity system and moisturise your skin naturally. So, who wouldn't want a cuppa?



Green tea



Drinking green tea can actually help you lose weight. Picture courtesy: Instagram/myprettiekitty

With its subtle flavours and antioxidants, green tea has become a favourite with tea connoisseurs. Brewed at a lower temperature for less

time, green tea is extremely beneficial. It improves brain function, accelerates fat loss and lowers the risk of cancer. And that's why you should have at least two cups of green tea every day.

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Oolong tea



Oolong tea is very fragrant and can increase your mental alertness. Picture courtesy: Instagram/hungchin_tea

Also known as wulong tea, oolong tea has a caffeine content ranging between that of black tea and green tea. It's extremely fragrant and refreshes you just with its aroma. It is known to increase your mental alertness, and prevent tooth decay, osteoporosis and heart diseases.

White tea

White tea is the most delicate tea in the world. Picture courtesy: Instagram/white_tea_leaves

The most delicate of all teas, white tea is appreciated for its subtlety, complexity and natural sweetness. They are hand-processed, and will generate large amounts of caffeine when brewed for longer periods of



time. It also has antioxidants and anti-ageing properties, which help maintain good health and even better skin.

Chamomile tea



Chamomile tea has been recommended for ages for its calming effects. Picture courtesy: Instagram/notinexcess

Basically derived from a herb which originates from blooming daisy plants, chamomile tea has a calming effect. It has been recommended for ages because it cures everything from stomach cramps and insomnia to migraines and allergies. If you haven't taken to drinking it yet, this would be a good time to start.

These are just some of the basic teas available in the international market. Nowadays, you can get a good blend in most stores, some that make customised infusions--like hibiscus or jasmine with normal black. And there are, of course, the add-ons--lemons, ginger and honey, for instance. The tea industry basically offers enough options to cater to every kind of palate.

So, forget coffee, and get a cup of refreshing tea already!