

Prospects for two new South African herbal teas (*Athrixia phylicoides* and *Monsonia burkeana*): potential for harvesting herbal teas rich in polyphenols and antioxidant for health attributes

Fhatuwani Nixwell Mudau¹, Wonder Ngezimana² and Mpumelelo Nkomo¹

¹University of South Africa, South Africa

²University of Zimbabwe, Zimbabwe

Herbal teas are assumed to have health-promoting properties. Based on the historical success of indigenous South African herbal teas such as rooibos and honeybush and the growing interest in new herbal remedies, *Athrixia phylicoides* (bush tea) and *Monsonia burkeana* (special tea) have the potential to satisfy the global market owing

to their properties. Bush tea contains 5 hydroxy-6, 7, 8, 3', 4', 5'-hexamethoxyflavon-3-ol, 3-O-demethylgigicitrin, 5, 6, 7, 8, 3', 4'-hexamethoxyflavone, quercetins, antioxidants, polyphenols and tannins, and has no cytotoxic effects. Special tea contains significantly higher amounts of total polyphenols and antioxidants than bush tea, and as a result antioxidant and antimicrobial activity are higher. In this article, we review the major studies conducted on the phytochemical composition and processing of these new herbal teas and the agronomic practices carried out in producing them. Overall, the results of the studies conducted confirmed the potential of South African herbal teas for a broad spectrum of uses, including the treatment of various ailments. They also have potential in terms of plant-based antimicrobial agents.

mudaufn@unisa.ac.za