



## Areca milk mix

Nikhil MC

Research Scientist, Malenadu Agri-Research & Development, Malali, Hosanagar, Karnataka, India

### Abstract

The arecanut palm is the source of common chewing nut, popularly known as betel nut or Supari. In India it is extensively used by large sections of people and is very much linked with religious practices. India is the largest producer of arecanut and at the same time largest consumer also. Major states cultivating this crop are Karnataka (40%), Kerala (25%), Assam (20%), Tamil Nadu, Meghalaya and West Bengal.

**Keywords:** areca mix, powder, arecanut flavour

### Introduction

#### Current Scenario

Price fluctuation of arecanut in the district is a problem to the arecanut farmers. They are not able to forecast the price independently. The unavailability of transport facility to the arecanut growers make the farmers bound to sell their produce through middle men/agents. Moreover only few arecanut farmers do fermentation process. The price of fermented nuts is more as compared to ripe mature nuts because of its value addition i.e. dipping in the pit with water for four to six months. The fermented nuts are highly demanded because of its taste.

But now the cost of arecanut reached to an low level because of foreign importing of arecanut. In India most of farmers are depending on arecanut by seeing this type of problem in farmers in our region, my mind blown toward the alternative uses of arecanut. First I can try to prepare cold drinks and finally doing lot of effort i could able to get one badam powder kind of powder from areca. It is purely from areca, but the taste is simillar to Badam, That's why i can prepare "ARECA MILK MIX".By doing lot of test its confirmed that powder is not harmful human health and it is fix to used as daily food product in both cold or hot.



Fig 2

### Materials

Areca powder, sugar, smelling agents, preservatives.

### Why we use "Areca Milk Mix".?

#### Stroke Recovery

Betel nut extract and areca mix is a great idea for stroke recovery, in accordance with InteliHealth. Improvements have been mentioned in speech, bladder control as well as muscle strength in patients taking betel nut extract, even though InteliHealth explains that studies so far have already been small and flawed.

#### Prevents Anemia

Betel nuts have been in use for several years like a medication to deal with anemia in pregnant women. They're good for making up for severe iron deficiency and low blood glucose levels. Frequent, however moderate, usage of betel nut might help combat an iron deficiency.

#### Can control diabetes

Arecoline is among the bio-chemicals present in betel nut. This particular bio-chemical has been analyzed to have a considerable control on diabetes. Tests on lab animals showed control of blood glucose levels for the considerable time period. Other research has linked chewing betel nut with an increase of chance of diabetes.

#### Prevents cellular degeneration

Areca mix include antioxidants which help to avoid cellular degeneration within the older ones.

#### Can control hypertension or blood pressure

Studies have shown that the tannins contained in betel nut are helpful in managing high blood pressure activity by inhibiting the reaction to both angiotensin I and II.

#### Euphoria

Gnawing betel nuts does make a feeling of well-being and euphoria. This may be one more reason behind its increased

use. The elated feeling can make users happy. Users also have reported experiencing a warm feeling in the body after consuming this particular psychoactive substance.

#### **Prevents Nausea**

Drinking of areca mix helps prevent nausea. Betel nuts could be chewed just before traveling to avoid vomiting sensation.

#### **Prevents stomach problems**

Stomach problems just like indigestion, diarrhea and stomach aches is often curable. Consuming areca mix provides rest from dysentery and in addition helps prevent it when consumed regularly.

#### **Relieves from excess heat**

Drinking of areca mix helps to reduce excessive heat through the body of a human. Consuming betel nuts with betel leaves can be quite beneficial in the summers.

#### **Anti-depressant properties**

In accordance with Ayurveda, betel nut is considered to encourage the nervous system. Research into betel nut shows that it does have got anti-depressant qualities. Tests on lab rats recommended that betel nut extracts decreased stress brought on by swimming and tail-suspension.

#### **Immunomodulatory Properties**

Taking areca mix is assigned to rise in the immunomodulatory response. The extracts of betel nut demonstrated modulation of arachidonic acid metabolism which influences the rise of platelet production.

#### **Energy Booster**

The reason behind its increasing popularity is its capability to boost energy. Thanks to its stimulating effects, users experience elevated levels of energy quickly upon drinking this type of drinks. Many state that it wakes them up and offers energy to continue with their day-to-day routine. The heightened alertness as well as increased ability to handle task comes from its active ingredient arecoline?an alkaloid along with a powerful stimulant of the central nervous system.

#### **Conclusion**

By using of arecanut and this powder very usefull and helpfull to our health and mainly fit for human health.

#### **How to use**

For Hot milk: Take a vessel and fill the water what ever you required and add sugar and milk to it and after heating add one packet of Areca milk mix powder, By 1 pack we can prepare 4 cup of malts.

For cold areca milkshake: Take a vessel and pour water into it and add little amount of milk and directly add and mix the areca milk mix powder into it. And put in refrigerator for some min. For cold drink from 1 pack we can prepared upto 6 to 7 cup of milkshake.

#### **References**

1. Areca cure cancer by Keshav bhat.
2. Antibiotic potential of Arecanut and certain Arecanut

formulation available for treating diabetics by Keshav bhat.

3. Antimicrobial properties of Areca by Keshav bhat.