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**Aam Panna** is an [Indian](#) drink renowned for its heat resistant properties. It is made from green [mangoes](#) and it is used as a tasty and healthy beverage to fight against the intense Indian summer heat. Apart from being tasty this drink also looks good due to its refreshing light green colour.

Green Mango is a rich source of [pectin](#) , which gradually diminishes after the formation of the stone. Unripe [mango](#) is sour in taste because of the presence of [malic](#) [oxalic](#) , [citric](#) and acids.

Aam panna which is prepared using raw mangoes, sugar and an assortment of spices is an effective remedy for heat exhaustion and [heat stroke](#) . It also quenches thirst and prevents the excessive loss of [sodium chloride](#) and [iron](#) during summer due to excessive sweating.

This drink is mainly consumed in the Northern part of the India and is considered beneficial in the treatment of gastro- [intestinal](#) disorders. This drink is also a good source of [vitamin B<sub>1</sub>](#) and B

<sup>2</sup> and contains sufficient quantity of [niacin](#) , and since it is prepared from raw mangoes it is an excellent source of vitamin C also. Aam Panna is also considered as a curative for blood disorders because of its high [vitamin C](#) content. It increases the elasticity of the [blood vessels](#) and helps in the formation of new [blood cells](#) . This drink is also considered as a [tonic](#) which increases body resistance against [tuberculosis](#)

,  
[anemia](#)

,  
[cholera](#)  
and  
[dysentery](#)

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### Preparation Method

Aam panna is prepared using raw mangoes. Here is the method:- Ingredients:- 4 raw mangoes, 1 table spoon rock salt, one cup sugar, Dry mint leaves, Half table spoon powdered cumin, Water.

Method:- Boil mangoes by cutting them into three pieces in cooker. After two whistles, peel and mash them. Put the pulp in a mixer along with sugar, mint leaves and salt. Add cumin powder also. Mix this into the mixer and put the mixture in a bottle. When needed, put one fourth part of the mixture and three parts water in a glass. Mix well and serve with ice.