



Specific name: Carmona Retusa

Local name: Wild Tea or Fukien Tea Tree

Other name: Scorpion bush, Tsaang Gubat,

Description:

A shrub that grows wild in the tropical climates of India, Sri Lanka, and the Philippines. It is also cultivated as an ornamental plant as a single plant or hedge, recently gaining popularity as bonsai in China and Japan. Tsaang gubat is an erect shrub with green compound leaves. The tsaang gubat shrub grows to about 1 to 4 meters high and can be found in secondary forest at low and medium altitudes. Tsaang gubat leaves grow in clusters on short branches, 3-6 cm long, somewhat toothed or lobed near the apex and pointed at the base, short stalked and rough on the upper surface. Tsaang gubat bears small white flowers, axillary, solitary, 2 or 4 on a common stalk. It bears yellow fruits when ripe, about 4-5 mm in diameter, fleshy with a 4-seeded stone.

Usage/Help:

- Aids in relieving stomach pains
- It can help treat gastroenteritis
- Relieves disease, such as diarrhea and dysentery
- It can be used as a mouthwash
- It can be an effective body and wound cleanser
- A good alternative to anti allergy medications

Fresh Tsaang Gubat tea leaves

To prepare your tea, wash the Tsaang Gubat leaves with water. Chop the leaves until you have a cup of it. Boil the leaves in 2 cups of water over medium heat for 15 to 20 minutes.