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Red Wine: "A Splash Full Of Vibes"

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I. Introduction

Red wine is a beverage from the alcoholic fermentation of ripe and fresh grapes or fresh grapes juice .As biochemical definition would be drink from the alcoholic fermentation of grapes juice sugar by yeast .

Wine has always been linked in some way of to history of man, either because of it is a beverage that has its own flavor and personality as it brings out benefits to health. In ancient civilization like Egyptian, Spain, Greek, Romans and Hindus beside these countries wine was used as medicine for both body and soul.

Historical research presented that the use of wine for medical purpose has been practiced over 2000 years by man. Wine is one of the oldest beverage that has always been related to history of man and presents benefits to human health.

Data presented by World Health Organization presents that mortality rate due to cardiovascular disease in France are smaller when compared to other countries due to this French paradox has appeared .Although there are certain reports of wine consumption for more than 7000 year and their benefits were only highlighted in 1992 when French paradox was published .

In this report we can mention benefits of wine prevention of heart and circulatory diseases. If wine is consumed together with meal then it is most beneficial for all diabetic patient as it also fight against obesity and provide u us long life and high quality life and create barrier to development of demetria. Meal consumed by wine results in good digestion as it is anti – infective effect and has good impact on women's health. Wine is excellent for skin and prevent blindness .It has anti – inflammatory properties and reduce lungs diseases although it is very pleasant for drinking.

If in this report it is possible to associate wine drinking with health benefit that is associated with fettle eating and high quality life but this could only possible when it is consumed in adequate amount Here the logical attention is related to eating habits that were adopted by French people .

Those people have high sedentary lifestyle, smoking, high consumption of saturated fats and high cholesterol level when differentiated with other industrial countries have lower incidence of diseases coronary diseases. A law is assigned to high consumption of wine. Red wine is drive from darker colored grapes varieties and colors can range from deep red to an intense violet or even a shade of dark brown all these variations are occur due to aging of wine it depends upon the time period in number of days kept or stored during fermentation process.

The colour of red wine comes from anthrocyanin pigment that are found in skin of grapes .Red wine production usually comprises color and flavor extracting from skin of grapes.

In this report the objective of this study is to carry out a bibliographical review on the reasearches and studies that were carried out with the theme "Red wine is sip of health" with prominance on beneficial effects of phenolic composition of red wine and thus contribute dissemination of benefits of regular drinking of red wine and benefits for human health

II. Report description

A form of wine is attained from black grapes varieties red wine can range in color from deep violet to brick red all the way to dark brown.

All these depends upon the time period and number of days kept for storage during fermentation. Although the purple grapes yields a greenish white juice, red wine gets its trademark from anthrocyanin pigment that are found in the skin of grapes.

Most red wine production process involved extraction flavor and color from the skin of grapes.

Increasing global consumption of red wine particularly amongst the younger generation is expected to greatly benefit the red wine market.

The popularity of wine in large gathering and social events coupled with changing lifestyle and discerning taste are likely to attract people to take closer look at red wine market .

I anticipate to prove that drinking one or two glasses a day of red wine can have positive impact on buyers health.

Recent research published in journal gastro -enterologist suggests that daily glass of red wine provides many health benefits for human gut microbiome. The microbiome describes a group of genomes of microorganism that resides in human gut

III. Background description

Wine is an alcoholic beverage that is popular for 1000 years as it is made from fermented grapes.

Wine is frequently quoted in bible from Noah and his grapes vines to Jesus and is used in Catholic Church. The earliest remnant of wine was discovered at the site of Hajji First Tape, in northern Zagros mountains of Iran.

Wine dated back to Neolithic period (8500- 4000 BC) carbon dating confirm wine between (5400 to 5000 BC).

Vineyard was discovered around 4100 BC in cave in Armenia (coffee 2011). The premature production of red wine was in 6000 BC in Georgia (region between Europe and Asia).

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Red wine is classified into six main varieties of red grapes namely -

- *Cabernet Sauvignon - Youngest of red wine as it is less than 600 years old. These grapes were mentioned in 18th century as they are known as Hardy wine in French and it is cultivated in Australia*
- *Chianti – It is known as Italian wine and it is dated back before 15th century.*
- *Meriot – It is known as oldest wine that dated back in 1st century in France and it is cultivated in Bordeaux region of France as it is difficult to grow because of large size and it's thin skin.*
- *Sangiovese- These grapes are used in Tuscany in 1722 in they are used in production of Chianti wines.*
- *Zinfandel- These are known as oldest variety of grapes that are pre owned and flourished in California.*

Red wine has many benefits namely –

- *It keeps heart healthy keeps memory sharp and keeps you slim*
- *Reduce the risk of cancer*
- *Helps to treat common cold*
- *Regulate blood sugar*
- *Fight diabetes*
- *Anti-aging*
- *Prevent obesity*

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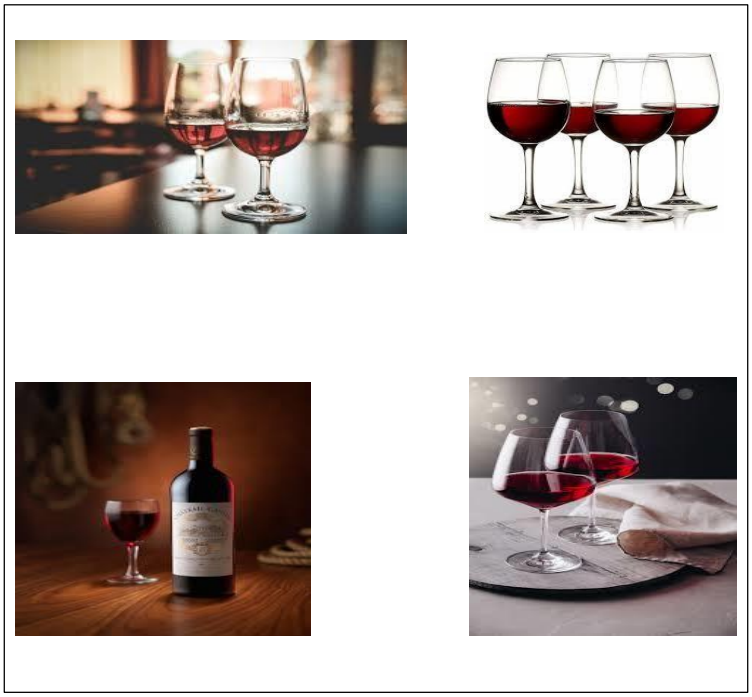
- *Prevents sunburn*
- *Rich in diuretic properties*
- *Promotes long life*
- *Makes skin glowing*
- *Boost immune system*

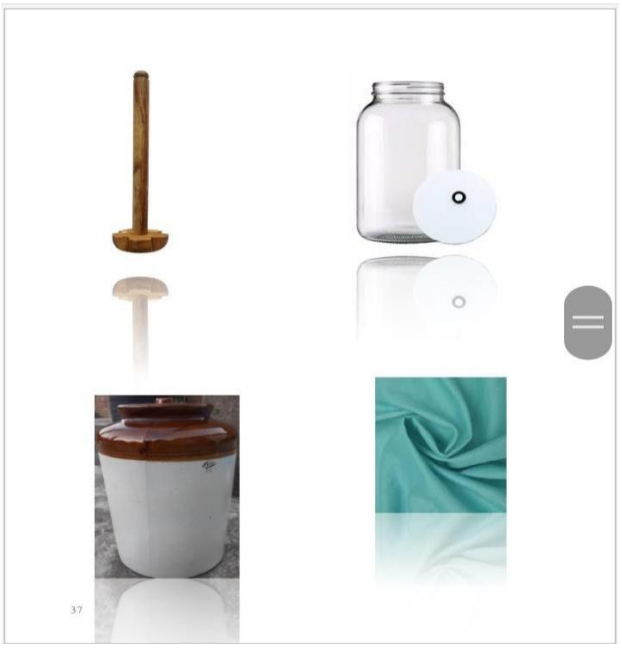


IV. Methodology

Ingredients

- *Grapes*
- *Sugar*
- *Long pepper*
- *Cinnamon*
- *Cardamom*
- *Cloves*
- *Crushed Ginger*
- *Tulsi powder (Dried in sunlight)*
- *Lemon water (Apple and Orange juice)*
- *Beetroots*
- *Yeast*
- *Wheat crushed*

Brewers Yeast 300mg



V. Result

My researches, summary, conclusion, body of report and background information on red wine convey that red wine is good for health as it provides fettle boons to those people who drink a glass of wine in moderate amount and convince people to drink more of wine

My observation table, data analysis, statisical calculation and methodology rely that there is no defects present in my fermented wine

I allotted the survey to about 20 people and put up many questionnaire regarding the product flavor, taste, color, odour, and aroma etc and took observation.

After analyzing observation I spotted that many of people time honored me for marketing of red wine and approved me about strong flavor of red wine and convinced me about its health benefits of red wine and put up many questionnaire on its processing and gave their observation accordingly

VI. Conclusion

Is series of studies prove that benefits of regular and moderate consumption of red wine two human health mainly related to its phenolic composition.

Since ancient time wine has been closely linked to evolution of medicine and the consumption of red wine is now recognized as beneficial to health by medicine .

The component of red wine are known as potent antioxidant and have been identified as having anticarcinogenic, anti- inflammatory and antimicrobial properties .
The component present in wine show that wine can be considered as functional food.

VII. Future Scope For Red Wine

- There is Steady growth in red wine consumption in emerging economies such as India and Brazil apart from China. Most of red wine brands are likely to include China in their strategic global planning to tap into the countries wine market.
- The average red wine growth in China is 4.4% . Our analysis believe that red wine consumption in China will continue to increase with average growth rate of 4.6% in next 5 years .Hence China will remain go to market for red wine producer for increasing its business
- Indian wine industry has grown due to changing lifestyle of urban people. In westernization of urban people has made wine drinking a style statement for them . Indian wine industry has also benefitted from the provision of WTO agreement applicable to it and due to Indian government tourist initiative - Incredible India.
- Today wine industry is delivering premium, high quality and luxurious quality of product and ensuring that these product must stand out on the shelf to face the cut throat competition successfully.
- Today companies are also investing in wine tasting events, consumer feedback for taste and quality of product to tailor there product as per consumers taste
- Global wine market grew by 1.8 % in 2006 to reach the volume of 19.4 billion liters. Wine account for 73.5% of global wine market value.

VIII. Project summary

Red wine consumption increases level of antioxidant in blood . Moderate consumption of alcohol cause satisfactory impact on both physiologically and psychologically on human health. If a person drink alcohol sensibly then that person will take good advantage of red wine due to its beneficial compound present in it

Red wine contain polyphenol called resvetrol that consists various cardiovascular benefits and provide other helpful attributes. Red wine is made by using skin of grapes which increase vital antioxidant and vitamins in human system

Doctors recommend that excessive consumption of alcohol can cause serious impact on health of person. Wine is used since drawn of human civilization as it is popular all over the world for many centuries.

Red wine quality and vogue Is influenced by qualitative and quantitative configuration of aromatic compounds that have certain chemical structure and properties. Red wine consists large amount of phenols and polyphenolic compounds that increase high antioxidant capacity .Red wine antioxidant capacities associated with profitable effects when it is consumed in adequate amount .

Aromatic compound present in wine are varietal thiols, other volatile sulfur comp, methoxy pyrazines , C-13 – norisoprenoid and other aromatic compound that are responsible for aromas in red wine

Daily drinking of wine may prevent various chronic diseases as red wine contains certain antioxidant that are good for human health.

Resvetrol is active in prevention of cardiovascular diseases by neutralizing free oxygen radicals and reactive nitrogenous radicals as it penetrate in blood brain barrier and protect the brain nerve cell

Red wine is healthiest alcohol due to its fermentation and production process as it contain many antioxidant vitamins and polyphenols. Tradition of winemaking and wine consumption is known for many centuries .

Ancient Roman knew the fettle benefits of wine and they made it popular all over the world. Red wine contain resvetrol which is very important polyphenol in red wine as they contain anthrocyanin , catechins and tannis (pro anthrocyanidin and ellagitannis and it aids, bodily system)

Resvetrol improve cardiovascular system that cause impact on decreasing risk of obesity and two types of diabetes. White wine contain less polyphenols than red wine.

Total polyphenol content in white wine in terms of 100 mg GAEL [1] (Gallic acid equivalent) whereas the red wine contain thousands of mg GAEL [1] of total polyphenols

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Zinfandel - These are known as oldest variety of grapes that are pre owned an flourished in California

Red wine prevent heart disease, lower bad cholestrol, reduce risk of cancer, control blood sugar level and keeps your body slim . Red wine cause positive effect on digestive system and keeps memory sharp as red wine is not only the best wine for consumer but is best alcohol.

Glossary