

DEVELOPMENT AND SENSORY EVALUATION OF “URADKASAR (SWEET DESSERT)”: RESEARCH ARTICLE

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Received on: 31/12/2021

Revised on: 21/01/2022

Accepted on: 11/02/2022

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ABSTRACT

Ingredients. To evaluate and rediscover recipe by following the procedure stated in the Kshemkutuhul. **Method:** The product was prepared by taking in consideration the amount of ingredients given in the Kshemkutuhul, then the product was further carry forward to sensory analysis. **Results:** The product has exhibited excellent overall acceptability with respect to its appetizing nature, tangy flavor, sweet and sour taste. **Conclusion:** 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 carry forward for better detail analytical process.

KEYWORDS: Urad Kasar, Black Gram, Nourishing Digestive.

Ayurveda is an alternative medicine system with historical roots in the Indian subcontinent. The theory and practice of Ayurveda is pseudoscientific. The Indian Medical Association (IMA) characterizes the practice of medicine by Ayurvedic practitioners as quackery. Ayurveda is heavily practiced in India and Nepal, where around 80% of the population report using it.

Ayurveda also called Ayurvedic medicine, traditional system of Indian medicine. Ayurvedic medicine is an example of a well-organized system of traditional health care, both preventive and curative, that is widely practiced in parts of Asia. Ayurveda has a long tradition behind it, having originated in India perhaps as much as 3,000 years ago. Today it remains a favoured form of health care in large parts of the Eastern world, especially in India, where a large percentage of the population uses this system exclusively or combined with modern medicine.

Urad kasar is very delicious and flavorful kasar from the book kshemkutuhul. Kshemasharma is the author of this book. This book got the name 'Kshemakutuhul' from his name. In kshemkutuhul the pachak is describe as the digestive. The recipe is made from black gram. Urad kasar is the recipe, which promotes digestion, and it is good for heart health. Black gram is an excellent digestive, expectorant, fragrant, enhancer and flavor enhancer. Black gram also helps to loosen the toxins floating around the gastrointestinal tract.

Black gram or black lentil is known as urad dal in Hindi.

In texts of ayurveda this bean is known as “MASHA” in Ayurveda. Further, black gram is a great immune booster and a complete panacea. It is beneficial in cough and cold as it boosts immunity, which helps fight various infections.

INTRODUCTION

Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago. The term Ayurveda is derived from the Sanskrit words Ayur (life) and Veda (science or knowledge). Thus, Ayurveda translates to knowledge of life. Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment.

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Black gram or black lentil is known as urad dal in Hindi. In texts of ayurveda this bean is known as “MASHA”

Ayurveda describes black gram or Masha as a bean that is sweet to taste but hot in potency that can calm down and regularize the imbalances caused due to Vata. It also increases Kapha and Pitta and is recommended for men suffering from erectile dysfunction, low sperm count and motility.

Ayurvedic practitioners prescribe including urad dal in daily diet for the women of reproductive age to balance hormones and strengthen the reproductive organs.

Our ancient medicine explains innumerable ways of consuming black gram for overall health. This humble whole bean serves as a nutritive, bulk enhancer, diuretic, aphrodisiac and pacifies vata. Patients suffering from asthma, paralysis, constipation are recommended to include black grams in daily diet for its innumerable healing properties.

The black gram beans are referred as 'Masha' in the ayurvedic texts and is highly recommended for gaining weight and improving immunity. The ancient medicine recommends consuming de-husked urad dal as it is one of the fibre rich Indian food. In fact, ancient Ayurvedic text Charaka Samhita dedicated a chapter Mashaparni bhriteya adhyaya to explain about the goodness of these beans. Urad dal is in fact, the only pulse that has more than 10 times of phosphorous than any other pulse and the unique type of protein present in black grams strengthen muscle fibers.

Adding black gram to your daily diet adds bulk to the stool, eases bowel movement. It helps in treating constipation, colic and hemorrhoids and improves liver functions. However, do not give black gram to babies as it is heavy to digest and cause stomach pain. Black Gram is one of the top aphrodisiac foods and it not only increases sperm count and motility but also prevents impotency and premature ejaculation. In females, consuming urad dal dishes during menstruation reduces abdominal and muscle cramps or dysmenorrhea. It also addresses the problem of scanty period and regularizes the menstrual cycle. Urad Dal or black gram is low on glycemic index at 43. When soaked the glycemic index for every 30 grams stands at 7.6. Being rich in fibre, it aids in slow absorption of nutrients in to the blood and slows down the release of blood glucose. Black gram is loaded with a wide range of minerals including potassium, magnesium, iron, phosphorous and calcium, which play a crucial role in maintaining the density of bones. It is generally recommended for those low on calcium, iron and other common nutritional deficiencies and women in menopausal state for providing extra strength to the bones. Black gram works as an excellent diuretic. It helps in flushing out toxins, excess fat and cleanses kidney function. A regular intake also prevents formation of kidney stones.

MATERIALS AND METHOD Materials

All the ingredients require for the preparation of "Urad Kasar" are fresh and of good Quality and these ingredients are collected from local vegetable market and local dry fruit shop. The materials are listed below-

Black gram flour- 50gm
Candied sugar -50gm
Cardamom powder – ¼ tsp
Ghee- 30gm

METHODOLOGY

The preparation of the recipe as per the reference given in kshemkutuh is as follows:

The first step in the preparation of Urad kasar is add Urad dal flour in to pan and roast this flour with ghee.

In the second step, we have to take the other 4 ingredients (candied sugar, cardamom powder, ghee and black gram powder) and then we have to measure their weight (candied sugar- 50gm, ghee- 30gm, cardamom powder- ¼ tsp and black pepper powder- 50gm). After weighing of ingredients, the third step will be then add equal amount of candid sugar powder. Mix well on medium flame until sugar dissolves completely.

In fourth step, we will keep stirring until the mixture starts to thicken. (Takes approx. 10 minutes). Continue to cook on medium flame stirring continuously burfi mixture. The mixture would reduce and begun to lose its moisture. After that, in fifth step we will continue to cook and stir until you see ghee releasing from the sides. Takes about 20 mins on a low flame. In addition, after 20 minutes, Urad mixture will start to separate from pan, switch off the flame. Now add the Kasar i.e. burfi mixture in a greased thali or tray. Once the Kasar has cooled completely, set well forming a block then slice it into squares or diamond shapes. Further, the quality of therapeutic food product will be evaluated through sensory analysis. Urad Kasar is ready to serve.

Urad kasar was scored for characteristics like appearance, aroma, taste and overall acceptability, by panel of five people on five points hedonic scale. Score of each characteristic had gone through sensory analysis based on hedonic rating scale.

- Like very much - 5
- Like a little - 4
- Not sure - 3
- Dislike a little - 2
- Dislike very much – 1

The sensory evaluation data of Urad kasar is as follows.

Sr. No.	Appearance	Aroma	Taste	Sweetness	Texture/mouth- feel
1	4	5	4	5	4
2	4	5	5	5	5
3	3	4	4	4	4
4	4	5	4	5	4
5	4	5	5	5	4
Mean	3.8	4.8	4.4	4.8	4.2



Mean Score on hedonic scale

Graph:

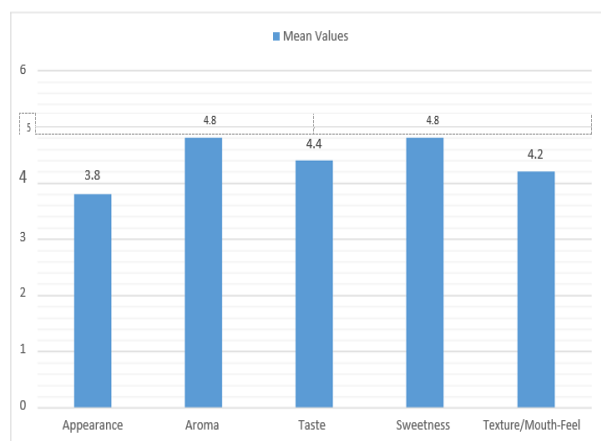


Figure: Sensory Evaluation of *urad kasar*

DISCUSSION

Preparation of the product is carried out as per the reference given in the Ayurvedic literature as Kshemkutuhah. The only study of Kshemkutuhah was carried out to understand the method of preparation of the "Urad kasar" and further the product was analysed by the sensory evaluation. The sensory evaluation is carried out by 5 semi trained panelists on Five point Hedonic Scale.

Ingredients used in the product are of good quality and are procured from the local stock market. It was observed that the recipe is not time consuming and was easy to prepare. About 10 min is required to prepare the

product. Another thing that is observed is the Urad gram is available for the whole year, so we can prepare this recipe anytime. It is very easy and convenient for all to prepare this recipe whole the year.

The main ingredient of urad kasar is black gram. Black gram imparts taste. Black gram balances all the three doshas – Vata, Pitta and Kapha. It is a great digestive and laxative.

Ayurveda describes black gram or Masha as a bean that is sweet to taste but hot in potency. Urad dal having properties against disease like Vitiligo, Vata raktha (gout), Eczema, Worm infestation, Dysuria, Itching, Raktapitta (bleeding diseases), Skin diseases etc. Urad dal having properties like Snigdha –unctuous, Ruchya – improves taste, Tarpana – nourishes, Balya – promotes physical strength, Shukrala – increases sperm count, BhinnaMutra mala – excretes urine and feces, Sthanyo – enhances breast milk. It is used to treat gulma, amavata, and increases digestive fire, healthy to the eyes, cough, vitiation of kapha and pain in the throat and cures vomiting. Urad kasar is a great digestive. The appearance of the recipe is excellent. The smell of the recipe is also very refreshing and mouth-watering. Urad kasar is very delicious in taste; Taste is a little sour and sweet with the magical flavour of cardamom and ghee.

RESULT

The product development was carried out as per the resources, materials, references found in KSHEMKUTUHAL. All the ingredients used in the preparation of this product are of good quality and purchased from local stock market. The product was prepared as per the reference and the end product was exhibited brownish in colour yellow colour with sweet and pleasant aroma.

Final product was served fresh as per mentioned in the procedure and exhibited good physical appearance.

Result of Sensory Evaluation- Sensory evaluation was conducted by 5 semi trained panellists to evaluate the colour, taste, aroma, sweetness, texture of the given product on Five point Hedonic Scale. Among sensory analysis, the product ranked excellent for its Aroma and Appearance The product "URAD KASAR" exhibited a fair result with respect to its taste, flavour and texture as per the reference. Then the colour of the product was ranked fairer and exhibited an excellent mouth feel

Overall acceptability is ranked 5 (like a lot). At last, the product exhibited good overall acceptability with respect to sensory analysis.

CONCLUSION

The recipe is chosen from the book “kshemkutuhal” In the sensory analysis; the people loved the product very much. We can recommend this product to balances all the three doshas – Vata, Pitta and Kapha. It is a great digestive and laxative we can recommend Urad kasar in the treatment of gulma, amavata, cough, vitiation of kapha, pain in the throat and cures vomiting.

Urad kasar is also consume to increases digestive fire and it is healthy to the eyes.

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