



ISSN 2456-3110

Vol 6 · Issue 4

July-Aug 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Development and sensory evaluation of a 'Pachak Takra' (digestive buttermilk)

Manisha Sandeep Medane¹, Priya Darshane²

¹MSc Scholar, Nutrition and Food Science, Tilak Maharashtra Vidyapeeth, Mukund Nagar, Pune, Maharashtra, India.

²Assistant Professor, Department of Ayurved, Tilak Maharashtra Vidyapeeth, Mukund Nagar, Pune, Maharashtra, India.

ABSTRACT

The study was undertaken to develop and standardize an innovative, wholesome and traditional Indian appetizer which was prepared with Cow's curd and other appetizing material to develop digestive buttermilk. The recipe *Pachak Takra* was selected from ancient Ayurvedic literature *Kshemkutuhal* with respect to its known benefits. Various trials were conducted and *Pachak Takra* was prepared from the most acceptable trail. The product was further carried forward for sensory analysis. Finally, it is concluded that the product has been accepted by community.

Key words: *Pachak Takra*, Digestive buttermilk, appetizer

INTRODUCTION

The traditional and modern science does have the same aim & objectives that is maintaining a healthy lifestyle and to prevent and treat the diseases.

The importance of traditional science in today's modern science is also observed. By getting and blending the knowledge of both make the life easier. There are lots of similarities and differences as well. But the aim and objectives remain the same.

This research contains the preparation and evaluation of "*Pachak Takra*" i.e., therapeutic, appetizing buttermilk, also known as "Nectar on earth" (*Prithvi Varche Amrit*).

Address for correspondence:

Dr. Manisha Sandeep Medane

MSc Scholar, Nutrition and Food Science, Tilak Maharashtra Vidyapeeth, Mukund Nagar, Pune, Maharashtra, India.

E-mail: medanemanisha@gmail.com

Submission Date: 05/07/2021

Accepted Date: 10/08/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

Appetizer is a drink taken before a meal or during the main course of a meal to stimulate the appetite.

Buttermilk is a fermented dairy drink. Traditionally it was the liquid left behind after churning the curd especially cow's milk curd. Traditionally the milk is added with the culture or the small amount of curd and allow to set for 7-8 hours. After that the curd we get is churned and added with 1/8th of water and some *Pachak dravya*' (*Hing, Sendhav, Jeera Powder*) for better digestion.

Pachak Takra is more effective than normal plain *Takra* as it has appetizing ingredients that helps in easy digestion. It also supports strong bone formation. It improves oral health, it lowers cholesterol levels, lowers blood pressure level. It helps in maintaining healthy gut bacteria. A glass of buttermilk before, during or after the meals can help in keeping all gastrointestinal worries away.

Considering its nature, it is apt to consume during lunch is better than dinner. Some gastrointestinal disease like IBS (*Grahani Takra Chikitsa*) is as good as No Drug Therapy.

Also, it is beneficial in covering the community acceptance from small children, young adults till old age. Hence current study concluded that *Pachak*

Takra is highly considerable product in digestion ailments.

With bit more of innovation in the characteristics so that it becomes more palatable as it has lots of benefits mentioned in modern science and Ayurveda.

MATERIALS AND METHODS

Procurement of the materials

All raw materials selected are of good quality. Purchased raw materials (Cow's milk curd, Rock salt, Cumin Seed powder, Asafoetida) were selected properly and procured from local authentic supermarket.

Materials (Ingredients)

Cow's milk curd - 1 bowl

Water - 8 bowl

Roasted Jeera powder - ½ tablespoon

Asafoetida - 1 pinch

Rock salt - As per taste

METHODOLOGY

The product was prepared as per the reference given in the Ayurvedic text as *Kshemkutuhal*.

First one small bowl of cow's milk curd was taken and to that 8 small bowl of water is added. Jeera was roasted on frying pan and made powder out of it. Also fry Asafoetida in pure Ghee and kept aside then add this roasted jeera powder and pinch of Asafoetida, *Saindhav* i.e. rock salt to the mixture of curd and water. Stir continuously and *Pachak Takra* is ready to serve.

It quickly satiates the sense and acts as a good appetizer.

Sensory Analysis of the product

For the product *Pachak Takra* sensory evaluation was carried out by five panellists in which each one has its own observation and remark about the product. Score of each characteristic has gone through sensory analysis based on Hedonic rating scale.

RESULTS AND DISCUSSION

Result of the product development

The product development was carried out as per the resources, materials, references found in *Kshemkutuhal*. All ingredients used in the preparation of this product are of good quality and purchased from local market. The product was prepared as per the reference and the end product was excellent with sour test uniform consistency and pleasant aroma. Final product was served at room temperature mentioned in reference.

Result of Sensory Evaluation

Sensory evaluation was conducted by 5 semi trained panellists to evaluate the colour, taste, aroma, flavour and texture on 5 Hedonic Scale. Among sensory analysis the product ranked excellent for appearance and aroma. Fair results for taste and flavour overall acceptability were ranked 4.

As the end product exhibited good overall acceptability with respect to sensory analysis.

Panellists suggested some tips that can be helpful to improve the quality of the product.

The following table and graph show the mean score of the product.

- Like a lot - 5
- Like a little - 4
- Neither like or dislike - 3
- Dislike - 2
- Dislike a little - 1

Mean Score of Pachak Takra

SN	Appearance	Aroma	Taste	Flavour	Mouth feel
1	4	5	5	5	5
2	4	4	3	3	4
3	4	4	2	4	2
4	4	4	4	4	4

5	4	4	3	4	4
Total	20	21	17	20	19
Mean	4	4.2	3.4	4	3.8

Nutritive Value (per 100 ml)

Calories – 41 kcal, Fat – 0.91 g, Carbs – 4.96 g, Protein – 3.42 g

CONCLUSION

The product was successfully prepared as mentioned in the Ayurvedic literature *Kshemkutuhal*. The product exhibited excellent acceptability with respect to its taste, flavour, colour and aroma. The product will definitely provide its therapeutic benefits as mentioned in the literature.

ACKNOWLEDGEMENT

The author would like to thank, Assistant Professor Mrs. Priya Darshane, HOD, Prof. Dr. Abhijit Joshi Sir and Prof. Manoja Joshi Madam for their meticulous guidance and also thank for including this subject in their curriculum.

REFERENCES

1. Kshemkutuhalam. Dr. Indradev Tripathi. Choukhamba Prakashan, Varanasi. Revised edition, 4
2. Bhojankutuhalam. Raghunath Suri Editor. KS Madhava Sastri Publication – University MSS Library Trivandrum.
3. Bhojankutuhalam (English) Edited – Scholars of the centre for theoretical foundation (CTF) -I – AIM – Bangalore
4. Nutritive Value of Indian foods. C.Gopalan and others and updated by B.S.Narasingarao and other NIN-2011

How to cite this article: Manisha Sandeep Medane, Priya Darshane. Development and sensory evaluation of a 'Pachak Takra' (digestive buttermilk). J Ayurveda Integr Med Sci 2021;4:196-198.

Source of Support: Nil, **Conflict of Interest:** None declared.

