

# Quality evaluation and efficacy of products by incorporating betel leaves as a functional food

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The objective of present investigation “Quality evaluation and efficacy of products by incorporating betel leaves as a functional food” was to standardize and develop the products using betel leaves and their sensory evaluation. Piper betel is blessed as evergreen and perennial plant, that has God created and have given the shape of his own heart. In Ayurveda (Indian medicinal system) betel leaf is known by its Vedic name Saptasira and used as adjuvant with different medicines for voice, purifying blood, laxative and appetizer. Ascorbic acid is an excellent source of antioxidant, which helps decrease the free radicals in the body, accordingly preventing cancer. Apart from being served as a mouth freshener, betel leaf has many health benefits which also make it good for pregnant women. Developed products of betel leaves were Paan shake, mouth freshner balls. The organoleptic evaluation of products was done by using (9-point hedonic scale). The result of betel leaves based products for (Paan shake and mouth freshner balls) ( $T_1$ ) were best in all treatment in case of all sensory attributes. The overall acceptability of experimental ( $T_1$ ) betel leaves Paan shake, mouth freshner balls were 8.8 and 8.4, respectively. Developed products were accepted by panel members.

**Key Words :** Betel leaves, Functional food, Product enrichment, Product development, Antioxidant

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