



# Top Summer Drinks Of India

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India is famous for its rich cultural heritage and for a deeper understanding of any culture, you need to taste the delicacies of the land. India has a variety of flavourful cuisines encompassing several regional dishes. The subcontinent is also well known for its varied and extreme climate. Summer in India is long and intense and to stay hydrated you must try these 5 summer coolers, that are all natural. These traditional drinks, of one of the oldest countries of the world, are made of local ingredients and seasoned with herbs and spices to enhance their flavour and health benefits.

### Aam Panna

Aam Panna is a healthy beverage prepared from raw mangoes, sugar and mint leaves/ powder. An assortment of spices is added to the sour mix which makes it more flavourful. Its great to fight the scorching summer sun and is efficient in rehydrating the body. This fruit drink helps you beat the heat by strengthening your immune system and maintaining your electrolyte balance. It is available across India and is widely consumed in Northern states.

### Jaljeera

Jaljeera is usually consumed as an appetizer and is a common welcome drink in most North Indian restaurants. This magical mix of tamarind, mint, cumin and salt in cold water is sure to tantalize your taste buds. Being rich in Vitamin C, it keeps the body cool during summers and is good for digestion. Jaljeera is known to provide instant relief from dehydration and is energizing.

### Thandai

Thandai is mostly served during Holi and Mahashivratri festivals in the Northern states of Uttar Pradesh and Rajasthan. As the name suggests it is a perfect summer drink that is bound to leave you feeling fresh. This delectable drink is prepared by mixing almonds, rose petals, cardamoms, fennel seeds, saffron, milk, sugar and spices. This delicious summer beverage boosts immunity, cures constipation and provides energy instantly.

## Lassi

Lassi is a probiotic drink, traditionally made by blending thick yogurt with cold water and spices. It is known to improve digestion and is a great refresher. It is available in variations of sweet and salty. You can try lassi with your meal when in Punjab, although it is widely consumed in other Indian states too. Lassi prevents bloating, cools you down, helps improve skin texture and revives your senses.

## Chaach/Chaas

Chaach/Chaas is a popular savoury drink, available across India and is known by different names in different states. It is made of sour yogurt blended with water and seasoned with spices and crushed curry leaves or coriander. It is a natural thirst quencher, that tastes great and has therapeutic benefits. Chaach works as an antacid and is a great accompaniment to a heavy spicy meal.

These healthy summer beverages are generally homemade, but they are also available in most hotel menus. In case you are in India during the hot months between March to September, these refreshing and healthy drinks should be on your must try list. Remember staying hydrated during summer is important and what better way than to do it naturally with fortifying beverages.

## Bael sharbat

The bael sharbat is cooling, refreshing, highly nutritious, mild laxative and tonic during hot summers. Bael fruits have a lot of phytoconstituents, like phenolics, vitamins, mucilage, fibre and other nutrients. Consumption of fruit in summer could:

- Keep Gastro Intestinal Tract healthy and relieve digestive problems
- Restore energy and relieve fatigue
- Protect against sun stroke and soothes the body, as well as
- Provide anti-oxidants and nutrition

So, the fruit is a natural and nutritive soothing agent to beat the heat of summer.

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**Source:** <https://data.vikaspedia.in/short/lc?k=4oUxFMZux9XaAt-s5-x1Xw>

