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॥ संशोधक ॥

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Glimpses of Tea Culture in English Literature

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Abstract :

Beverages are an integral part of human diet starting from new born. Beverages can be defined as "Any fluid which is consumed by drinking". It consists of diverse group of food products usually liquids that include the most important drink water. The cycle of beverages starts with the infant formulas- highly complex drink, rich in many key nutrients. As human age and their nutritional requirements changes their beverages can also change like milk, dairy beverages, tea, coffee chocolate drink. People all over the world have been drinking tea for thousands of centuries A number of studies have shown that a variety of teas may boost your immune system, fight off inflammation and even ward off cancer and heart disease. Tea culture plays a significant role to strengthens the social communication and imbibe the social Etiquettes and manners. Tea is a universally loved beverage. It is consumed at all times of the day. The social bond of tea and literature can enhance the effectiveness of thoughts and emotions we can see the tea culture and its significance presence in English literature. This article reflects the glimpses of the tea culture in English literature along with its significance value to strengthen the social relations.

Keywords: Beverages, diet, nutrients, immune system, inflammation,

Introduction :

Beverages are essential for the growth, development as well as for carrying out various physiological process that are critical for living a

healthy life. In simple words beverages can be defined as "liquid which is essentially designed or developed for human consumption". Consumption of beverages help in maintaining the water content in body and prevent dehydration. The water assists in digestion, assimilation and excretion of foods. Among a lot of beverages tea is going to be considered as a Global Choice of Food lovers.

Tea next to water is the cheapest beverage humans consumes. Drinking the tea has been considered as a health promoting habit from ancient times. The modern medicinal research is providing a scientific basis for this belief. The evidence supporting the tea drinking goes stronger with every research published in the different publication. Say Good Morning with a cup of tea to your freshness and a lot of hopes. A sip of fresh and aromatic tea can make you feel rejuvenate to start a day with energy. Tea is used as a popular beverage worldwide and its ingredient are now finding medicinal benefits.

The benefits of tea consumption showing that Tea plant *Camellia Sinesis* has been cultivated for thousands of years and its leaves have been used for medicinal purposes. Encouraging data showing cancer preventive effects of green tea from cell culture, animals and human studies have emerged. Evidence is accumulating that black tea may have a similar beneficial effect. Tea consumption has also been shown to be useful for preventing of many debilitating human diseases that include the maintenance of cardiovascular and metabolic health. Different studies suggest that anti-aging, antidiabetic and many other health beneficial effects associated



with the tea consumption only. Various studies suggest that polyphenolic compounds present in green and black tea are associated with beneficial effects in preventing of cardiovascular diseases particularly of atherosclerosis and coronary heart disease.

According to the legends tea has been known in China since about 2700 BCE. For Millenia it was a medicinal beverage obtained by boiling fresh leaves in water but around the 3rd century CE it became a daily drink and tea cultivation and processing began. The first published account of methods of planting, processing and drinking came in 350 CE. Around 800 the first seeds were brought to Japan where cultivation became established by the 13th century. Chinese from Amoy brought cultivation to the island of Formosa (Taiwan) in 1810. Tea cultivation in Java began under the Dutch, who brought seeds from Japan in 1826 and seeds, workers and implements from China in 1833.

The Dutch East India Company carried the first consignment of China Tea to Europe in 1610. In 1669 the English East India Company brought China Tea from ports in Java to the London market. Later tea was grown on British Estates in India and Ceylon. In 1824 tea plants were discovered in the hills along the frontier between Burma and the Indian States of Assam. The British introduce tea culture in India in 1836 and into Ceylon (Shri Lanka) in 1867. At first, they used seeds from China, but later seeds from the Assam plants were used.

International Tea Day is celebrated by the UN on 21st May every year to commemorate the tea cultivating season worldwide. We can taste different types of teas from around the world like green tea from China, Bubble Tea from Taiwan, Rooibos or Red Bush Tea from South Africa, Chai from India, Maghrebi Mint Tea from Morocco or Cha Yen from Thailand. Various types of teas can boost our energy as per their ingredients like Best For overall health: Green tea is the champ when it comes to offering health benefits. Best for gut health is a ginger tea

combats nausea and cough problem. It also offers digestive benefits. If ginger is not your liking peppermint tea is a good option for it. Herbal tea is effective option for lung health. Anti-inflammatory powers in herbal teas can help for asthma. Peppermint tea is best for sickness, relax sore throat muscles, relieve nasal congestion and even reduce fever. It is also helpful to antibacterial and antiviral properties to give you a healthy boost. Special Chai is very popular in India with extra milk some spices which can make it with full of flavor like cardamom powder, cloves and extra sugar.

Chai in India is a daily drink for every occasion. It is going to be considered as National Remedy for every type of ailment. Every Indian likes to welcome the guest in their sweet home with a cup of tea. The effect of freshness of tea can be seen in the literature and media also. For Example we can enjoy the different Hindi songs from Bollywood on the tea like "Garam Chai Ki Pyaali Ho", "Shayad Meri Shaadi Ka Khayal Dil Me Aaya Hai", "Tujhe ChaCha Ki Chai Pila Du Aa Chalati kya" or on AIR like "Charcha haha Ani Aika Marathi Gani Daha" or Tea Time News Time on News channels.

Tea the aromatic beverage that has long captivated our senses has also found its glimpses into the pages of poetry and English Literature making memorable moment that resonate with the readers around the world. Glimpses of tea culture can be seen through Jane Austen's genteel social gatherings; Lewis carols whimsical Mad hatters Party has a symbol and a catalyst for some of the most memorable scenes in English literature. The 17th century is the witness of the arrival of tea in Europe Countries which originated in China. The Portuguese queen consort of England Catherine of Braganza introduced the tea to the Europe culture. Samuel Pepy's journal contains one of the earliest descriptions of tea in English Literature with "a China drink. Called tee". However, tea started to make a significant literary impact on important books of poetry and fiction after 18th and 19th century.



Glimpses of Tea Culture in English Literature

1. **Jane Austen** – *Pride and Prejudice* (1813): We can see the tea scene in *Pride and Prejudice* when lady Catherine de Bourgh invite Mr. Collins and his new wife Elizabeth to “drink tea and spend the evening at Rosings”
2. **Elizabeth Gaskell** – *Miss Matty's tea shop* (1851): The tea table is the sight of female power and emancipation where Miss Matty tries to alleviate her genteel poverty by selling tea as an agent of East India Tea Company.
3. **Charles Dickens** – *Great Expectation* (1861): The transformation of Pip at tea table is an important scene.
4. **Lewis Carroll** – *Alice's Adventure in wonderland* (1865): In the middle of 19th century the ceremony of tea had become so central to Victorian society that a short-lived periodical called *The Anti Teapot Review* parodied so called “Teapotism” Lewis Carroll took aim at tea table with the Mad hatter's Tea party in *Alice Adventure in Wonderland*.
5. **Roert Louis Stevenson** – *Dr. Jekyll's demise* (1886): Tea even found in Gothic fiction in the work of – *Dr. Jekyll's demise* by Robert Louis Stevenson for supposedly civilizing function – tea as an emblem of the newly middle class -with the corpse at the end of Dr. Jekyll and Mr. Hyde.
6. **Oscar Wilde** – *The Importance of Being earnest* (1894): The opening scene of *The Importance of Being Earnest* by Oscar Wilde is Algernon's usurpation of the female tea table. The second act revolves completely around the tea scene. At the end Algy drowns his sorrows: “I haven't finished my tea yet”
7. **T. S. Eliot** – *The Love Song of Alfred j Prufrock* (1915): T. S. Eliot's groundbreaking poem is all about tea. Prufrock contemplates the act of confessing his feelings to someone he loves but the process is fraught with uncertainty.
8. **Marcel Proust** – *Madeleine* (1913 – 1927): Marcel Proust in his memorable work “*In search of Lost Time*” features one of the most famous tea related passage in English literature. – the *Madeleine Episode*”.
9. **Betjeman** – *Bath Teashop* (1945): John Betjeman a British poet captured the intimate moments in everyday life in “*In a Bath Teashop*” he describes a quiet and tender scene between a couple sharing a cup of tea
10. **Douglas Adams** – *The Hitchhiker's Guide to the Galaxy* (1979): Douglas Adam in his work introduces to Arthur dent an ordinary Englishman who finds himself amid chaos . when he faced impending destruction Arthur's first question is a simple one “Is there any tea on this spaceship?”
11. **Virginia Woolf** – *Mrs. Dalloway*: Virginia Woolf's *Dalloway* feature a tea party as a central event that brings together various characters from different walks of life.
12. **E. M. Forster** – *A Room with a View*: In E. M. Forster's *A Room with a View* tea parties are utilized as a means of illustrating the societal constraint and expectations placed upon the protagonists Lucy Honeychurch.
13. **P. G. Wodehouse** – *Jeeves and Wooster* series: These stories often feature tea parties as a setting for the humorous escapades of the hapless Bertie Wooster.
14. **Daphne de Maurier** – *Rebecca*: In “*Rebecca*” tea party is playing a significant role in establishing the atmosphere of mystery



and tension at Manderley, the estate where the story take place.

15. Katherine Mansfield – A Cup of Tea:
Katherine Mansfield have written a short story on a Tea entitled as “a Cup of Tea”.

Conclusion :

Tea is highly present in our English Literature as it in our culture with it being referenced in every genre of literature. Tea culture is more than just simple social gatherings. It provides the window into the social norms, values and customs. It is a cultural experience that has been enjoyed for centuries around the world. When we travel the literary landscape with a aromatic, fresh and masala tea We may discover that tea is more than a beverage it is a symbol, a social ritual, a catalyst for emotions and a reflection of societal norms. Tea culture has left an indelible mark on literature to convey social status, symbolizes indecision or trigger memories.

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