

A Research Investigation - Surge in the Utilization of Spices in Crafting Different Kadha Recipes Amidst the COVID-19 Pandemic

Mrs. Sneha Bhandare and Mr. Rutwij Mahadik

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

Abstract: Amid the COVID-19 pandemic, the utilization of spices in the preparation of kadhas witnessed a remarkable surge. Kadhas, traditional herbal infusions, gained renewed popularity due to their perceived immune-boosting and health-supporting properties. With the desire to fortify their immune systems and find relief from pandemic-related stress and ailments, many turned to these time-honoured remedies. The use of a diverse array of spices, including ginger, turmeric, cloves, and cinnamon, played a pivotal role in these homemade concoctions. These spices not only imparted depth and complexity to the flavours of the kadhas but also brought their unique medicinal properties to the forefront. Ginger, for instance, is renowned for its anti-inflammatory and digestive benefits, while turmeric is prized for its powerful antioxidant and anti-inflammatory effects. Cloves and cinnamon are associated with anti-microbial and anti-inflammatory properties as well. This synergy of flavours and potential health benefits made kadhas an appealing choice for individuals seeking to enhance their overall well-being during the challenging times of the pandemic. The aromatic and flavourful aspect of these spice-infused kadhas also provided a sense of comfort and warmth, offering solace in uncertain times.

Keywords: Spices, Kadhas, Covid- 19, Immunity booster, Increased consumption of spices

BIBLIOGRAPHY

- [1]. (n.d.). Retrieved from Ministry of Ayush: Kadha Drops: The Ayurvedic Wonder for COVID-19 Immunity, Recommended by Doctors
- [2]. (2022, may). Retrieved from Kerela Ayurveda: <https://www.keralaayurveda.biz/blog/ayurvedic-kadha-benefits-ingredients>
- [3]. Alam, S. (2021, May). *Traditional Herbal Medicines, Bioactive Metabolites, and Plant Products Against COVID-19: Update on Clinical Trials and Mechanism of Actions*. Retrieved from <https://www.frontiersin.org/>: <https://www.frontiersin.org/articles/10.3389/fphar.2021.671498/full>
- [4]. Kishor Rahate Snehal, R. B. (2021, June). <https://www.indianjournals.com/ijor.aspx?target=ijor:rjpp&volume=13&issue=2&article=008>. Retrieved from www.Indianjournals.com: <https://www.indianjournals.com/ijor.aspx?target=ijor:rjpp&volume=13&issue=2&article=008>
- [5]. Sharma, D. K. (2020). Evaluation of traditional ayurvedic Kadha for prevention and management of the novel Coronavirus (SARS-CoV-2) using in silico approach. *National library of Medicine*.
- [6]. Vachher, M. (2022). Consumption of natural products . *Journal of Drug Research in Ayurvedic Sciences*.