



## A New Class of Probiotic Health Drink –Kombucha

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### ABSTRACT

**Keywords:**  
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Kombucha is a traditional sweet beverage containing potential hepatoprotective agents prepared by fermenting sweetened black or green tea with a symbiotic colony of bacteria and yeast (SCOBY). It is consumed, but historically in China, Russia and Germany for its refreshing and beneficial properties on human health. Drinking of kombucha can prevent various types of human illness including AIDS, cancer, cardiovascular diseases, and diabetes and stimulate the immune system. Kombucha is the “ultimate health drink”. Potential health effects have created an increased interest in kombucha. Adverse effects are very rare, which possibly arise from contamination during home preparation. In present review the beneficial effects of Kombucha on human health were studied, its production and adverse effects associated with drinking of Kombucha were explored.

### Introduction

Kombocha is a slightly sweet, acidic refreshing beverage, which is eaten worldwide. It is mainly produced by fermenting tea using symbiotic colony of bacteria and yeast (SCOBY). It tastes like apple cider. It was first used in East Asia for

its healing benefits, but mainly it originated in northeast China around 220B.C. It is known by 80 different names worldwide. [1] In Japanese the term Kombucha refers to different beverage made from dried and powdered Kombu. Advantages of Kombucha  
Antimicrobial action: - It shows inhibitory action against various pathogenic



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microorganisms such as *Entamoeba cloacae*, *Pseudomonas aeruginosa*, *B. cereus*, *E. coli*, etc. It can show antimicrobial action against bacteria, gram positive as well as gram negative. Antimicrobial activity of Kombucha is mainly due to the presence of organic acids

**Antioxidant source:** - Kombucha shows antioxidant activity. It is due to the presence of tea polyphenols, ascorbic acid. It has been observed that Kombucha shows higher antioxidant activity than unfermented tea. The grounds behind this is that due to the product of low molecular components and structural modification of tea polyphenols by enzymes which are produced by bacteria and yeast.

**Kombucha as anticancer source:** - It has been claimed by the Kombucha drinkers that the Kombucha has anticancer property. As a result of different types of cancer can be controlled with fewer side effects during fermentation. Kombucha, also exhibits free radical scavenging activities. Disadvantages of Kombucha: It has been reported that a certain individual has dizziness and nausea after consuming certain Kombucha products. Other side effects which are related to consumption of Kombucha are: - allergic reaction, jaundice, nausea, vomiting, etc. The most adverse effect of Kombucha occurred after a person drank

more than 4 ounces [25 ml] Procedure

Kombucha is a refreshment drink and it can be easily made at home. Few equipment and certain ingredients are needed for making Kombucha tea. Equipments and ingredients needed: - A quart size glass jar, Stirring utensil, made up of plastic or wood, Coffee filter or a tight cloth, Rubber band, to secure the cover of the glass jar, Unchlorinated water, Tea bags, Distilled white vinegar, Active Kombucha, SCOBY, White sugar

**Steps:** In a glass jar, take hot water and then add sugar into it. Stir it continuously until the sugar gets dissolved.

Ensure that water should be hot not boiling. Place the tea bags into the hot sugar water to steep. Now cool this mixture to 68-85°F. As this process of cooling continues, the tea may be left in the liquid or it can be removed after the first 10-15 minutes. It depends on us. The longer the tea remains in the liquid, the stronger it will be. Take out the tea bags and add distilled white vinegar into the liquid.

Then add an active Kombucha SCOBY. SCOBY helps in transforming the sweet tea into tangy, fizzy Kombucha. Cover a jar with a tight cloth or coffee filter and use a rubber band or a canning jar ring to secure the cover. Leave this mixture undisturbed, out of direct



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sunlight, at 68-85°F for about 7-30 days. The taste depends upon the time of fermentation.

The longer Kombucha ferments, the less sweet and more vinegary it will taste. Pour the kombucha off from the upper side of the jar for consuming.

The SCOBY and liquid from the bottom of the jar should be retained enough so that it can be used as a starter for the preparation of the new batch. Flavors can be added to the finished Kombucha or it can be enjoyed. [3] Scope of Kombucha Kombucha is an ancient beverage, which was produced and enjoyed over the centuries for its flavor and health benefits. In some countries, it is a very new thing, whereas some countries are not aware about it. "The Kombucha market is the fastest growing market in the functional beverage category". The Kombucha market is passed for huge growth by 2020 growing 25% each year, according to a report from markets and markets. [2] As a product, it has had success in conveying itself as a healthy product. It is now regarded as a "health drink" Consumers are more interested in products which help to live a healthy life and also have a pleasant taste. Different flavors are available of Kampuchea, which has played an important role in its

popularity. As it is a fermented beverage so its popularity is mostly among the younger generation. It is like the "health food" for a new generation. Researches on Kombucha demonstrating its beneficial effects will most likely continue to increase substantially in the next few years. The popularity of Kombucha is increasing day by day as once people understood and liked it, they want more. Conclusion: As seen above those are some benefits, adverse effects, and method of preparation of Kombucha. Kombucha is consumed worldwide, it is a refreshing drink and is good for everyone. Due to its beneficial effects it is getting popular in every region of the world.

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