

TEA DRINKING ETIQUETTES FROM ACROSS THE WORLD **Different Ways of Serving Different Type of Tea** **O. S. Verma**

Tea is not only important the ways it is made but also the ways in which it is served. Gone are the days when tea was a just warm brown liquid. It is no longer a random cup of black tea blended with milk and sugar. Similarly, there are different ways of serving and consuming it in different countries. In some countries, it is typically served in longish tulip-shaped glasses, in tall glasses, in bowls and in some breakfast cup and even Indian kulhad are still the best. Tea drinking etiquettes from across the world are shown in the figure as illustrated by Ismat Tehseen (2019).

Do you know that tea bags were invented in 1908 in United States by Thomas Sallivan who created small silk bags for keeping samples of teas to deliver to his customers. Ice tea was invented by Richard Blenchynden in early 1900. He was unable to sell his tea at Summer Fair because it was blazing hot. He then decided to put ice into the tea and it became a huge hit.

Debarati Sen (2018) reported that we drink green tea for the metabolic wellness, exotic tea for connoisseur, coloured tea for antioxidants, tisanes teas for rejuvenation, and decaffeinated organic tea for numerous health benefits. Ideally, tea should come fresh from top gardens duly certified by Organic Bodies. Single origin teas like Darjeeling tea and Assam tea are, therefore, preferred choice. Some people are pretending that tea leads to wait loss in isolation. This is a disputable debate.

Verma (2016) revealed that these days there is a visible shift from coffee to tea as people believe that tea is healthier option. Cafes are now putting tea-infused dishes on their Menu. Tea is thus in the limelight getting fancy makeover. It has become a new wine, a new champagne, a superfood in Malls and Five Star Hotels. Although tea is full of health benefits but only when it is consumed in moderation. In some countries, especially in Turkey, per person consumption of tea at 3.15 Kg per annum is too much as compared to India at 0.32 Kg per person per annum.

REFERENCES :

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2. Ismat. Tahseen@timesgroup.com (2019). Tea Drinking Etiquette From Across the World. Times of India, dated 12 April-2019.
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superfoods everyday

► Ginger

Another reason to drink more masala *chai*? Ginger is a well-recognized anti-inflammatory that stimulates appetite, and reduces intestinal pain, gas and bloating. "In Ayurveda, fresh ginger is used to battle nausea, especially pregnancy-induced vomiting. Dried ginger root works well on joint pains (mix with almond oil and rub on painful areas), as well as migraines, and helps lower cholesterol levels," says Ayurvedic physician Dr Dogra.

► Ashwagandha Root

Ashwagandha is used to fight stress, anxiety and fatigue. Also used to relieve painful swelling or rheumatoid arthritis — traditionally its leaves were applied to the painful area — Ashwagandha is also considered beneficial for increasing sperm count in men.



Regular consumption of tulsī helps purify blood, reduce blood sugar and build immunity

► Amla

Popularly known as the Indian gooseberry, this fruit has carved its own healthcare niche on account of its powerful antioxidant properties. "It also works as a digestive tonic, cleansing the colon, and removes excess heat from the body," says Dr Dogra. A rich source of natural Vitamin C and calcium, amla is also known for its anti-ageing properties. Amla oil is directly applied to the hair as it fights dandruff.

► Turmeric

Currently trending as an international superfood, turmeric is an all rounder, thanks to its anti-viral, anti-bacterial and anti-fungal properties. "It is used to treat skin conditions, detoxify the liver and is excellent for diabetics as it lowers blood sugar," says Dr Dogra. While it can be applied directly to treat wounds, it is very beneficial when ingested, preferably when mixed in milk with some black pepper and honey.

► Ghee

Here's some good news for those who like a spoonful of ghee over their rice and vegetables. "Clarified butter (as ghee is also known) actually lowers cholesterol, thanks to its content of omega-3 fatty acids, and helps improve heart health," says

Dr Dogra. It also helps maintain healthy eyesight and skin, and trumps carbs as an excellent source of energy.

► Tulsi

"In Ayurveda, tulsi leaves, ginger and cardamom boiled in water make for a healing potion to treat sore throats, headaches and chest congestion," says Dr Dogra. Tulsi juice is effective in treating acne, as well as other skin disorders such as ring worm infections, rashes and itchiness. Regular consumption of tulsi also helps purify blood, reduce blood sugar and build immunity.

► Brahmi

"Brahmi or Bacopa is used to balance the three body types specified in Ayurveda — Vata, Pitta and Kapha," says Dr Dogra, adding that this herb also helps sustain brain and nervous system functions. "It is traditionally mixed with sesame oil, and used to massage away stress and soothe the nerves," he says. Brahmi also helps improve memory power. Dr Dogra cautions though, that the herb should be consumed only after medical consultation. "It does feature a few side-effects like stomach upsets, cramps and nausea," he says.

— Aashmita Nayyar, HuffingtonPost.in
Rahul Dogra

INCLUDE THESE IN YOUR DAILY MEALS TO TORCH THE CALORIES

1 EGGS

These are known to be high in protein, which burns fat faster than other fatty foods. It also contains Vitamin B12, eight minerals, iron, calcium and other macronutrients, which aid the body in metabolising fat.

2 FISH

Instead of reaching for your chicken curry next time, try opting for fish, especially tuna, salmon, mackerel, swordfish and flounder. Like eggs, fish is also a protein-rich food that burns more fat while getting digested instead of carbohydrates or fats. It also contains Omega 3s, which prevent the build-up of stress chemicals that induce fat abs.



3 GREEN TEA



It is almost like a magical drink that has the power to keep most health problems at bay. It keeps those extra inches away by preventing fats from getting absorbed by the body. Drinking a cup of green tea everyday goes a long way in helping you achieve a healthy life.

4 OATMEAL

Oatmeal not only helps in cutting down the fat content but its rich fibre content helps in the reduction of cholesterol. It

also stays for a longer period in the stomach, which takes care of your hunger pangs. However, opt for a natural sweetener like honey instead of sugar while preparing oats.

5 DAIRY PRODUCTS

Dairy products are rich in calcium, which is very effective in burning fat and even preventing its formation in the body. The amount of calcium in a person's body indicates how easily one gains fat. The more calcium present in your body, the easier it is to burn all the excess fat.

6 BERRIES

Berries, as we all know, are fibre-rich fruits. Raspberries are said to contain eight grams of fibre in a cup. Strawberries have lower sugar content than other fruits while also being rich in Vitamin C, which boosts metabolism in the body. Berries also have another component called

FOODS THAT BURN FAT

pectin, which forces fats to release their fat cells.

7 GREEN VEGETABLES

Green vegetables have been tried and tested in their various health benefits. You should stop shrinking away from adding them to your diet as they have the power to reduce your waist size. Amongst the green vegetables, give special attention to spinach, cabbage and beans. Including a lot of salads into your everyday meal plan means getting closer to reducing the body's fat absorption.

— Mensxp.com