

(REVIEW ARTICLE)



The ancient Indian alcoholic and non-alcoholic beverages formulas

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Abstract

The Ayurvedic medicinal system is several thousand years old. Unlike the allopathic system of medicine, Ayurvedic medicine has no side effects. The ancient Indians kept several secret natural medicinal and non medicinal formulas. In this work, the author attempts to unlock one of the hidden secrets of alcoholic and non alcoholic beverages preparation.

Keywords: Organic and alternative alcohol; Natural non- alcohol beverages; Ayurveda; Medicine

1. Plants which possess a variety of health benefits for mankind

- Black Cutch Tree , *Acacia catechu*
- *Cordia dichotoma*, bird lime tree, clammy cherry, fragrant manjack, Indian cherry, Sebesten plum
- Indian beech, *Pongamia tree*, Indian *pongamia*, *pongamia*
- *Neolamarckia cadamba*, burflower-tree
- Ashoka tree; *Saraca asoca*)
- *Ficus racemosa*, cluster fig, red river fig
- Gooseberry tree, *Phyllanthus acidus*
- *Calophyllum Inophyllum*

The author chose the above eight plants and studied them for five decades. The blossoms, flowers, fruits, leaves, stems and heartwoods of these eight trees possess marvellous medicinal properties, healing and preventing qualities.

2. Health benefits of the above trees

Catechu proper is katha or catechu. This is obtained by boiling chips of heartwood with water. In India two varieties are marketed: katha or pale catechu and cutch or dark catechu. Catechu is used for diarrhea, swelling of the nose and throat, dysentery, swelling of the colon (colitis), bleeding, indigestion, osteoarthritis, and cancer. People apply catechu directly to the skin for skin diseases, haemorrhoids, and traumatic injuries; to stop bleeding; and for dressing wounds.

Cordia dichotoma is an Ayurvedic plant, used for the treatment of cough, asthma, skin diseases, fever, diarrhea, intestinal worms and wounds.

Fur lower tree cures Skin disorders. Its oil is widely used in skin disorders like boils, abscess, and eczema. ... Piles Mass. Fur flower or its oil helps to control swelling and inflammation of pile mass when applied externally, Arthritis, joint pain, ulcer and wound healing.

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The health benefits of Cadamba trees are that it can reduce blood sugar levels. It possesses wound healing properties. It has pain and inflammation reducing properties. ... Works as an antibacterial and antifungal agent, It may act as sedative, Helps to prevent constipation, Anti-epileptic effect, and anthelmintic activity.

Health Benefits of Ashoka Tree: Help treat acne, Ashoka Tree Herb for Gynaecological Problems., Ashoka Tree Bark Helps improve intellect, Ashoka Tree Leaves in Skin Care, Ashoka plant Prevents Internal Bleeding, Deals with stomach swelling and inflammation, and for piles and diabetes. Also, it Prevents diarrhea.

The fig tree promotes digestive health. Figs are often recommended to nourish and tone the intestines, they act as a natural laxative because of their high fibre content, Rich in antioxidants. May support healthy blood pressure, May support bone health., May improve diet quality and aid weight management.

Gooseberry tree boosts immunity. it is a rich source of polyphenols and vitamin C, which help support digestion and strengthen immune functioning, purifies blood, regulates blood sugar levels, improves digestion, Good for mental health, helps in hair growth, maintains healthy skin.

Calophyllum Inophyllum maintains to health, such as anticancer, anti-HIV, antiviral, antitumor, anti-inflammatory, antimicrobial, antineoplastic, antiplatelet, antipsychotics, antioxidant, antiaging, antileukemic, antimalarial, and anticoagulant, antifeedant, analgesic, photoprotective, molluscicidal, and piscicidal agents.

The faculty members of botany and forestry have done outstanding research on the health benefits of the above plants. I have only mentioned a few of them. Interested readers and experts may use the internet for more information, publications in peer reviewed journals and theses.

3. Liquor making by utilizing the parts of catch tree

- Number one alcoholic drink is the one prepared only by using the blossoms of a catch tree. This liquor has no side effects at all. This drink regulates, streamlines and rejuvenates the respiratory, blood circulation, urine, kidney, brain, joint, endocrine and the skin systems. It is indeed a marvellous and revolutionary drink. It maintains sexual stamina and the partners can enjoy coitus for hours. Studies show that if consumed along with meat and fish, the benefits are countless. The consumer is freed from the fetters of mental and psychological complaints. This puts consumers in El Dorado by yielding bliss and enlightenment for six to eight hours.
- The number two preparation is by using the flowers.
- The number three useful liquor is by using the fruits of the catch tree.
- The fourth preparation is by taking the leaves, sticks and the heartwood of this tree.

The regular but limited quantity of this qualitative alcoholic beverage maintains the consumer ever young and fresh. The consumer may engage in intercourse for several times per day. The sexual organs never get tired. After three years in-take, the semen of the males become thick like curd and also the colour of the semen turns to yellow from pure white. This is the same case with the women too.

4. Alcoholic beverage preparation in the following ratio

The fruits/flowers of

- Black Catch Tree, Acacia catechu 30%
- Cordia dichotoma, bird lime tree, clammy cherry, fragrant manjack, Indian cherry, Sebesten plum 10%
- Indian beech, Pongamia tree, Indian pongamia, pongamia 10%
- Neolamarckia cadamba, burflower-tree 10%
- Ashoka tree; Saraca asoca) 10%
- Ficus racemosa, cluster fig, red river fig 10%
- Gooseberry tree, Phyllanthus acidus 10%
- Calophyllum Inophyllum 10%

The combination of such ratios turns into an effective drink.

Taking equal amount of the above eight trees

This preparation is very effective like the making item I.

4.1 Special Preparation

The equal quantity of the fruits of Cordia dichotoma, Pongamia tree, cadamba, fig tree gooseberry and Calophyllum Inophyllum is also a super quality.

5. Extra ordinary wine making

- Take fruits of the above five trees in equal weight , say x kg
- Bamboo rice 1/8 x kg
- Moringa gum 1/16 x kg
- Moringa flower 1/16 x kg
- Moringa seed powder 1/16 x kg
- Ipomoea marginata ,Purple heart glory 1/16 x kg
- Solanum trilobatum greens 1/16 x kg
- Pasalai greens 1/16 x kg
- AmaranthusTricolor , Amaranthus aritis 1/16 x kg
- Cardamom 1/32 x kg

Boil all these and get filtered for this extraordinary preparation.

In all the above eight processes, fermentation is both heart and brain. It adds more taste and quality to the drink. Various ancient – traditional fermentations techniques will be narrated in the next article.

6. Discussion

In reference [2] one can find and astonish about the side effects of alcoholic beverages. The findings are scientifically proven. But the author's raw materials have no such warning consequences. On the contrary, the author's formulas maintain perpetual physical fitness and mental health. The author has been regularly consuming these preparations. Considering the incurable outcomes of the current alcoholic beverages, the author unlocks and exposes the beauty of the plant beverage drinks.

These plant basic raw materials can be made into cool drinks like coca cola, beer, gin, wine, rum, whisky, brandy, vodka and champagne.

Let us recall that the famous French Emperor Napoleon Bonaparte used to tell time and again that, the word impossible should be taken away from dictionary.

Yes, the proper consumption of the above preoperational methods helped and paved the way for the author to solve two 2300 years old mathematical impossibilities. The author's findings have been published in a number of peer reviewed national and international journals. Also, these hot drinks helped the author to attain full focus and concentration which provided with the following scientific achievements:

The scientific probes and studies have no full stop or end. It is a continuous process. The research community and future generations will DELVE the author's beverages findings and will definitely refine and modify. That is the author's great ambition.

7. Conclusion

The author prepared himself this beverage and consumed .There are no side effects. But the author politely proposes to the research community to do more and more R&D. Kindly look at the lab. test report at the end of this manuscript. Refinements and fine tuning are needed. The author can guarantee that the results of this beverage will be instatnt without any side effects.

Compliance with ethical standards

Acknowledgments

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