

ADDICTED TO COKE? NO WONDER!**Debosree Ghosh***

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Many of us like consuming cold beverages like coke- the carbonated soft drink in bottles and cans, and feel refreshed .At times we just like to have a bottle of coke with no specific reason or for need of dehydration or refreshment or any. It is really strange to know that coke was also serendipity like many other unintended scientific findings. What I mean to say is that coke was actually not invented for the purpose it is being used today. Rather the formula for ‘Coca-Cola’ was an accidental finding by John Pemberton and his lab assistant in 1885. They were actually working on finding a medicine for headache while they came across the formula for coke. It was patented as ‘French Wine Cola nerve tonic’ in the year of its invention. During the civil war, Pemberton was treated with morphine and he got addicted to it. He was in search for a substitute of morphine.

The original formula of Coca-Cola was comprised of alcohol and cocaine both. Eventually, prohibition was made by law in Georgia and that made Pemberton to remove alcohol from Coca-Cola; Cocaine still remained. In 1886 after removing the alcohol, the drink was renamed as “Coca-Cola” by Pemberton. Cocaine got removed from the beverage in 1903. In the beginning, the beverage was sold at soda fountains and was known as ‘cure-all’ medicine. For the first time, in 1891, coke got bottled in Vicksburg, Mississippi. Coke got packed in cans since 1955. Coke was made from the bitter cola nuts which used to be the source of caffeine but the modern formula for coke doesn’t contain bitter cola nuts anymore. Coca-Cola is now a days the global leader brand in beverages and is available all around the globe in almost all different countries. The original formula of Coca-Cola is at display currently at the World of Coca-Cola in Atlanta. It was committed to paper in 1919. The company was bought out by businessman Asa Griggs Candler. The Coca-Cola Company is at Atlanta, Georgia. ‘Concentrate’ is produced by the company which it sells to licensed Coca-Cola bottlers

around the world. 150 ml of coke contains only 14.4 mg of caffeine while 150 ml of coffee contains 80 mg and 150 ml of tea contains 30 mg of caffeine.

Caffeine being a neuro stimulant, small amount is good for triggering the nervous system and on the other hand a cold carbonated beverage is a good on hand remedy for treating gas formation in stomach due to fermentation and also stimulates digestion by stimulating secretion of digestive juices in the stomach after a heavy food. On a hot sunny sweaty day, a cold beverage is refreshing and is helpful in replacing the body's water balance. No wonder, the slight kick of caffeine in the beverage keeps you taking it time and again and the after effect is a happy and refreshed mood due to the 'happy hormone (s)', the small peptide neurohormones like endorphin etc., secreted from nerve endings in stimulation to caffeine in your coke.