

RESEARCH PAPER

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Development of *Guduchi*-Whey based beverage

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SUMMARY :

Guduchi (*Tinospora cordifolia*) also known as Amritballi is one of the most valued herbs in the Ayurvedic medicine. Similarly, whey a byproduct of cheese and paneer industry has biologically active and nutritious whey proteins, which can be exploited for developing a nutritious beverage. In the present study, an attempt was made to develop *Guduchi* - whey based beverage by incorporating *Guduchi* at various levels. The *Guduchi* extract was blended to pre treated whey at various levels viz., 5, 7 and 10 per cent. Sensory evaluation of the beverage revealed that addition of 5 per cent level of *Guduchi* with whey was found to be optimum. The final optimized beverage sample was pasteurized and was stored at ambient ($30\pm 1^{\circ}\text{C}$) and refrigerated temperatures ($7\pm 1^{\circ}\text{C}$) to study the effect of temperature on the keeping quality of the beverage. It was observed that *Guduchi* treated whey beverage had significantly increased keeping quality both at ambient and refrigerated temperatures when compared to the control sample, thus clearly indicating the effect of the *Guduchi* on the shelf-life of the product.

KEY WORDS : *Guduchi*, Whey, Beverage

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