

DETOX WATER IS A REFRESHING WAY TO STAY HYDRATED AND POTENTIALLY BENEFIT

*¹Dr. Pruthviraj K. Chaudhary, ¹Ayushi Kanubhai Patel, ¹Tirth Bipinchandra Patel,
¹Vishwa Baldevbhai Prajapati, ¹Shloka V. Chaudhari, ²Sanjaykumar A. Chaudhary and ³Dr. Dhrubo Jyoti Sen

¹Shri Sarvajani Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.

²Shri J. M. Chaudhary Sarvajani Vidyalay, Arvind Baug, Mehsana-384001, Gujarat, India.

³School of Pharmacy, Techno India University, Salt Lake City, Sector-V, EM: 4/1, Kolkata-700091, West Bengal, India.

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*Corresponding Author: Dr. Pruthviraj K. Chaudhary

Shri Sarvajani Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.

ABSTRACT

Detoxification, or detox, generally refers to the physiological or medicinal removal of toxic substances from a living organism, most notably the human body, which is primarily carried out by the liver. It can also refer to the process of withdrawing someone from a specific substance, like drugs or alcohol, in a safe manner.

KEYWORDS: detoxification, elimination, harmful, toxins, hydration.

INTRODUCTION

Detox water is simply water infused with the flavours and nutrients of fruits, vegetables, and herbs. It's a way to make staying hydrated more enjoyable and potentially add some extra vitamins and antioxidants to your diet. While it's often associated with detoxifying the body, there's limited scientific evidence to support this claim, but it can be a healthy and refreshing alternative to sugary drinks. Detox water is made by steeping ingredients like lemon, cucumber, mint, berries, or ginger in water. The idea is that these ingredients release their flavours and some of their nutrients into the water, creating a subtly flavoured and potentially beneficial drink.

Natural bodily processes: The liver, kidneys, and other organs work constantly to neutralize and eliminate harmful substances produced by the body or encountered through the environment.

Medical interventions: In cases of acute intoxication or substance dependence, medical detox helps manage withdrawal symptoms and stabilize the patient.

Alternative medicine practices: Some individuals engage in various detox practices, like dieting, fasting, or specific therapies, to "cleanse" the body of unspecified

toxins. However, the effectiveness of these practices is often debated.

Identifying and removing toxins: This involves various mechanisms, including chemical transformations by enzymes (like those in the liver) and excretion through organs like the kidneys, intestines, and skin.

Minimizing harm: Medical detoxification aims to reduce the physical harm caused by withdrawal symptoms and substance abuse.

Supporting overall health: Detoxification can contribute to overall well-being by reducing the burden of toxins on the body and promoting optimal functioning of organs and systems.

Examples of detoxification in different contexts.

Liver detoxification: The liver plays a central role in detoxifying substances by converting them into less harmful forms for excretion.

Drug and alcohol detoxification: Medical detox helps individuals safely discontinue substance use and manage withdrawal symptoms.

Alternative medicine detox: Practices like fasting or specific diets are sometimes promoted as ways to cleanse

the body of toxins, although scientific evidence for their effectiveness is often lacking.

Benefits

Hydration: Staying hydrated is crucial for overall health, and detox water can make drinking water more appealing.

Nutrient boost: Infusing water with fruits and herbs can add vitamins and antioxidants, like Vitamin C from citrus fruits.

Digestive support: Some ingredients, like mint and ginger, are believed to aid digestion and reduce bloating.

Potential for weight management: Drinking more water, including detox water, can help you feel fuller and potentially reduce calorie intake.

How to make it: Choose your ingredients: Popular choices include lemon, cucumber, mint, berries, ginger, and even herbs like rosemary.^[1]

Prepare the ingredients: Slice or chop fruits, vegetables, and herbs.

Infuse the water: Add the ingredients to a pitcher or bottle of water and let it sit for a few hours or overnight in the refrigerator.

Enjoy: Drink the detox water throughout the day. While detox water can be a healthy beverage, the idea of it "detoxing" the body is not scientifically supported.

Focus on overall health: Detox water is a good addition to a healthy lifestyle that includes a balanced diet, regular exercise, and adequate hydration.

Consult with a professional: If you have specific health concerns or goals, it's always best to consult with a doctor or registered dietitian for personalized advice.

While detox diets may lead to initial weight loss, this is often due to water weight loss rather than fat loss, and the weight is often regained once a normal diet is resumed. Long-term weight loss is better achieved through a sustained calorie deficit and healthy lifestyle changes.

Short-term vs. Long-term: Detox diets are generally designed as short-term interventions, not sustainable weight loss solutions. While they might provide a temporary boost, they are not a long-term strategy for maintaining a healthy weight.

Water Weight: Detox diets often involve restricting calories and/or eliminating certain foods, which can lead to a temporary reduction in water weight. This is not the same as losing fat and is unlikely to be sustained.

Potential for Weight Regain: Many individuals regain the weight lost on a detox diet once they resume their normal eating habits, according to research.

Healthy Alternatives: Instead of detox diets, a more effective and sustainable approach to weight loss involves.

Calorie Deficit: Consuming fewer calories than you burn is crucial for weight loss.

Healthy Diet: Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean protein, while limiting processed foods, sugary drinks, and unhealthy fats.

Exercise: Regular physical activity helps burn calories and contributes to overall health.

Hydration: Drinking plenty of water is important for overall health and can help with weight management.

Body's Natural Detox System: Your body has its own natural detoxification mechanisms, primarily through the liver and kidneys. A healthy diet and lifestyle can support these natural processes.



Figure-1

Consult a Healthcare Professional: If you're considering a detox diet or have concerns about your weight, it's always a good idea to consult with a healthcare professional or registered dietitian.

Detox water can generally be consumed throughout the day. It is a way to stay hydrated and potentially enjoy the benefits of infused fruits, vegetables, and herbs. Many people find it helpful to drink detox water first thing in

the morning on an empty stomach, and then sip it throughout the day.

Benefits and Considerations: Hydration: Detox water helps you stay hydrated, which is crucial for overall health and bodily functions.^[2]

Flavour: It makes drinking water more enjoyable, potentially encouraging you to drink more.

Nutrients: The ingredients in detox water can provide vitamins and antioxidants.

Digestion: Some ingredients like ginger and fennel might aid digestion.

Weight Management: Detox water can help you feel fuller, potentially reducing overall calorie intake.

Individual Tolerance: Pay attention to how your body responds and adjust the amount and ingredients accordingly.

Balanced Diet: Detox water is not a replacement for a balanced diet and regular exercise.

Medical Advice: If you have any health concerns or are considering detox water for specific reasons, it's best to consult with a healthcare professional.

Tips for Making Detox Water: Use fresh ingredients: Fruits, vegetables, and herbs offer the best flavour and nutritional value.

Infuse overnight: Letting the flavours infuse in the refrigerator enhances the taste.

Experiment with combinations: Find your favourite combinations of ingredients.

Avoid artificial sweeteners: Use natural ingredients to flavour your water.

Listen to your body: Pay attention to how your body reacts and adjust the ingredients and frequency accordingly.

Eat a healthy diet and drink vitamin C detox water religiously. A detox juice made up of vitamin C helps

purify the skin and prevent skin issues. Vitamin C has anti-aging properties and protects the body from chemical toxins, resulting in healthy glowing skin.

Detox water is essentially water infused with the flavours and nutrients of fruits, vegetables, and herbs, offering a refreshing way to enhance hydration and potentially aid in detoxification. It's a simple process: slice your chosen ingredients, add them to water, and let it infuse for a few hours.

Here's a guide on how to make detox water at home.

1. Choose Your Ingredients

Fruits: Lemons, limes, oranges, grapefruits, berries (strawberries, blueberries, raspberries), watermelon, and apples are popular choices.

Vegetables: Cucumber, ginger, and even vegetables like carrots (though less common) can be used.

Herbs: Mint, basil, and rosemary are great options for adding flavour and potential health benefits.

2. Prepare the Ingredients: Wash all fruits, vegetables, and herbs thoroughly. Slice or chop the ingredients into desired sizes. For fruits like lemons and limes, you can squeeze some juice into the water as well.

3. Infuse the Water: Combine the prepared ingredients in a pitcher or jug. Add filtered water (you can use warm or cold water). Let the mixture infuse for at least 2-4 hours, or even overnight in the refrigerator, to allow the flavours to meld and the nutrients to infuse.^[3]

4. Enjoy!

Strain the water if desired, or leave the ingredients in for a stronger flavour. Serve the detox water chilled or at room temperature.

Popular Detox Water Combinations: Lemon, Mint & Cucumber: Classic and refreshing, Well for hydration and digestion. Apple & Cinnamon: Aids in metabolism and can help regulate blood sugar.

Ginger & Lemon: Good for digestion and reducing inflammation.

Watermelon & Mint: Hydrating and refreshing, can help with bloating.

Orange & Basil: Adds a zesty flavour and can be beneficial for weight loss.



Figure-2

The CEO of Detox water, an Aloe Vera water brand, is Kenneth Park. He founded the company in 2015 in Brooklyn, New York. The brand originated from a family remedy for digestive issues and has since grown into a popular beverage with nationwide distribution. Prior to founding Detox water, Kenneth Park was already selling Aloe water under the name Superleaf Organic Aloe Juice, starting in his dorm room at Babson College. He initially focused on the Northeast region before expanding.

It's important to note that "detox water" is a broader term referring to infused water with fruits, vegetables, or herbs, and the term is often associated with weight loss and health claims. While Kenneth Park is the CEO of the specific brand Detox water, he is not the inventor of the concept of detox water itself. The idea of infusing water with fruits and herbs for flavour and potential health benefits is an older concept.^[4]

CONCLUSION

Detox water is a refreshing way to stay hydrated and potentially benefit from added nutrients, but it's not a magic bullet for detoxification. The body naturally detoxifies through the liver and kidneys. If you have any specific health concerns or dietary restrictions, consult with a healthcare professional or registered dietician before incorporating detox water into your routine. After seven days of fasting, the body undergoes a profound reset, switching energy sources, shedding fat, and activating unique protein changes linked to major organ health. These shifts open the door to new possibilities for harnessing fasting's therapeutic benefits. Most of the time, what you're "losing" on these fasts and cleanses is water weight – the natural water stored in your body's tissue. For example, the loss of water might make you feel a little lighter, but you're not getting rid of belly fat.

While you can reuse the fruits and herbs for a second batch of detox water, the flavours will be less strong than the first batch. For making detox water, glass infuser bottles, particularly those made from borosilicate glass or with stainless steel infusers, are generally considered the best options. These materials are non-toxic, won't impart any flavours, and are easy to clean. Plastic bottles, especially those made from BPA-free [Bisphenol A] plastic, can also be a good choice, but it's crucial to ensure they are specifically designed for infusing and are food-safe.

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