

Health Benefits of Jaggery Tea on the Account of COVID-19

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Abstract

Consumption of jaggery Tea in winters helps in generating required heat in the body, keeps you warm inside. Jaggery has a very good effect on digestion, especially for people who suffer from constipation. It's ideal to have your morning tea made with jaggery as it speeds up digestion after the long hours of fasting. On the account of COVID-19 we have found number of health benefits of traditional foods and spices. Multiple numbers of traditional foods are responsible to increase your immunity. Jaggery is one of them. The purpose of this paper is to understand the importance of jaggery.

Keywords: Jaggerytea; Digestion; Body heat

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Introduction

For any tea lover, you would know there is nothing better than starting your day with a perfect cup of tea. But due to the sugar in tea, a lot of people have to keep a count of cups they have daily. Though sugar is widely used in many households and tea-houses, it is not so healthy. And for those who like their tea sweet, it can lead to a spike in blood sugar levels.

Then what's the solution so that we can eat our favorite food without increasing calories? Jaggery is the solution! Jaggery is healthier than sugar as it contains a number of vitamins and minerals like phosphorous, iron, magnesium and potassium. Consuming jaggery in winters helps in generating enough heat in the body, keeping you warm inside.

Jaggery tea with ginger and tulsi will help to improve immunity and keep you away from the common cold and allergies. The most recent benefit of jaggery tea was observed in recent days is COVID-19. People searched number of ways to improve the immunity [1,2].

When you consume jaggery in controlled amounts it helps you in the journey from being fat to fit. You lose weight and shed a few kilos. It creates a healthy metabolism and helps to digest food better.

Jaggery Benefits for Skin and Health

Many people avoid jaggery as its raw appearance is not very appealing. However, it may be time to start making this food a regular part of your diet as it provides many essential nutrients and is an effective remedy for many ailments. By adding jaggery to your diet, you gain a wide range of health benefits that you may not have thought that this food could provide. Jaggery is also known as 'Gur' in Hindi (**Figure 1**).

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Figure 1 Jaggery Ginger Tea.

Skin benefits of jaggery

Jaggery is beneficial as a beauty treatment. It has natural properties that ensure that the skin stays healthy at all times.

Nourishes the Skin: Jaggery is rich in many vital vitamins and minerals, allowing it to provide nourishment to every part of the body, including the skin. When your skin gets proper nourishment, it can stay glowing and healthy.

Health Benefits

- **For digestion:** One of the main reasons that people take jaggery after meals is due to its positive effects on the digestive system.
- **Prevents digestive disorders:** Jaggery helps in the

maintenance of proper functioning of the digestive system. This, in turn, prevents many digestive problems and improves digestion as well.

- **For blood:** Jaggery is known to have beneficial effects on the blood as well. This is why making it a part of your diet is recommended. One of the most well-known benefits of jaggery is its ability to purify the blood. When consumed on a regular basis, it cleanses the blood, leaving your body healthy.
- **Prevents blood diseases and disorders:** Jaggery helps in boosting the total count of hemoglobin in the blood (3). It also boosts the immunity that, in turn, helps in preventing a wide variety of blood disorders and diseases.
- **Prevents anemia:** Jaggery is rich in iron and foliate that help in preventing anemia by ensuring that a normal level of red blood cells is maintained. This is especially beneficial for pregnant women. It also provides instant energy that prevents fatigue and weakness of the body.
- **Benefits for weight loss:** Jaggery is surprisingly effective as an aid for weight loss. If you are looking to lose some unwanted pounds, include this food in your diet.
- **Boosts body metabolism:** Jaggery is a rich source of potassium, which is a mineral that helps in the balance of electrolytes as well as the building up of muscles and improving the metabolism in the body. These factors play an important role in effective weight loss, making jaggery effective in aiding in weight loss.
- **Reduces retention of water:** Water retention is a major problem when you are trying to lose weight. As mentioned earlier, jaggery contains many essential minerals, especially potassium. This mineral helps in the reduction of water retention, thus managing your weight.
- It removes the toxins and impurities from the body, thereby providing relief from constipation and other health problems.
- **Controls blood pressure:** Jaggery contains potassium and sodium, which play an important role in the maintenance of

acid levels in the body. It also makes sure that a normal level of blood pressure is properly maintained [3].

Jaggery on the Account of Corona

While the pandemic has changed a lot in our lives, one thing it has impacted in a big way is our food choices. Eating has evolved from being a convenient and comforting experience before Covid-19 to a healthy activity during the pandemic. "Covid 19 has certainly contributed to a major shift in people's eating habits. With the increased awareness of healthy lifestyle practices for boosting immunity and the dos and don'ts, many have turned towards eating for health. Use of Jaggery and other healthy alternatives were certainly a part of the pandemic-led health revolution," says DrManojKutteri, wellness expert, Atmantan Wellness Centre, Pune. Yes, several foodies, home chefs and those with an insatiable sweet tooth are now switching to jaggery as a sugar substitute. We find out more about the goodness of gur (jaggery) [4].

Jaggery isn't a new thing

Jaggery has been consumed by Indians for a long time. However, with the addition of western cuisines, pastries etc most chefs replaced jaggery with sugar as they found it impractical to use jaggery in many of their recipes. "I wouldn't say that jaggery is a new thing. I would rather say that during these times people have just realized its worth. This goes for every household ingredient for that matter. People today have understood the worth of products in their traditional form over processed goods," says Executive Chef Mohan Rawat, Vana Wellness Retreat, Dehradun [5]. While jaggery is used in many traditional recipes like Gulgule and Gujarati dal as well as halwas and chikkis, winter harvest festivals like Lohri and Makar Sankrantitoo promote the use of Jaggery-based sweets and snacks. "With the growing awareness in the Indian market about eating right, avoiding refined products and replacing those refined sugars with natural sweeteners, chefs and nutritionists have started and reinventing healthy recipes using jaggery, coconut sugar, or even date syrups etc as sugar alternatives," adds Kutteri. Today, jaggery is being used more than ever before and yes it's use has been intensified due to the current pandemic situation.

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