Heat Busters

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Why do we feel thirsty?

• Our bodies has water—75% body weight in infants to 55% in elderly is water
• We need water to function well. Everything, ranging from digestion of food to functioning of muscles requires water
• We need replenish the water that we lose when we sweat, breathe and go to the toilet
• Our brains tell us when we need to drink water and also when to stop drinking
How do we quench our thirst?

• Sometimes, plain water does not help. This is because our bodies lose electrolytes
• Our grandmothers know how to deal with this kind of thirst
• They tell us that we need beverages that remain in the stomach for long and help keep the body hydrated for long
• They used easily available ingredients into tasty thirst quenchers
• These ingredients have medicinal properties too
• Let us take a look at what is available and can be converted into a drink during summers
Bael
Aegle marmelos
Stone apple
Phalsa
Grewia asiatica
Thandai: A nutritious drink with almonds, watermelon kernels, rose petals, pepper, poppy seeds, milk/water and sugar
Sabja
Ocimum basilicum
Tulsi/ Basil
Aam panna
Mangifera indica
Mango
Koozh:
Pennisetum glaucum/ Eleusine coracana
Millets
Nimbu pani
Citrus aurantiifolia
Lime
Tarbooz
Citrullus lanatus
Water melon
Gond katira
Astragalus sp.
Tragacanth gum
Palash
Butea monosperma
Flame of the forest
Jaljeera
Mint/ lime/ spices
Nariyal pani
Cocos nucifera
Coconut water
Kokum
Garcinia indica
Mangosteen
Sattu
Cicer arietinum
Bengal gram