

DEVELOPMENT AND SENSORY EVALUATION OF “NIMBUPHAL PANAK” (*BEST APPETIZING DRINK*): RESEARCH ARTICLE

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ABSTRACT

The recipe “NIMBUPHAL PANAK” was selected from the *Ayurvedic* text as *Kshemkutuh* with respect to its known benefits as it imparts the taste, confers strength and satiates the senses. The research was undertaken to carry out a pilot study to develop this product for the community. The product was prepared by taking in consideration the amount of ingredients given in the *Kshemkutuh*, and then the product was further carried forward to sensory analysis. The product has exhibited excellent overall acceptability with respect to its sweet and sour taste. Finally, it is concluded that the product has been accepted by the community and it would be really helpful for supportive benefits. The product can be carried forward for better detailed analytical procedure.

KEYWORDS: *Nimbuphal Panak*, Ayurveda, Appetizer.

INTRODUCTION

Ayurveda is one of the most renowned traditional systems of medicine that has survived and flourished from ages till date.

“Veda” means knowledge

“Ayus” means life

Hence Ayurveda means the knowledge and understanding of life. Ayurveda is not only a medical science, but it is a Science of Life. The person is called as healthy (swastha), if he has balanced or equilibrium condition of dosha (bio-energies), dhatu (body tissues), mala (waste products), agni (digestive fire) and happy and balanced state of soul, sense organs and mind.

According to modern science, WHO defines health as “A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. The importance and influence of our traditional science in today’s modern time is also seen. The health doctors, nutritionists, dieticians, ayurvedic doctors, and the public have all started to learn, accept and apply the traditional and modern science in their life.

Kshemkutuh is a 16th century work on Ayurvedic dietetics. Written in Sanskrit by Kshemasharma, a royal physician of repute, the work discusses at length about traditional Indian cuisine and its benefits. Spanning across 12 chapters, fancifully named Utsavas, Kshemkutuh is capable of evoking the admiration of scholars as well as laymen by the breadth of topics

covered and the attention paid to details. Each foodstuff is dealt at length. In the book the usual mode of presentation is to first describe all culinary varieties that can be prepared from a specific eatable and then enumerate its Ayurvedic properties and health benefits. Some of these foodstuffs have a history of several thousand years while others are comparatively new.

This research contains the preparation and evaluation of Nimbuphal panak it is an appetizing drink. Appetizer is a drink taken before a meal or the main course of a meal to stimulate one's appetite. The recipe was made by referring to the ingredients and procedure mentioned in Kshemkutuh. The data is collected by testing the sample of the recipe by analyzers, sensory analysis is also done. Nimbuphal Panak the appetizer is Beneficial in various treatments like, heart burns, urine infection, piles, and diabetes, for cooling, soothing and strengthening effects. It imparts taste, maintains the doshas, increases digestive fire, improves digestion, etc. The recipe has undergone a bit of renovation in quantity and steps.

MATERIALS AND METHODS

Raw Materials Procurement

The product is made according to the ingredients and procedure as mentioned in the Ayurvedic Literature as Kshemkutuh. All the raw materials required for the preparation of “Nimbuphal panak” are selected of Good Quality and these raw materials are procured from local super market.

Materials (Ingredients)

- Citrus medica (Citron) - 1 medium sized
- Candied Sugar powder (Sita Sharkara)- 1 tbsp
- Black pepper powder (Maricha)-1/8th Tsp
- Clove powder (Lavang) - 1/8th Tsp
- Cold Water (Sita Jala)- 200 ml

Methodology

The product was prepared as per the reference given in the Kshemkutuhah.

Idlimbu (Citron) should be squeezed tightly by the hands into a glass. After this with the addition of Pure Candied Sugar, Black pepper, Clove powder and Cold Water, stir it well. This product is an excellent refreshing drink and its properties are it imparts taste, confers strength and

quickly satiates the senses it is light and favors digestion of all types of food.

Further the quality of this therapeutic food product was evaluated through sensory analysis.

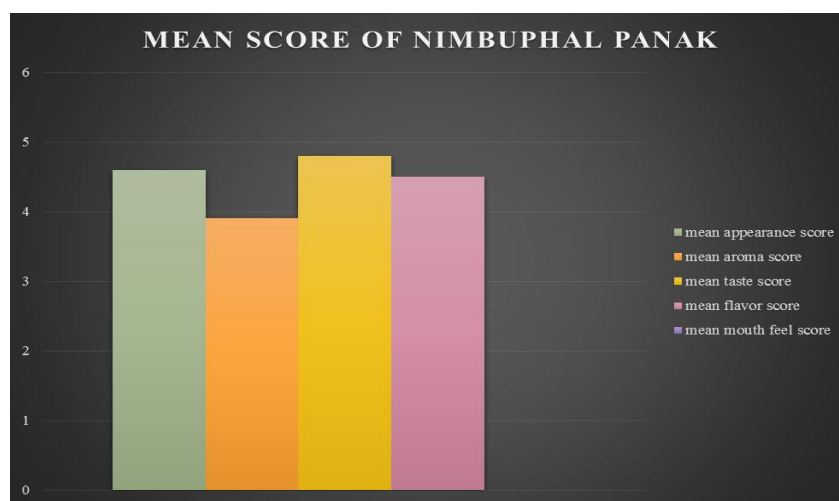
Observation

Sensory evaluation is carried out by the 5 sensory panelists in it each one has its own observation and remarks about the product. So, the product is scored for its characteristics like appearance, aroma, taste and overall acceptability, on five point's Hedonic scale.

- Like a Lot - 5
- Like a little - 4
- Neither like or Dislike - 3
- Dislike a little - 2
- Dislike- 1

Mean Score of Nimbuphal Panak

SR. NO	APPEARANCE	AROMA	TASTE	FLAVOR	MOUTH FEEL
1.	5	4	5	5	4
2.	5	4	4	5	4
3.	4	3	5	5	5
4.	5	5	5	5	5
5.	5	3	5	4	5
6.	5	5	5	5	5
7.	5	3	5	3	4
8.	4	4	4	5	4
9.	3	4	5	4	3
10.	5	4	5	4	4
TOTAL	46	39	48	45	48
MEAN	4.6	3.9	4.8	4.5	4.8



DISCUSSION

Nimbuphal Panak - The main ingredient is *Idlimbu* that is citron. It has a very cooling effect, satisfies thirst, helps in digestion, etc. The only study of *Kshemkutuhah* was carried out to understand the method of preparation of the "*NIMBUPHAL PANAK*" and further the product was analyzed by the sensory evaluation. It was observed that the recipe is not time consuming and was easy to prepare. About 10 minutes are required to prepare the

product. Another thing that is observed is the product, Citron is available throughout the year, so this recipe can be prepared whenever you want. *Idlimbu* is the main ingredient used to prepare the "*NIMBUPHAL PANAK*" because according to modern science it prevents dehydration and it replenishes the reserves of electrolytes lost also it boosts energy. And as per *Ayurvedic* point of view Citron is sour in taste, strengthens the body, satiates the senses and has fragrant aroma. In further future the product can be analyzed by conducting its shelf-life

testing, microbial analysis, proximate analysis and chemical analysis

RESULT

Result of Product Development

The product development was carried out as per the resources, materials, references found in the *Kshemkutuh*. All ingredients used in the preparation of this product are of good quality and purchased from local super market. The end product exhibited slight yellow color and has uniform consistency with sweet and sour taste, slightly pungent flavour, and pleasant aroma. Final exhibited good physical appearance.

Result of Sensory Evaluation

Sensory evaluation was conducted by 10 semi trained panelists to evaluate the color, taste, aroma, sweetness, texture of the given product on Five point Hedonic Scale. Among sensory analysis the product ranked excellent for its Taste, Appearance and Flavor. The product “*NIMBUPHAL PANAK*” exhibited a fair result with respect to its Aroma as per the reference. Then the color of the product was ranked fairer and exhibited an excellent mouth feel. Overall acceptability is ranked 4 (like a little). Atlas the product exhibited good overall acceptability with respect to its sensory analysis.

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CONCLUSION

The product was successfully prepared as per mentioned in the *Ayurvedic* literature *Kshemkutuhalam*. The product exhibited excellent overall acceptability with respect to its sweet and sour taste, light yellow color, and has pleasant aroma. The product will definitely provide its therapeutic benefit as specified in the *Kshemkutuh*.

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