



## BODY DETOXIFICATION- BY DETOX WATER

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### ABSTRACT

Detox Water is a type of alternative-medicine treatment which aims to rid the body of unspecified "toxins" – substances. Fruits, vegetables, and herbs consist of various bioactive compounds like flavonoids, carotenoids, phenolic acids. These phytochemicals act as antioxidants by scavenging free radicals. The phytochemicals can be released from the plant materials by immersing into water. This method is known as water infusion. Detox water is more helpful and better than the soft drinks, carbonated drinks available in the market. These infused water helps our body's vital organs to make their work easy. Various detox water recipes available, which has more benefits to our body. Detox water is easy to make and use. And the fruits are easily available and are cheap. During a detox diet, it is recommended that no fruit be consumed, so that the body is forced to draw its energy from the stored fat, instead of from the sugar in the fruit. We discussed preparation methods for the detox water.

**KEYWORDS:** Detox water, metabolism, phytochemicals, and natural detox diet, detox water recipes.

### INTRODUCTION

Detoxification (often shortened to detox and sometimes called body cleansing) is a type of alternative-medicine treatment which aims to rid the body of unspecified "toxins" – substances. Consumption of fruits and vegetables have been shown to increase life span, improve mental and cardiovascular health, prevent cancer and help in weight management among other ailments. It has been shown that fruits, vegetables, and herbs consist of various bioactive compounds like flavonoids (quercetin and kaempferol), phenolic acids (chlorogenic acid and caffeic acid), and carotenoids (lutein and zeaxanthin), as well as vitamins, minerals and fibers. These bioactive compounds have proven to exert beneficial effects on human health by preventing diseases caused by oxidative stress. Oxidative stress releases free oxygen radicals in the body and has been implicated in several disorders including cancer, autoimmune disease and ageing. These phytochemicals act as antioxidants by scavenging free radicals. The phytochemicals can be released from the plant materials by immersing into water. This method is known as water infusion.<sup>[7]</sup>

### DETOXIFICATION

#### i. Why to detox<sup>[2]</sup>

The liver is the natural system of detox our body

The aim of detoxing and why should anyone consider it?

- ❖ Drug, virus, bacterium, artificial chemical, pesticide, hormone (endogenous and synthetic) is metabolized by the enzyme pathways inside the liver cells, it may become overworked and congested so that we need to respect and take care of this vital organ.
- ❖ In a nutshell, detoxing necessitates the elimination of all carbonated drinks, alcohol and processed foods, while simultaneously cutting down on calories, so that the fat soluble toxic chemicals (trapped in fat stores) a drainage to break down fat released when fat is converted to energy. Detoxing usually involves exercise, massage and lymphatic drainage to break down fat stores so that they are released along with the toxins.
- ❖ During a detox diet, it is recommended that no fruit be consumed, so that the body is forced to draw its energy from the stored fat, instead of from the sugar in the fruit.
- ❖ Because it is easier to derive energy directly from sugar the liver will always use sugar preferentially, before tackling the more complex process of converting fat to energy. When no sugar is

consumed, the liver has no choice but to use stored fat.

## ii. How to detox<sup>[3]</sup>

The first step to detoxing is removing the toxins from your environment. These can come from food, water, air, or skin contaminants. Most people are familiar with how toxic food can make them feel but often are completely unaware of the quality of their air and its relation to their health. The lungs act as a great transmitter of chemicals right into the bloodstream and potentially the brain. Chemicals can act as a potential threat to our DNA or trigger for the immune system. Chemicals bind right onto the DNA and trigger immune reactions potentially creating autoimmune disease or cancer. Second important step is optimizing the three primary ways to rid the body of things it does not need through sweat, urine and stool. Here are some ways to optimize these detox mechanisms:

Drink plenty of filtered, clean water out of glass bottles, not plastic, to help the kidneys get rid of water-soluble toxins.

Increase fiber to optimize gut function and promote healthy bacteria in the gut. The micro biome can help us or harm us depending on what we feed it! Plenty of green leafy and root vegetables with high fiber content will help.

Activity or saunas to increase sweating and blood flow. Replacing minerals frequently especially magnesium.

The third important step to think about is optimizing our biochemical pathways for detox. Many of the B vitamins assist us in this process. If you have genetic SNP's (alterations in the genetic code) which cause poor methylation or sulfation you may need to add support with special supplements. These genetic differences cause an impaired ability to rid the body of toxins. But again, if the toxins are not there in the first place then there is not an issue.

## iii. Natural Detox<sup>[1]</sup>

### i. Drink 8–10 glasses of water every day

Water makes up 75% of the body weight of infants and up to 55% of the body weight of adults. It is crucial for maintaining the body's homeostasis and sustaining life.

For instance, a good hydration level is necessary to maintain regular body temperature. Water loss from the body via sweating is an essential cooling method in hot climates and while exercising.

Multiple studies and experts recommend that you should be drinking 8–10 glasses of water every day to flush away the toxins from your body.

### ii. Practice oil pulling

Oil pulling is an age-old method of preserving health in Ayurveda and is known to be incredibly beneficial in conserving oral health.

Getting rid of toxins is very vital for sustaining your well-being. When your body has a lot of toxins, it becomes susceptible to health problems such as inflammatory symptoms, allergic reactions, and weakening of the immune system.

Numerous people report the benefits of oil pulling, and although there is not enough research done to prove its benefits, it is very easy to do and doesn't need any professional aid, making it an effective at-home strategy.

### iii. Drink Matcha

Matcha is made from young tea leaves that are dried and turned into fine powder, which can then be steeped in boiling water to prepare a cup of tea. It varies from green tea as the entire leaf is consumed as powder, whereas green tea is removed after steeping.

Research has shown the promising protective and detoxifying action of matcha on environmental toxin.

### iv. Sweat out the toxins with sauna therapy

Studies indicate that regular sweating extracts waste from the body and is linked with improved health and keeping diseases at bay. Numerous investigations focus on the use of sauna or thermal therapy or sauna therapy as an option for the management of various illnesses.

Reasonable and normal sweating plays an important thermoregulatory function. Sweating performs significant roles such as eliminating the extra micronutrients and waste from the body, which aids in the maintenance of your overall well-being.

### v. Increase intake of dietary fiber

High dietary fiber intake stimulates a broad spectrum of positive effects, not just locally in the stomach, but all around the body. Dietary fibers can strongly influence the gut micro biome, which in turn has a positive impact on your gut.

This further aids in the management of your nutrient levels and detoxification of your organs such as the liver or kidneys

## Detox water recipes<sup>[4,5]</sup>

### 1. Citrus Splash

This fruit water contains citrus fruits like lemon and orange which boast high levels of vitamin C, a powerhouse helper for our immune system.

Drink this if you have a slight cold or for a refreshing, hydrating beverage at any time of day.

### 2. Green Water

Even though you will definitely need a high-speed blender or juicer for this recipe to ensure you breakdown the celery sufficiently, your digestive system will thank you.

Unbelievably hydrating, this recipe also provides you binding minerals and mineral salts that are efficient detox cleansers.

### 3. Grapefruit and Lemon

The combination of lemon and grapefruit, known for its furanocoumarins, which are secondary metabolites with ant oxidative, anti-inflammatory, and anticancer activities as well as bone health promotion properties, deem this a recipe with tons of vitality and flavor due to the addition of mint.

### 4 Pineapple Parsley

Another antioxidant and antibacterial rich recipe due to the parsley and watercress, the pineapple in this water contributes a specific digestive enzyme known as bromelain, which has antiedematous, anti-inflammatory, antithrombotic, and fibrinolytic activities.

### 5. Raspberry Chia Water

The star ingredient in this recipe, chia seeds, contain high amounts of fiber and omega-3 fatty acids along with high-quality protein, and many essential minerals and antioxidant.

Coupled with the powerful medicinal properties of lemon and weight gain prevention ability of raspberries, this makes for a great staple breakfast beverage.

### vi. Gingery Mango

Although lesser-known, 3/4 cup- one serving- of mango contains 50% of your recommended daily intake of vitamin C.

While higher in fiber than the other water recipes above, it also contains the most carbohydrates, so consume sparingly.

### 7 .Cucumber, Lemon, Mint Water

This refreshing and energizing detox water is loaded with vitamin C (found in lemon) and vitamin A (found in mint), which are both powerful antioxidants. Goodman claims that lemon interacts with enzymes to stimulate gastric juices, cleanses the arteries and blood, and helps the liver produce more enzymes and release toxins. Lemon is also known for its ability to reduce inflammation and improve digestion.

#### Benefits of detox water

- Reducing both physical and mental fatigue and grogginess
- Replenishing the body after exercise
- Flushing out toxins from organs such as the kidney and liver
- Improving mood
- Improving metabolism and weight loss
- Improving gastrointestinal health

### Myths about detox water<sup>[6]</sup>

#### *Detoxifies Your Body*

Detox products often claim to flush out excess toxins from your body and prevent the harmful effects of free radicals. Currently, no scientific evidence supports that infused water can help detoxify. Your body has several natural mechanisms to clean your body and flush out toxins. No scientific research proves that any detox product can speed up these biological mechanisms of your body.

#### *Balances pH/ Makes Body Alkaline*

Alkaline drinks are trendy foods because they are said to prevent infections and diseases. According to acid-alkaline theory, alkaline drinks promote better health. This is a myth.

It does not seem possible to change the pH level of your blood through foods and drinks.

#### *Burns Fat Even on a Poor Diet*

Some claim that detox products can aid in weight loss even if you're on a poor diet. It is undeniable that infused water can improve your metabolism and help you shed some extra pounds. But this only helps if you add such drinks to a proper and well-balanced diet.

### CONCLUSION

Detox water is one of the methods to increase the detoxification in our body. It helps in increasing the metabolic rate our body. But actually it does not removes toxins from our body. So it is recommended that to use normal pure water. But in some cases infused water helps our body to make stress free and replenishing our body after exercises. But detox products available in our market is not recommended. Because our body has own metabolism to remove toxins.

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