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Acceptability and nutrient composition of developed herbomix

P.A. KHADKE, T.N. KHAN AND V.M. NALWADE

ABSTRACT

In last few years there has been an exponential growth in field of herbal medicine thus bringing people more nearer to mother nature and play an important role to keep people healthy. In present study, herbomix was prepared by utilizing different herbs as Amla (*Emblica officinalis*), bottle gourd (*Lagenaria siceraria*), safflower petals (*Carthamus tinctorius*) and tulsi leaves (*Ocimum sanctum*). Three variations were prepared using different amounts of ingredients and was evaluated for their organoleptic characteristics. The variation I recorded the highest score for acceptability. Proximate composition and trace elements of highly accepted herbomix were determined.

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Key words : Herbomix, Acceptability, Nutrient content

INTRODUCTION

Herbs are most often defined as any part of a plant that is used in the diet for its aromatic and medicinal properties. Herbs have been prized for their pain relieving, healing, abilities and curative properties. Phytochemical is a natural bioactive compound found in plants such as vegetables, fruits, medicinal plants, flowers, leaves and roots that work with nutrients and fibres to act as defense system against diseases (Krishnaiah *et al.*, 2007).

The action of herb is strongest when they are fresh, also it can be used in the form of decoction, tea, powder and pills. Most exciting development in the field of herbs are the use in allopathy, household remedies, removal of CO₂, cooling the atmosphere, cure from ailments and also bringing people more nearer to the mother nature. In last few years, there has been an exponential growth in field of herbal medicine and these drugs are gaining popularity in both developing and developed countries because of their natural origin and less side effects.

Along with this medicinal properties, herbs are used for many other purposes including beverages such as tea, dyeing, repellents, fragrances, cosmetics, smoking and

industrial uses. The demand for plant based medicines health products, pharmaceuticals, food supplements, cosmetics are increasing due to growing recognition that the natural products are non toxic, have less side effects and easily available at affordable prices.

In India different herbal plants used for medicinal purposes are Ashwaganda (*Withania somnifera*), Bottle gourd (*Lageria siceraria*), Curry leaves (*Murraya koenigii*), Amla (*Emblica officinalis*), Garlic (*Allium sativum*), Safflower (*Carthamus tinctorius* L.), Noni (*Morinda citrifolia*), Bael (*Agel marmelose*), Tulsi (*Ocimum sanctum*), Mint (*Mentha arvensis*), Ginger (*Zingiber officinale*), etc.

In present study, four different herbs belonging to different families viz., Amla, bottle gourd, safflower petals and tulsi leaves were utilized for the development of different variations of herbomix and evaluated for their acceptability. The nutrient content of highly accepted herbomix was analyzed.

MATERIALS AND METHODS

Three variations of herbomix were developed using