



Kombucha Cocktail: The Unexpected Drink We Need

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Abstract

Kombucha is a fermented tea that is full of probiotics, vitamins, and antioxidants. Improved gut, heart, mental health, and weight management are potential health benefits. The drink may also help with certain health problems like type 2 diabetes, liver health, and cancer. Homemade contamination risks, different sugar levels, and alcohol content are kombucha safety concerns. Making kombucha at home requires a process of brewing that lets you customize the flavor. Kombucha has become increasingly popular. This promising business has been brought up by its potential health benefits alone. It has a distinct taste profile. It is a sparkling combination of tea, soda, and occasionally alcohol. This article will talk about kombucha's history, possible health benefits.

Keywords: Kombucha, Probiotics, Benefits.

Introduction

Kombucha originates from ancient China, probably from the Qin Dynasty, around 221 BCE. It was called the "elixir of life" by the ancient Chinese. Its suggested health benefits earned it this prestigious title. However, since then, its fame has spread far and wide. It has become a custom in many countries like Russia, Japan, and throughout Eastern Europe, and, of course, it has spread all over the world.

Kombucha is a functional beverage or fermented tea with a mild effervescence and alcoholic taste. It is a fermented, sweetened black or green tea drink that should be taken in moderation for its health benefits. Also called Kombucha Tea to distinguish it as a health drink rather than an alcoholic beverage. Because of fermentation, the alcohol concentration is below 1%. Only in liters will it cause alcoholic reaction.

Kombucha has many names in different cultures, and it is just right because it has so many health benefits. Ukrainians include it in their daily routine as "tea kvass." In contrast, in Japan, it is referred to as "kocho kinoko," or "red tea mushroom," and in China, it is used for possible medicinal benefits.

Kombucha brewing is a simple process. It begins with common ingredients like tea, sugar, and water. But SCOBY, a symbiotic culture of yeast and bacteria, is the main ingredient in this mix. This living thing feeds on the sugar during the tea journey, which starts the fermentation process, giving us the delicious, tangy brew that we all know. Kombucha is a healthier cocktail mixer to mega-sweet bar staples like soda, fruit juice, and tonic for those who are trying to reduce their sugar intake. Furthermore, it is highly enriched with probiotics, B vitamins, and antioxidants. Although kombucha is promoted for its ability to help the body recover from alcohol consumption, we can't promise it will prevent hangovers.

Potential Health Benefits of Kombucha: Although kombucha is a refreshing drink, it has potential health benefits. The investigations have demonstrated that it's more than just a delicious drink, even though more research is required.

People love to drink today

Gut Health with Probiotics

It's well known that kombucha has probiotics. Probiotics may improve your digestion when taken in the appropriate dosage. Good and bad bacteria coexist in your gut, and maintaining a healthy balance is crucial. Probiotic-rich beverages like kombucha may be beneficial by boosting the good bacteria in your stomach. Probiotic-infused kombucha has the potential to improve digestion. Additionally, these microscopic bacteria may be beneficial for issues including diarrhoea, constipation, and bloating. Further research may reveal the benefits of kombucha for digestion, even though there isn't much on the beverage's effects on gut health.

Antioxidants and the Prevention of Disease

Antioxidants abound in kombucha, especially when prepared with green tea. These tiny defenders fight dangerous free radicals throughout your body. As you age, free radicals can damage your cells and lead to issues like chronic diseases. By controlling these free radicals, antioxidants may contribute to the prevention of diseases including cancer and heart problems. Though kombucha research is still in its infancy, the abundance of its antioxidants suggests that it may be able to help prevent disease. For instance, research on animals suggests that kombucha may reduce the risk of heart disease and shield the liver. To completely grasp its ability to combat disease, more research is necessary.

Controlling Weight and Metabolism

Kombucha may help you lose weight if that's your goal. It may increase your metabolism, particularly if it contains green tea, although the evidence supporting this claim is weak. Probiotic-rich kombucha may also help regulate hunger by enhancing gut health, which affects metabolism and energy balance. This might help with weight control in an indirect way. Studies reveal that the probiotics in kombucha may have an impact on metabolism and fat accumulation. Ingesting kombucha may enhance metabolism and help control weight by fostering a balanced population of gut flora.

Heart Conditions

Good health depends on having a healthy heart, and kombucha may help maintain heart health, according to some data. Positively, research on animals suggests that kombucha may enhance HDL (good cholesterol) and decrease LDL (bad cholesterol). It appears to improve liver function as well. Kombucha has the potential to support heart health and help maintain normal cholesterol levels, but further human research is necessary.

Kombucha and Particular Medical Conditions

The precise health advantages of kombucha are not well studied. What is known, however, suggests that kombucha may be beneficial for a number of ailments. These are just a handful of them.

Cancer

Initial research reveals that kombucha's significant antioxidant content may help suppress tumour growth, even though the beverage may not be able to prevent cancer in its early stages. But additional research is needed to completely understand how kombucha drinking may be associated to cancer risk, as the current studies are restricted. According to lab research, kombucha may be able to prevent cancer by inhibiting the growth and metastasis of cancer cells and encouraging their demise. The possible impact of kombucha in human cancers requires more investigation.

Liver Function

Because kombucha has a high antioxidant content, it may also be beneficial for liver health. Its antioxidant components may shield the liver from toxicity caused by drugs, according to some research. Early studies on animals indicate that kombucha may help the liver function by protecting the body from harmful toxins, but more research is required to validate these results. Antioxidants in kombucha, especially those from green and black tea, may help prevent oxidative stress, which can damage the liver and its functions. Even though the precise processes are still unclear, kombucha's strong antioxidant content is a great place to start when it comes to improving liver health.

Management of Type 2 Diabetes

Because kombucha has the ability to influence blood sugar levels, it may be useful in the treatment of type 2 diabetes. In rat research, it inhibited the rate at which carbs were absorbed, resulting in decreased blood sugar levels following meals. Nevertheless, human research is required to validate these results. It's crucial to exercise caution when it comes to the amount of sugar in kombucha and other sugar-containing foods. According to a study that used diabetic rats, kombucha may help reduce blood sugar levels by enhancing liver, kidney, and liver function. While encouraging, additional study is needed to ascertain whether comparable outcomes might transpire in human subjects.

Kombucha could eradicate dangerous germs

A primary byproduct of kombucha fermentation is acetic acid, which is also found in large quantities in vinegar. Like tea's polyphenols, acetic acid has the ability to eradicate a wide range of potentially dangerous microbes. Strong antibacterial qualities can be seen in kombucha prepared from black or green tea, especially against germs that cause infections like *Salmonella typhi* and *E. coli*. In test tube tests, these antimicrobial

actions inhibit the growth of unwanted bacteria and yeasts, but they have no effect on the probiotic, helpful bacteria and yeasts that are involved in the fermentation of kombucha.

Challenges: Probiotics appear to have potential advantages for both general and mental health, according to growing study on the subject. Although kombucha is a relatively new beverage and technically a probiotic drink, not much is known about how it affects mental and physical health. The market for this product is expanding, but there are no scientific studies to back up its claims to improve mental and physical health.

Conclusion

The unusual ancient beverage kombucha may provide a number of health advantages, including better heart, mental, and intestinal health. Although there isn't much study on kombucha, what is known suggests that consuming this effervescent beverage may help maintain a healthy lifestyle. Safety issues with kombucha, like the possibility of handmade contamination and the fluctuation of alcohol and sugar content, are crucial. You can take advantage of the possible health benefits of kombucha while still enjoying this tart beverage if you have a clear understanding of how to brew and consume it.

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