

DEVELOPMENT AND QUALITY EVALUATION OF 'KARAMBHAKAM (CURD RICE)': RESEARCH ARTICLE

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ABSTRACT

The *Karambhakam* was standardized as per the reference found in Ayurvedic literature Kshemkutihala with slight changes with an intention to develop a nutritive food product. This recipe is not just easy and tasty, but has numerous health benefits. The probiotic bacteria present in the curd when consumed first thing in the morning cleanses the intestine. *Karambhakam* was subjected to sensory analysis which exhibited better results with respect to texture was fair as it was just white in color and garnished with fresh coriander leaves. Finally, the product was accepted by the community and in terms of nutritive quality.

KEY WORDS: *Karambhakam*, Probiotic.

INTRODUCTION

In Ayurveda, food is considered to affect the mind as well as the body. By understanding how to prepare foods best suited to our minds and bodies, we can utilize nutrition as a source of healing. Food is the most essential to sustain a good life and the same food if consumed inappropriately becomes the root cause of many diseases. Knowledge about food and its importance should be known by all human beings to have better benefits from it.

The *Karambhakam* is prepared from cow's milk. The ingredients used in the recipe are analyzed as per their modern and Ayurvedic views. The various species of rice are sweet, unctuous, strengthening, producing hardened stools of small quantity, astringent, light, imparting appetite, enhancing voice, aphrodisiac and growth-promoting. The nutritional value of rice makes it good for indigestion in stomach, diarrhea, dysentery, nausea, skin disorders and high blood pressure. Health benefits of rice include managing fast and instant energy, stabilizing blood sugar levels and being a source of vitamin B1 to the human body. Other benefits include skin care, resistance to high bp, dysentery, cholesterol free, resistant starch, cancer prevention.

Curd is always suitable for consumption in grahami, chronic cold, painful urination, intermittent fever, loss of taste and weakening of abdominal fire. One must always consume sweet curd and avoid sour curd. Sweet curd cures diseases and sour curd causes them. Curds of different origin that derived from cow's milk is very cooling, stimulates the digestive fire, promotes strength and alleviates vata, sweet, dry, pungent. Curd contains 'good' bacteria, which aid indigestion.

The preparation referred to as *karambha* are good for heart, cold and nutritious. They are to be especially eaten in adequate quantities during autumn and summer. *Karambhakam* has their own important properties and they can be suggested in daily diet also because it doesn't contain any foreign material. All the ingredients can be found in our kitchen, this recipe is helpful for low economic people, people suffering with digestive problems or heart problem and malnourished children because of all the ingredients are cheap to buy and also good source of all the macro and micro nutrient which gives nourishment to the body.

This recipe is not just easy and tasty, but has numerous health benefits. The probiotic bacteria present in the curd when consumed first thing in the morning cleanses the intestine.

MATERIAL AND METHODS

Raw Material

Boiled rice, Curd, Mustard oil, Cumin seeds, Mustard seeds, Asafetida, Rock salt, Coriander, were procured from local supermarket of Pune.

Karambhakam Preparation

Cooked rice that is rendered cold by mixing it with curds in varying consistencies till a point when the consistency matches that of milk is called *Karambhaka*. It is neither very thin nor very thick in consistency.

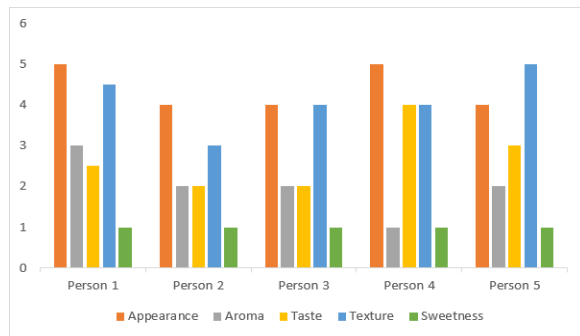


Figure 1 - Sensory Evaluation of *Karambhakam*

RESULT AND DISCUSSION

- i) The result of the final product exhibited overall good.
- ii) The appearance of the product ranked excellent.
- iii) Mouthfeel was good and smooth
- iv) Result with respect to texture was fair as it was just white in color and garnished with fresh coriander leaves.
- v) Good acceptability.

Sensory Analysis

Karambhakam were scored for appearance and eating characteristics (taste, aroma, sweetness) by a panel of 5 semi-trained judges on 5 points hedonic scale using score card.

The sensory evaluation data of *Karambha* is as follows-
Table 1.

Sr. No.	Appearance	Aroma	Taste	Texture	Sweetness
1	5	3	2.5	4.5	1
2	4	2	2	3	1
3	4	2	2	4	1
4	5	1	4	4	1
5	4	2	3	5	1

CONCLUSION

A wholesome, nutritious *Karambhakam* prepared from curd rice which has medicinal properties was successfully developed. These *Karambhakam* can be easily recommended as intestine cleanser and can be considered as probiotic, given in certain population like adolescent, for low economic people, people suffering with digestive problems or heart problem and malnourished children.

Karambhakam can be useful for the product development as cool or summer food with a bit more of innovation in the characteristics so that it becomes more palatable as they have a lot of benefits which are mentioned in traditional and modern science. The product can be further progressed for analytical methods such as physical and chemical analysis, shelf life, the microbial analysis and therapeutic analysis.

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Figure 2: *Karambhakam*.

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