

Heat Busters



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DownToEarth

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

<https://youtu.be/fbkmOW-sAds>





Sabja

Ocimum basilicum

Tulsi/ Basil





Aam panna
Mangifera indica
Mango



Koozh:

Pennisetum
glaucum/ Eleusine
coracana

Millet







Nimbu pani

Citrus aurantiifolia

Lime





Tarbooz
Citrullus lanatus
Water melon





Gond katira
Astragalus sp.
Tragacanth gum





Palash

Butea monosperma

Flame of the forest

[https://www.youtube.com/watch?v=g09MM8O7TyE&list=PLmiRIMn-W
moviPUvtVHmn8goFYbibJuNs&index=16](https://www.youtube.com/watch?v=g09MM8O7TyE&list=PLmiRIMn-WmoviPUvtVHmn8goFYbibJuNs&index=16)



Jaljeera

Mint/ lime/
spices





Nariyal pani

Cocos nucifera

Coconut water

A photograph of a glass filled with a vibrant red juice, likely Kokum juice, sitting on a highly decorative silver tray. The tray is surrounded by several whole, ripe red fruits, which are Garcinia indica (kokum) fruits. The background is a soft, out-of-focus grey. The entire image is framed by a light pink border on the left and right sides.

Kokum

Garcinia indica

Mangosteen





Sattu

Cicer arietinum

Bengal gram

