

Effect of cucumber mint water on weight loss

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ABSTRACT

Introduction: Obesity is a prevailing concern in today's world and it needs to be addressed. Obesity causes many issues in our health which may turn to be fatal later on in life. It can affect our heart and cause severe heart conditions which mainly affect women. To solve this problem, we are trying out the method of drinking cucumber mint water. **Materials and Methods:** The materials used in this study are cucumber, mint, water, bottles, glasses, and spoon. This study was conducted by noting down the heights and weights of 20 people. The body mass index (BMI) was calculated using a BMI calculator. Cucumber and mint were provided to 20 people who are marked under the tag of being "obese," as per the BMI scale. These 20 people had to infuse the cucumber and mint in the water by leaving cut pieces of 1 cucumber and a handful of mint leaves in 2 L of water. After being left overnight, this water was consumed throughout the next day, instead of drinking tap water. This is done everyday for 30 days. After 30 days, the BMI was calculated for the 20 people who underwent this study. The results and changes were noted. **Results:** From this study, we can conclude that, of 20 people, 16 people had a positive effect of drinking cucumber mint water regularly. And so, this is an effective method for reducing weight. **Conclusion:** Cucumber mint water has a positive effect on weight loss.

KEY WORDS: Body weight, Cucumber treatment, Obesity, Weight loss

INTRODUCTION

Obesity is a prevailing concern in today's world and it needs to be addressed. Obesity causes many issues in our health which may turn to be fatal later on in life.^[1] It can affect our heart and cause severe heart conditions which mainly affect women.^[2] Water is known to be a major regulator of homeostasis, health, energy intake, weight, human performance, and functioning.^[3] It is also a major factor in keeping diseases away.^[4] Water has been an important part of sanitation and hygiene which indirectly plays a necessary role in health and weight loss.^[5]

Cucumber or *Cucumis sativus* is a widely grown plant in the gourd family (Cucurbitaceae).^[6] Cucumber is the fourth most important vegetable, as it has high water content and is rich in vitamins and minerals.^[7] Mint, also known as *Mentha*, is a part of the Lamiaceae family, which adds a taste to the drink and also serves as a refreshing agent.

In this study, we take out the body mass of people, using a body mass index (BMI) calculator. BMI of a person is the measure of fat content in the body which can be calculated using the weight and height.^[8] If the BMI is 18.5–<25, it falls within the normal. If the BMI is 25.0–<30, it falls within the overweight range. If the BMI is 30.0 or higher, it falls within the obese range.^[9,10]

MATERIALS AND METHODS

The materials used in this study are as follows:

- Cucumber
- Mint
- Water
- Bottles
- Glasses
- Spoon.

This study was conducted by noting down the heights and weights of 20 people. The BMI was calculated using a BMI calculator. Cucumber and mint were provided to 20 people who are marked under the tag of being "obese," as per the BMI scale. These 20 people had to infuse the cucumber and mint in the water by leaving cut pieces of

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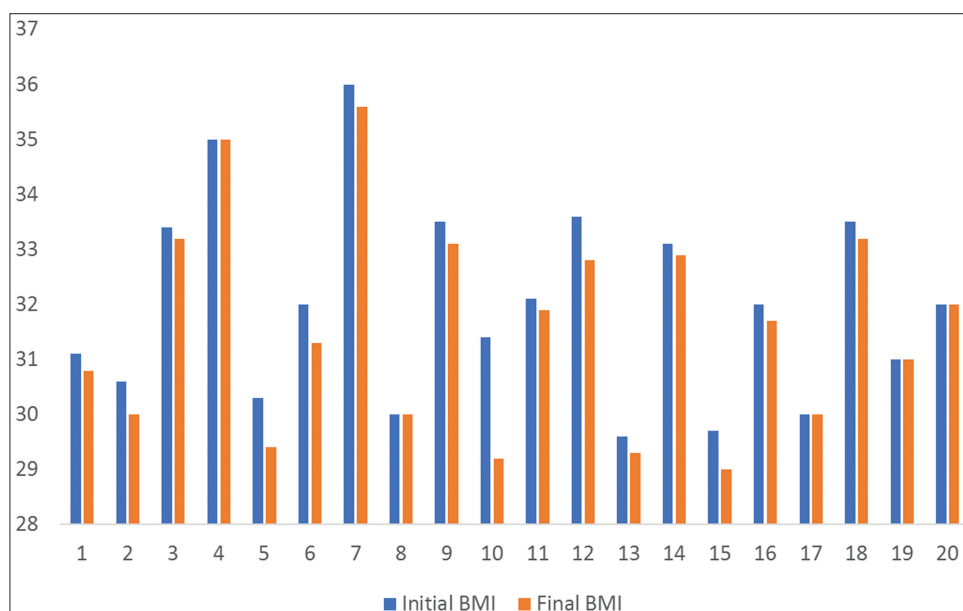
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Table 1: BMI of before and after consumption of cucumber mint water

| S. No. | Name | Gender | Weight (kg) | Height (cm) | BMI | Weight | Height | BMI | Change |
|--------|-----------------------|--------|-------------|-------------|------|--------|--------|------|--------|
| 1 | Bala K. Vasistha | Male | 104 | 182.8 | 31.1 | 103 | 182.8 | 30.8 | 0.3 |
| 2 | Monisha Mangalam | Female | 86 | 167.6 | 30.6 | 84 | 167.6 | 30 | 0.6 |
| 3 | Kavitha Vatyam | Female | 91 | 165.1 | 33.4 | 90.5 | 165.1 | 33.2 | 0.2 |
| 4 | Pranav Singhania | Male | 109 | 175.2 | 35 | 109 | 175.2 | 35 | 0 |
| 5 | Pradeep Chowdhary | Male | 104 | 185.4 | 30.3 | 101 | 185.4 | 29.4 | 0.9 |
| 6 | Pavithra Sen | Female | 82 | 160 | 32 | 80 | 160 | 31.3 | 0.7 |
| 7 | Vidur Chopra | Male | 95 | 162.5 | 36 | 94 | 162.5 | 35.6 | 0.4 |
| 8 | Akshay Lall | Male | 91 | 172.7 | 30 | 91 | 172.7 | 30 | 0 |
| 9 | Varnika Kumar | Female | 94 | 167.6 | 33.5 | 93 | 167.6 | 33.1 | 0.4 |
| 10 | Anoushka Chakrapani | Female | 73 | 152.4 | 31.4 | 70 | 154.9 | 29.2 | 0.6 |
| 11 | Prerna Tripathi | Female | 77 | 154.9 | 32.1 | 76.5 | 154.9 | 31.9 | 0.2 |
| 12 | Divjot Kaur | Female | 86 | 160 | 33.6 | 84 | 160 | 32.8 | 0.8 |
| 13 | Angad Singh Khalsa | Male | 91 | 175.2 | 29.6 | 90 | 175.2 | 29.3 | 0.3 |
| 14 | Aishani Sharma | Female | 82 | 157.4 | 33.1 | 81.5 | 157.4 | 32.9 | 0.2 |
| 15 | Aakarsh Nair | Male | 86 | 170.1 | 29.7 | 84 | 170.1 | 29 | 0.7 |
| 16 | Charan D. B. Aggrawal | Male | 104 | 180.3 | 32 | 103 | 180.3 | 31.7 | 0.3 |
| 17 | Kashish Jain | Female | 82 | 165.1 | 30 | 82 | 165.1 | 30 | 0 |
| 18 | Shreya Yadav | Female | 100 | 172.7 | 33.5 | 99 | 172.7 | 33.2 | 0.3 |
| 19 | Raghav Batish | Male | 91 | 170.1 | 31 | 91 | 170.1 | 31 | 0 |
| 20 | Dhruv Kapur | Male | 82 | 160 | 32 | 82 | 160 | 32 | 0 |

BMI: Body mass index

**Figure 1:** Graphical representation of the change in body mass index

1 cucumber and a handful of mint leaves in 2 L of water. After being left overnight, this water was consumed throughout the next day, instead of drinking tap water. This is done everyday for 30 days. After 30 days, the BMI was calculated for the 20 people who underwent this study. The results and changes were noted.

RESULTS

From this study, out of 20 people, 16 people had a positive effect of drinking Cucumber mint water regularly. So, this may be also one of the effective methods for reducing weight [Table 1, Figure 1].

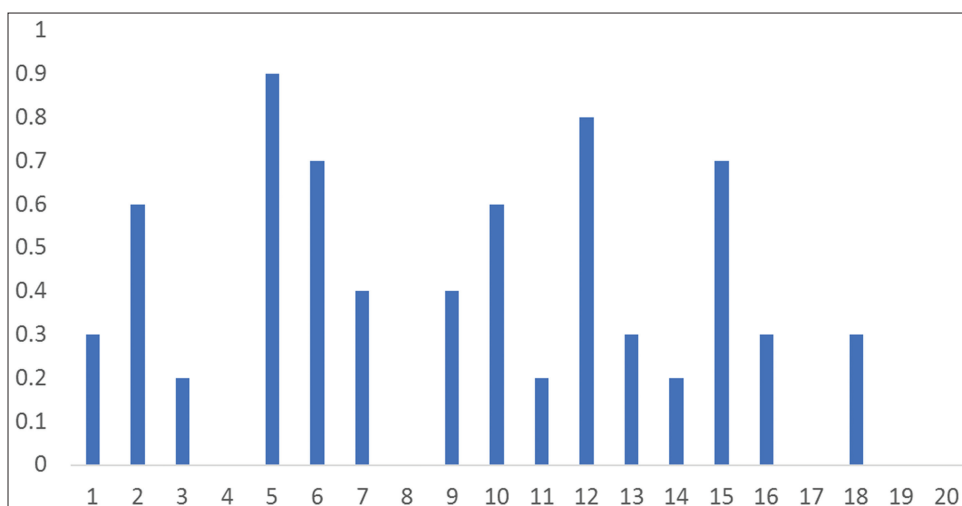


Figure 2: Change in body mass index

DISCUSSION

From the study done above, it is concluded that the treatment with cucumber mint water works in most of the people who tried it. Over a span of 1 month, it has helped them to reduce the body weight without any other form of weight reducing activities such as exercise and diet. Since the metabolism of obese people is not too high, this formula has not worked on four of the people who tried this experiment [Figure 3]. Water is known to be a major regulator of homeostasis, health, energy intake, weight, human performance, and functioning.^[3]

It is also a major factor in keeping diseases away.^[4] Water has been an important part of sanitation and hygiene which indirectly plays a necessary role in health and weight loss.^[5] Obesity is a prevailing concern in today's world and it needs to be addressed. Obesity causes many issues in our health which may turn to be fatal later on in life.^[1] It can affect our heart and cause severe heart conditions which mainly affect women.^[2] To avoid these adverse effects of being overweight, some measure has to be taken and drinking cucumber mint water is an effective method which can be consumed in a quick and easy manner.

CONCLUSION

In our study, it is confirmed that there is a good and positive effect of cucumber water intake for reduction

or loss of excess body weight. It does so, without spending time and effort.

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