



## Fermented Rice Water: A Natural Elixir for Beauty and Health

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In various cultures, fermented rice water has been treasured as a traditional remedy for promoting beauty and enhancing health. With a history dating back centuries, this natural elixir is particularly popular in East Asian countries. Although scientific research on its specific benefits is limited, fermented rice water is believed to possess several advantages due to its nutrient content and the fermentation process it undergoes. Fermented rice water, a simple yet potent elixir, has become a staple in natural beauty routines, revolutionizing the way we approach hair and skincare. In this article, we will explore the incredible advantages of fermented rice water and why it has become a must in the realm of beauty.



Fig: Soaking of rice water

Fig: Fermented rice water

### History

According to researchers, women in the Heian period (794 to 1185 CE) in Japan had floor-length hair they kept healthy by bathing it in rice water. A modern-day equivalent of this story can be found in China. The *Yao* women, who live in a village called *Huangluo* in China, are famed for having hair that averages 6 feet long. In addition to its incredible length, the *Yao* women's hair is said to keep its colour for longer, as they do not begin to get grey hair until they reach their 80s. The *Yao* women credit the length and colour of their hair to the fact they bathe it in rice water. In recent years, beauty advice websites and product developers have caught on to this tradition. Now, the rice water trend is spreading.

Rice grains contain 75-80 percent starch. Rice water is the starchy water that remains after soaking or cooking rice. Rice water is thought to contain many of the vitamins and minerals contained in rice. These include: amino acids, B vitamins, vitamin E, minerals, antioxidants. Fermented rice water is a product that is obtained through the process of fermentation, where rice is soaked in water and allowed to undergo a natural fermentation process. The fermentation process enhances the benefits of rice water.

## Preparation Process

The process of preparing fermented rice water typically involves the following steps:

1. **Rice Selection:** We can start by choosing the type of rice we want to use. Traditionally, varieties such as white rice or rice bran have been commonly used, but we can experiment with different types of rice depending on availability and personal preference.
2. **Rinsing the Rice:** Thoroughly rinsing the rice with water to remove any impurities or dust particles that may be present.
3. **Soaking:** We can place the rinsed rice in a bowl or container and add water. The ratio of rice to water can vary depending on the desired concentration. Then we allow the rice to soak in the water for a period of time, usually between 24 to 48 hours.
4. **Fermentation:** After the soaking period, the rice and water mixture is left at room temperature to ferment. During fermentation, beneficial bacteria and yeast naturally present in the environment and on the rice grains initiate the fermentation process. These microorganisms break down the carbohydrates in the rice, producing by-products such as lactic acid, vitamins, minerals, and enzymes.
5. **Straining:** Once the fermentation process is complete, we can strain the liquid to separate the fermented rice water from the rice solids. The resulting liquid is the fermented rice water.
6. **Storage:** We can store the fermented rice water in a clean, airtight container in the refrigerator. It is recommended to use it within a week or two to ensure freshness and avoid spoilage.

It's important to note that the fermentation process can vary depending on factors such as temperature, time, and the specific microorganisms present. Some individuals may also choose to add additional ingredients during fermentation, such as herbs or essential oils, to enhance the properties of the fermented rice water.

## Benefits of Fermented Rice Water

The Benefits of Fermented Rice Water for Hair:-

1. **Helps Achieve Frizz-free Hair:** The use of fermented rice water for hair helps prevent frizzy hair. Inositol, a carbohydrate present in fermented rice water, helps achieve this. This carbohydrate also helps achieve better elasticity and texture and lower friction and frizz.
2. **Chemical-free Hair Cleanser:** The fermented rice water is rich in vitamins and has quite suitable pH levels for the scalp. It also acts as a natural conditioner for hair.
3. **Reduces Hair Fall:** Fermented rice water for hair is a natural protein booster that helps nourish hair and reduces hair fall. It supplies keratin and protein to the hair, thereby increasing the hair growth rate. Also, it repairs damaged hair and strengthens them, resulting in soft, long, and shiny hair.
4. **Suitable pH and Rich in Antioxidants:** Rice water has a pH that is slightly harmful to hair health. However, when the same rice water is fermented, the pH becomes suitable for hair growth. It helps penetrate the right amounts of vitamins for nourishing hair.
5. Also, fermented rice water works best on damaged cells and strengthens the hair. It gives frizz-free hair and also delays hair greying. Also, fermented rice water makes our hair shinier and smoother.

The Benefits of Fermented Rice Water for Skin:-

1. **Rice water for the face:** Fermented rice water can help improve skin damage from the sun. It increases the collagen in the skin, which keeps our skin supple and helps prevent wrinkling. It also appears to have natural sunscreen properties. It also possess anti-aging benefits because of its antioxidant properties.

2. **Dry skin:** Fermented rice water is known to help with skin irritation caused by sodium laurel sulfate (SLS), an ingredient found in many personal care products. Using rice water twice a day helps skin that has been dried and damaged by SLS.
3. **Rice water for skin lightening:** Using rice water helps to lighten the skin or reduce dark patches. In fact, a lot of commercial products including soaps, toners, and creams contain rice water.

The Potential Health Benefits of Fermented Rice Water:

While the primary focus of fermented rice water revolves around its beauty benefits, it may also offer potential health advantages:

1. **Antioxidant Powerhouse:** Fermented rice water contains antioxidants such as ferulic acid, which can combat oxidative stress and protect the skin and hair from damage caused by free radicals. These antioxidants have the potential to contribute to overall health and well-being.
2. **Traditional Wisdom:** Fermented rice water holds a prominent place in traditional medicine and is attributed with various health benefits. Some traditional practices suggest consuming fermented rice water to aid digestion, promote gut health, and boost overall vitality. However, it is important to note that scientific research is limited in this regard, and consulting with a healthcare professional is advisable before incorporating fermented rice water into your diet.

### How to Use Fermented Rice Water

1. **Hair Rinse:** After shampooing and conditioning our hair, we can pour fermented rice water onto our scalp and hair. Gently massage it into our scalp for a few minutes, ensuring that our hair is thoroughly coated. Then, we can leave it on for 5 to 10 minutes, then rinse it out with water. This can help nourish the hair, promote scalp health, and enhance hair shine and texture.
2. **Hair Mask:** Here we can mix fermented rice water with other hair-nourishing ingredients like honey, coconut oil, or aloe vera gel to create a hair mask. We can apply the mask to our hair and scalp, making sure to cover the entire length of your hair. Then we can leave it on for 30 minutes to an hour, then rinse it out with water and by following with shampoo and conditioner.
3. **Facial Toner:** After cleansing our face, soak a cotton pad or ball in fermented rice water and gently apply it to our face and neck. By allowing it to air dry or pat it gently onto the skin. This can help balance the skin's pH, soothe irritation, and promote a more even skin tone.
4. **Facial Mist:** Fermented rice water can be transferred into a spray bottle and mist it onto our face throughout the day as a refreshing and hydrating spray. This can help keep our skin moisturized and rejuvenated.
5. **Bath Additive:** Fermented rice water can be added to our bathwater for a soothing and nourishing bath. This can help soften the skin and provide overall hydration.

### Conclusion

Fermented rice water is a natural elixir that has captured the attention of those seeking beauty and health enhancements. With its rich history and traditional use, this wonder potion offers a range of benefits for both external beauty and internal well-being. From transforming hair and promoting radiant skin to fostering scalp health and providing antioxidant protection, fermented rice water has garnered a reputation as a versatile remedy. Embrace the wonders of fermented rice water, and embark on a journey to unlock its potential for beauty and holistic wellness.

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