

Studies on utilization of gudmar (*Gymnema sylvestre*) dried extract based fennel RTS beverage

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Gymnema sylvestre is a reputed herb in the ayurvedic system of medicine. The phytoconstituents responsible for sweet suppression activity includes triterpene saponins known as gymnemic acids, gymnemasaponins, and a polypeptide, gurmarin. The herb exhibits a broad range of therapeutic effects as an effective natural remedy for diabetes. Efforts have been made to prepare gudmar dried extract. Physico-chemical properties of prepared extract were evaluated. On the basis of physico-chemical properties and gymnemic acid content gudmar dried extract was added at 0.75, 1.00 and 1.25 per cent for preparation of gudmar dried extract based fennel RTS beverage. Sugar was also replaced with aspartame, stevia and sucralose. The organoleptic test score indicated that among the fennel RTS beverages, the beverage with 1.0 per cent gudmar dried extract and sucralose as sweetner was accepted by panel members. TSS of the fennel RTS beverage was increased while acidity decreased with increase in proportion of gudmar dried extract. Selected fennel RTS beverage (1.0 % gudmar dried extract and sucralose as sweetner) was found to be rich in gymnemic acid content and organoleptically acceptable.

Key Words : Gudmar, Dried extract, Gymnemic acid, Sucralose, Fennel RTS beverage

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