

Sattu Sharbat: A Traditional Nutritious Summer Health Drink

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Abstract-- Sattu Sharbat, is a traditional Indian beverage prepared mainly from roasted Bengal gram flour mixed with water and natural condiments. For centuries, it has been consumed in different parts of India as an economical, nutritious, and refreshing summer drink. Due to its high protein, fiber, mineral, and electrolyte content, sattu sharbat is considered beneficial for hydration, digestion, stamina, and general wellness. Modern nutritional science has also started recognizing sattu as a functional food because of its low glycemic index, high satiety value, and nutrient density. The present article highlights the ingredients, preparation method, nutritional composition, mode of action, therapeutic benefits, indications, contraindications, dosage, suitable season, and available research evidence regarding sattu sharbat.

I. INTRODUCTION

India possesses a rich heritage of traditional foods and natural health beverages that have been used for centuries for preventive and promotive health care. Among these traditional preparations, sattu occupies a special place because of its simplicity, affordability, nutritional richness, and cooling properties.

Sattu is prepared by dry roasting Bengal gram (*Cicer arietinum*) and grinding it into fine flour. In some regions, barley or mixed cereals are also added. Traditionally, sattu has been widely consumed in Bihar, Rajasthan, Uttar Pradesh, Jharkhand, and neighboring states by farmers, laborers, travelers, and athletes as a natural energy booster.

Sattu sharbat is especially popular during summer due to its hydrating and cooling effects. In recent years, awareness regarding natural and minimally processed foods has increased the popularity of sattu as a healthy beverage suitable for modern lifestyles.

II. INGREDIENTS

Ingredients for Salty Sattu Sharbat

- Sattu powder – 2 to 3 tablespoons
- Water – 1 glass
- Lemon juice – 1 teaspoon
- Roasted cumin powder – ½ teaspoon
- Black salt or rock salt – as per taste
- Mint leaves – optional
- Finely chopped onion or green chili – optional

Ingredients for Sweet Sattu Sharbat

- Sattu powder – 2 to 3 tablespoons
- Water or milk – 1 glass
- Jaggery or natural sugar – 1 to 2 teaspoons
- Cardamom powder – a pinch

III. METHOD OF PREPARATION

1. Take the required quantity of sattu powder in a clean bowl or glass.
2. Add a small quantity of water and mix thoroughly to avoid lump formation.
3. Gradually add the remaining water while stirring continuously.
4. Add lemon juice, roasted cumin powder, and black salt for salty preparation.
5. For sweet preparation, add jaggery or sugar instead of salt and spices.
6. Stir properly until a smooth consistency is obtained.
7. Serve fresh. Ice cubes may be added during summer.

IV. NUTRITIONAL COMPOSITION

Sattu is considered a highly nutritious traditional food because it contains:

- Plant-based proteins
- Complex carbohydrates
- Dietary fiber
- Calcium
- Iron
- Magnesium
- Potassium
- Phosphorus
- B-complex vitamins

Roasted Bengal gram-based sattu contains approximately 20–25% protein and a good amount of dietary fiber, making it nutritionally superior to many common beverages.

V. MECHANISM OF ACTION

Sattu sharbat exerts its beneficial effects through various mechanisms:

1. Sustained Energy Release

The complex carbohydrates present in sattu release energy slowly and help maintain stamina for longer periods.

2. Hydration and Electrolyte Balance

The combination of water, minerals, and salts helps maintain hydration during excessive heat and sweating.

3. Cooling Effect

Traditionally, sattu is regarded as a natural coolant that helps regulate body temperature during summer.

4. Improvement in Digestive Function

The fiber content supports healthy bowel movement and digestive health.

5. Satiety Promotion

Protein and fiber provide fullness and reduce unnecessary hunger cravings.

VI. GENERAL HEALTH BENEFITS

1. Acts as a Natural Summer Cooler

Sattu sharbat helps protect the body from dehydration and heat exhaustion.

2. Rich Source of Plant Protein

It provides economical and easily digestible protein suitable for vegetarians.

3. Supports Digestive Health

Dietary fiber present in sattu may help improve bowel regularity.

4. Helpful in Weight Management

Its high satiety value may help reduce overeating.

5. Enhances Physical Stamina

Traditionally used by laborers and athletes for sustained energy.

6. Easy Digestibility

Roasting improves flavor, texture, and digestibility.

7. Economical Functional Food

Sattu is inexpensive, easily available, and nutritionally valuable.

Indications

Sattu sharbat may be useful in the following conditions:

- Summer fatigue
- Heat exposure
- Mild dehydration
- General weakness
- Increased physical activity
- Constipation
- Weight management programs
- High-protein vegetarian diet
- Post-exercise recovery



Contraindications

- Severe bloating and flatulence
- Acute gastrointestinal disturbances
- Allergy to gram or chickpea
- Severe renal disorders requiring protein restriction

Precautions

- Consume adequate water along with sattu.
- Avoid excessive intake.
- Use hygienically prepared and unadulterated sattu powder.
- Individuals with sensitive digestion should begin with smaller quantities.

Research Evidence

Scientific studies support the nutritional and functional value of sattu.

A study published in the *Journal of Food Science and Technology* reported that sattu-based beverages possess good protein content, antioxidant properties, and high consumer acceptability.

Research on roasted Bengal gram has demonstrated significant protein and dietary fiber content, making sattu a valuable functional food.

Studies have also shown that roasting improves digestibility, flavor, and sensory qualities of gram-based preparations.

Modern nutritional experts consider sattu a low glycemic and nutrient-rich traditional food useful for sustained energy release and satiety.

Dose

- *Adults:* 20–40 grams (2–4 tablespoons) once or twice daily
- *Children:* 1–2 tablespoons according to age and digestive capacity

The dose may vary depending upon body constitution, digestive power, climate, and physical activity.

Timing of Consumption

Sattu sharbat may be consumed:

- Early morning
- Mid-morning during summer
- Before outdoor work
- After exercise or physical activity

Heavy intake during late night is generally avoided.

Suitable Season

Sattu sharbat is especially beneficial during:

- Summer season
- Hot and dry climatic conditions
- Excessive sweating and heat exposure

Traditionally, it is considered one of the best natural summer beverages in India.

VII. CONCLUSION

Sattu sharbat is a traditional Indian health beverage with excellent nutritional and therapeutic value. Rich in protein, fiber, minerals, and natural cooling properties, it serves as a simple, economical, and effective functional food. Its regular and moderate use during summer may help maintain hydration, improve digestion, provide sustained energy, and support overall health. Integration of such traditional beverages into modern lifestyles may contribute significantly toward preventive health care and nutritional wellness.

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