

# **A Study on the Assessment of Essential Minerals and Dosage of Laphet-yay-gyan Taken Daily**

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## **Abstract**

Drinking laphet-yay-gyan is important for human health. The purpose of this study was to examine laphet-yay-gyan which affects human health and how much should it be drunk per day. In this study, the majority of the samples were collected from the Shan state. These samples were quantitatively analyzed of the concentration of elements by using energy dispersive X-rays fluorescence (EDXRF) spectrometer, atomic absorption spectrophotometer (AAS), and Ultraviolet and Visible (UV-Vis) absorption spectrometer. As a reference, certified reference materials National Institute for Environmental Studies (NIES) and the levels of receptivity of beneficial elements in the human body were used. Using the EDXRF technique for the determination of ten elements in these samples are K, S, Ca, Fe, Si, Cu, Mn, Hf, Ru, and Os. The concentration of K which was the major element in the samples ranged from 32.968% to 62.5% respectively for all the analyzed samples. AAS technique is used for the effect of the major elements on the human to interest; K, Ca, and Cu. Then, the absorbance and energy levels of Fe in the laphet-yay-gyan solution were characterized using a UV-Vis spectrometer. As the measurement results, laphet-yay-gyan helps to prevent cancer, reduce stress, boosts immune system, cardiovascular disease, hyperlipidemia, and strong bone for human and can drink up to 6 cups of oolong, 4 cups of green and yellow, and 2 cups of black in daily.

**Key words:** different dry tea leaves, NIES, EDXRF, AAS, UV-Vis

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