

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

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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

I. INTRODUCTION

(Ministry of Ayush, n.d.)

(Kerela Ayurveda, 2022)

Kadha, known by various names such as Kashayam, Kwath, or Karha across different Indian languages, represents a fragrant herbal infusion expertly crafted from an amalgamation of herbs and spices. Frequently sweetened with jaggery or honey, this comforting elixir is celebrated for its immune-boosting attributes and functions as a time-honoured household remedy for mitigating issues like sore throats, coughs, colds, and infections. Kadha exhibits remarkable versatility, with each family possessing its unique recipe. Some renditions include the infusion of herbs like holy basil (Tulsi) or lemon grass (GavtiChaha) to amplify its antioxidant and anti-inflammatory potential.

Ayurvedickadha, also referred to as herbal tea, is a robust blend of various immunity-enhancing herbs. In the Indian context, kadha is predominantly a homemade creation, meticulously selecting specific ingredients valued for their healing and rejuvenating qualities. Although the kadha recipe boasts a legacy spanning millennia, its significance witnessed a resurgence during the recent pandemic.

Commonly used ingredients in making Kadha:

Every Indian house hold and the grandmas will have their own secret recipes for making Kadhas. They will twist the recipe either to build immunity or to use it as some treatment for an ailment. However, the commonly used ingredients are mentioned below which are easily found in Indian kitchens.

Tulsi:

Tulsi, also known as holy basil, is traditionally used to address various health conditions, including viral infections affecting the eyes, respiratory system, and liver.

Black Pepper:

Piperine, a volatile alkaloid present in black pepper, is frequently used in traditional medicine. While piperidine and piperazine are compounds also found in black pepper, it has been suggested that they exhibit notable activity against COVID-19 and may hold potential for therapeutic use in its treatment.

Turmeric:

Turmeric is a natural method to enhance the immune system by enhancing the body's immunomodulatory capabilities.

Dry Ginger:

Ginger and its bioactive components exhibit potent antiviral activity against a range of viruses, including SARS-CoV-2, influenza virus, herpes simplex virus, human respiratory syncytial virus, chikungunya virus, and several others.

Cloves:

Cloves are widely recognized for their antiemetic and carminative effects.

Cinnamon:

Cinnamon holds considerable economic importance and can serve as a valuable ingredient in medicinal products. Its applications extend to the treatment of various conditions, such as flatulence, toothache, fever, leukorrhea, common cold, and headache.

Indeed, according to experts, Kadha boasts a multitude of health benefits, making it a valuable addition to one's wellness routine. This herbal concoction is revered for its antiviral properties, making it effective in combatting a range of ailments, including coughs and colds. A key ingredient, basil (Tulsi), plays a pivotal role in enhancing its healing potential by helping to reduce mucus buildup in the body. Kadha's immune-boosting properties are particularly noteworthy. Regular consumption of this herbal elixir can help fortify the body's defenses, making it more resilient against infections. In addition to bolstering immunity, Kadha also offers anti-inflammatory and antiseptic properties. These attributes not only soothe the throat but also serve as a preventive measure against coughing, providing relief and comfort during bouts of respiratory distress. In essence, Kadha's holistic approach to well-being encompasses its antiviral, immune-enhancing, anti-inflammatory, and soothing qualities, making it a comprehensive remedy for maintaining good health and battling common respiratory issues.

Beyond its well-known efficacy in addressing common ailments like cough, cold, flu, and fever, Kadha holds another remarkable benefit that might come as a surprise. This humble herbal concoction is recognized for its potential in treating kidney stones. Experts suggest that regular consumption of Kadha over a period of six months can yield effective results in this regard.

Kadha's versatility doesn't end there. It serves as an excellent means of boosting one's immunity, a quality that has gained increased significance in recent times. Furthermore, Kadha is a rich source of antioxidants, which are essential for combating free radicals in the body and safeguarding overall health. The unassuming Kadha stands as a multifaceted elixir, offering not only relief from common respiratory ailments but also the potential to aid in the management of kidney stones, enhance immunity, and provide a generous dose of antioxidants for overall well-being. Its holistic approach to health makes it a valuable addition to one's daily regimen.

It's essential to carefully measure and add spices in the recommended or prescribed amounts when preparing dishes because an excess of any ingredient can lead to various digestive discomforts and sensations, such as heartburn, nausea, and a burning feeling in the esophagus. Here's an elaboration on this point:

Heartburn: Excessive use of spices, especially those with a high pungency or spiciness, can irritate the lining of the stomach and esophagus. This irritation can lead to a condition known as heartburn, characterized by a burning sensation in the chest or throat. The excess spices may promote the backward flow of stomach acid into the esophagus, causing discomfort.

Nausea: Overwhelming amounts of spices can overwhelm the digestive system. Nausea is the body's way of responding to this overstimulation. The stomach may become irritated, leading to feelings of queasiness, and the body may try to expel the excessive spices by inducing nausea.

Burning Sensation in the Food Pipe (Oesophagus): Spices, especially when used excessively, can cause a burning sensation in the food pipe or oesophagus. This is often associated with the spiciness of certain ingredients. The oesophagus may become inflamed or irritated, resulting in a painful or burning feeling, similar to heartburn but occurring higher up in the chest.

To avoid these discomforts, it's important to follow recipes and guidelines that specify the appropriate quantities of spices and seasonings. This allows you to enjoy the flavour and benefits of spices without overwhelming your digestive system. Additionally, individual tolerance for spices varies, so it's wise to consider your own preferences and sensitivity when cooking or dining out. If you have a low tolerance for spicy foods, you can gradually increase your spice intake to build tolerance over time. Consulting with a healthcare professional or nutritionist can also provide tailored advice on managing dietary choices and any specific digestive concerns.

Various Kadhas available in the Market:

Ayushkwathkadha:

AyushKwathKadha is an Ayurvedic immune-boosting drink made from a blend of key spices and herbs. It traditionally involved boiling these herbs in water to harness their benefits. ZanduAyushKwath Powder simplifies the process by offering it in a powdered form, including Tulsi, Dalchini, Sunthi, and Krishna Marich. You can prepare this immunity-boosting drink by mixing the powder with water. It's especially helpful during the winter and monsoon seasons when allergies and illnesses are common. It's known for its effectiveness in managing allergies, throat infections, coughs, and colds, making it suitable for those prone to frequent illnesses. The herbal ingredients aid digestion, immunity, and detoxification, helping to fight off viral and bacterial diseases. Regular consumption contributes to a strong and healthy immune system.

Trikund immunity booster kadha

The entire human race is facing the repercussions of the pandemic, underscoring the crucial importance of strengthening our natural defense system, our immunity, for maintaining good health. We all understand that preventing illness is far better than treating it. In these circumstances, it's valuable to adopt preventive measures to enhance our immune resilience – a gift from nature for a healthy and happy life. In India, a wealth of knowledge on preventative care is rooted in the principles of "Dinacharya" (daily routines) and "Ritucharya" (seasonal regimens) to lead a healthy life. It's a science deeply rooted in nature and underscores the simplicity of self-awareness and harmony achievable by boosting and sustaining one's immunity, as described in classical Indian texts. Boosting the immune system has multiple benefits, particularly for individuals with diabetes, cough, and cold.

Daburhonus hot sip ayurvedickadha:

Dabur has maintained its trusted reputation in the Indian healthcare market for many years, and it remains a reliable choice. They offer single-use sachets of this Ayurvedic blend for convenient use. To quickly enjoy its health benefits, you can dissolve one sachet in a cup of hot water, milk, or tea and stir. The manufacturer suggests that this can help prevent common colds and coughs that often occur during seasonal transitions. These hot sips are suitable for both children and adults, making them a versatile option for many.

Wellbeing nutrition grandma's kadha:

True to its name, Wellbeing Nutrition's Kadha draws inspiration from ancient Ayurvedic remedies used for healing and treating various ailments. The brand asserts that this Kadha is proficient in alleviating colds, congestion, coughs, flu, inflammation, headaches, and infections. It features a wholesome blend of 13 Ayurvedic components, including turmeric, tulsi, black pepper, dry ginger, Indian gooseberry, and more. This Kadha is free from added sugar, colours, or flavours, and you can easily prepare it in just 1-2 minutes by stirring it in hot water.

Nature's essence ayushkadha mix:

For those interested in preparing a healthy Kadha at home, Nature's Essence offers an excellent immune-boosting Kadha mix available online. To enhance its health benefits and detoxifying properties, you can incorporate ingredients such as cocoa powder, cinnamon powder, tulsi, and dry ginger powder. Simply bring approximately 2 cups of water to a boil, then add half a teaspoon of the mix. Let it simmer for about 10 minutes, strain, and serve for a quick and nutritious Kadha.

Octavius kadha powder:

Octavius offers a fine choice with their turmeric Kadha powder, making it a suitable option for those who enjoy turmeric-based drinks. Packed with immune-boosting spices like dry ginger, turmeric, cinnamon, clove, cardamom, black pepper, and cumin seeds, this Kadha is designed to assist in combating colds, coughs, and various infections effectively.

II. REVIEW OF LITERATURE

(Sharma, 2020)

Since the emergence of the novel Coronavirus (SARS-CoV-2) in December 2019, it has rapidly spread to over 205 countries, showcasing its highly contagious nature. Despite this, there are currently no FDA-approved drugs or vaccines to prevent or treat COVID-19. Given this pressing issue, there's an urgent need to explore new and effective ways to combat the virus. We've utilized molecular docking and simulation techniques to investigate the potential of phytochemicals and active compounds found in Indian herbs, commonly used in Ayurvedic medicine to treat respiratory ailments like coughs, colds, and flu. Our research has unveiled a range of phytochemicals in these herbs that show promise in inhibiting various stages of SARS-CoV-2 infection and other Coronavirus target proteins. These phytochemicals also exhibit strong anti-inflammatory properties. Additionally, we've assessed the drug-likeness and pharmacokinetics of these selected compounds. In summary, our study provides a scientific basis for the potential of active ingredients in Kadha herbs to bind with viral proteins and target proteins, offering a new avenue for COVID-19 prevention and treatment.

(Kishor Rahate Snehal, 2021)

Coronaviruses earned their name due to their distinctive microscopic appearance, featuring a core of genetic material enveloped by protein spikes, resembling a crown. "Corona" stems from the Latin word for "crown." In India, the collective term "Ayush" encompasses various medical systems like Ayurveda, Naturopathy, Unani, Siddha, and Homeopathy. These systems are founded on specific medicinal philosophies, focusing on disease prevention and health promotion. Ayush medicine has played a significant role in the fight against COVID-19, offering positive outcomes with fewer side effects than allopathic medicine.

The Ayush system introduced remedies like "kadha" and "arsenicum album-30" to combat the coronavirus pandemic. Kadha comprises ingredients such as cardamom, turmeric, cloves, black peppercorns, honey, jaggery, raisins, tulsi, and cinnamon, acting as immunity boosters. Boosting immunity is essential in the battle against COVID-19. Kadha primarily functions by enhancing the immune system.

Arsenicum album-30 has demonstrated its effectiveness as an immune-boosting pill, reducing lung inflammation and restlessness in cold-related conditions. During the COVID-19 pandemic, it was widely used to enhance immunity and manage diarrhea. It also exhibits properties beneficial for leukocytes and mucosal inflammation, with historical usage against conditions like syphilis, colds, and flu. Kadha serves as a preventive measure against fever and common infections.

(Vachher, 2022)

While essential public health practices like hand hygiene and vaccination undoubtedly play a crucial role in curbing the spread and impact of COVID-19, given the enormity of the disease burden, additional measures are imperative. There's a need to further investigate the potential of Ayurvedic immunity-boosting methods and oral decoctions like kadha, as a significant proportion of the Indian population believes in their effectiveness. Natural products and herbal decoctions may serve as homemade, cost-effective, and manageable remedies and preventatives against viral diseases, including COVID-19. Ayurvedic product supplementation has the potential to mitigate numerous complications and reduce COVID-19-related mortality. Contemporary scientific validation methods, including molecular and mechanistic studies, are essential for effective therapeutic interventions.

(Alam, 2021)

SARS-CoV-2, the virus responsible for COVID-19, has led to a global pandemic, and despite the approval of vaccines, there's still no established drug to combat this highly infectious disease. It has put immense pressure on healthcare systems worldwide, resulting in high morbidity and mortality rates and a surge in hospitalizations. In response to these challenges, researchers and pharmaceutical companies have been racing to find effective treatments for this novel coronavirus. Plants have a track record of yielding potential drugs, including antiviral, antibacterial, and anticancer therapies. In line with this approach, scientists are exploring plant-based preparations, bioactive compounds, traditional medicines, phytochemicals, traditional Chinese medicines, nutraceuticals, and Ayurvedic products as potential therapies against COVID-19. Despite the development of vaccines, concerns about their safety and efficacy persist. Consequently, unregulated clinical trials involving herbal therapies are taking place worldwide. Among these clinical trials, only a few have been completed. This review focuses on ongoing plant-based anti-COVID-19 clinical trials found in scientific databases. The aim is to help researchers identify promising agents that could potentially become novel therapies to combat the ongoing pandemic.

III. METHODOLOGY

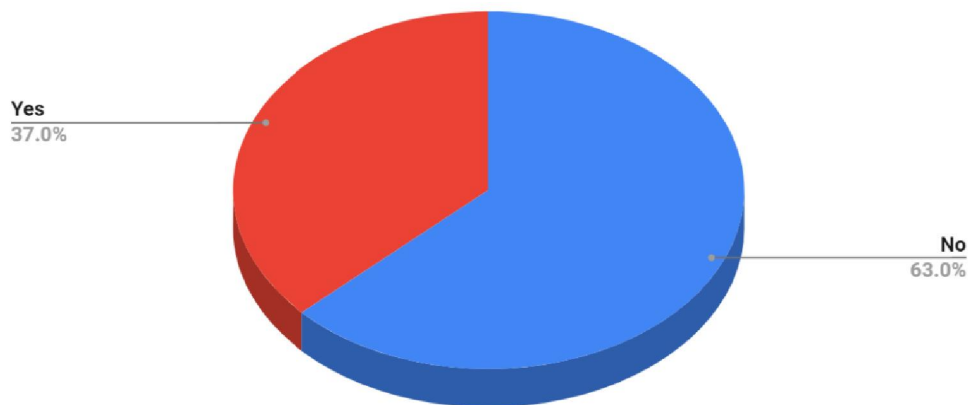
Secondary data was obtained using Websites, blogs, and articles. The primary data was collected through google forms that were circulated among the city dwellers, during Covid – 19, as venturing out was prohibited.

Objectives:

- Different types of spices used in making Kadhas.
- Various immunity boosting Kadhas made during Covid-19.
- Different kinds of commercial Kadhas available in the market

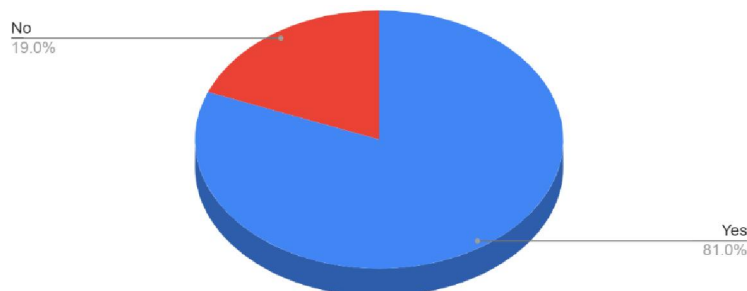
Data Analysis:

Do you consume kadhas on a regular basis?



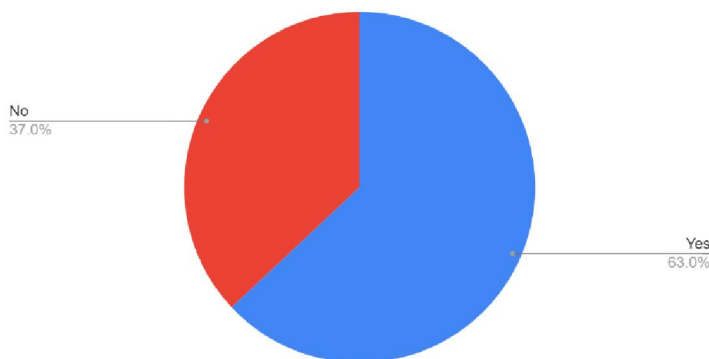
There are 100 respondents out of which 63 percent of people do not consume kadhas on a regular basis & 37 percent of people consume kadhas on a regular basis.

Have you increased the usage of spices in your Kadhas, during Covid-19?



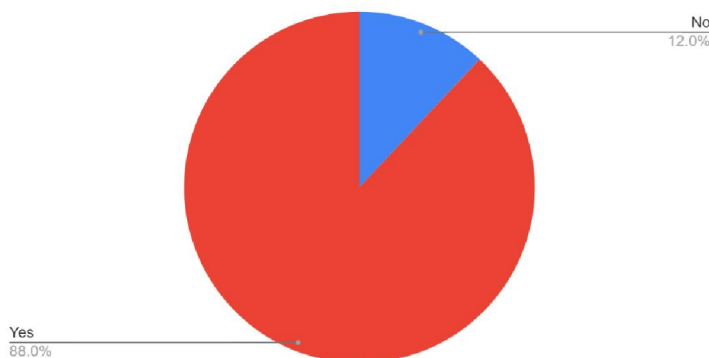
There were 100 respondents out of which 81 percent of people have increased the usage of in making kadhas during Covid-19 & 19 percent of people has not increased the usage of spices in making kadha during Covid-19

Have you altered the recipes of any age-old Kadhas, during Covid-19?



There were 100 respondents out of which 63 percent have altered the any-old recipes making of kadhas during Covid-19 & 37 percent of people use old recipes for making kadhas during Covid-19.

Do you prefer kadha over allopathic medicine for boosting immunity during Covid –19?



There were 100 respondents out of which 88 percent of people prefer kadha over allopathic medicine for boosting immunity & 12 percent prefer allopathic medicine for boosting immunity.

IV. CONCLUSION

In a study involving 100 respondents, the research focused on the increased usage of spices in preparing kadhas during the COVID-19 pandemic. Before the pandemic, 77% of the respondents reported using spices for making kadhas. However, during the pandemic, there has been a noticeable increase, with 81% of the respondents now incorporating spices into their kadha preparations. This indicates a significant shift towards using spices as a means to boost immunity and overall well-being during the COVID-19 crisis.

Moreover, it's interesting to note that a substantial portion of the respondents expressed a preference for homemade kadhas over commercial alternatives. This preference for homemade remedies suggests that people are turning to traditional, natural, and DIY solutions, possibly due to their perceived effectiveness and safety in addressing health concerns during the pandemic. Homemade kadhas are often prepared using a variety of spices and herbs, which are believed to offer numerous health benefits, including immune system support.

The increased utilization of spices for kadhas and the preference for homemade remedies reflect a broader trend of individuals seeking natural and traditional approaches to maintaining their health and well-being during the COVID-19 pandemic. This shift underscores the significance of traditional practices and the value of incorporating spices and herbs into daily routines for enhanced immunity and overall health.

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