
– Rasa Tea –

What is Rasa Tea?

The tissue, *rasa*, relates to the watery tissues of the body: mucous, saliva, lymph, plasma, cerebro-spinal fluid, etc. Our bodies are comprised of 70% water. The ingredients in Rasa Tea are demulcents, so drinking this beverage promotes the watery tissues of the body. You can modify this recipe; it's very adaptable.



Make a Batch to Store

In a quart size jar mix together equal parts (4 oz.) of fennel (or anise) seeds and fenugreek seeds. This can be the most that you do. This is Rasa Tea.

To enhance the demulcent quality of this tea—and to round out its flavor—you could add in lesser amounts (2 oz.) of other herbs such as:

- licorice root
- marshmallow
- Indian sarsaparilla
- flax / chia / hemp

To add more flavor and overall “loveliness,” you could add in a small amount (such as 1 ounce) of any or all of the following:

- lavender flowers
- cinnamon sticks
- cardamom pods
- rose buds / petals
- fresh ginger slices
- peppermint leaves

To Make Rasa Tea

Bring a quart (4 cups) of water to a boil. Turn off the heat, remove the pot from the burner, and add ¼ cup of your mixture, above. Cover the pot and allow to steep for 30 minutes. Strain off the herbs, drink throughout the day, and enjoy!



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360-734-2396 ~ info@AyurvedicHealthCenter.com ~ AyurvedicHealthCenter.com