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# Development and sensory evaluation of *Dhanyak Panak* (Therapeutic Appetizer)

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## ABSTRACT

The Recipe '*Dhanyak Panak*' was selected from the Ayurvedic text as *Bhojankutuhala* with respect to its known benefits, as good Appetizer taken before a meal or during meal to stimulate one's appetite. The research was undertaken to carry out a pilot study for developing this product for the community. The product was prepared by taking in consideration the amount of ingredients given in *Bhojankutuhala*, and then the product was further carried forward to sensory analysis. Finally, it is concluded that the product has been accepted by the community.

**Key words:** *Dhanyak Panak*, *Bhojankutuhala*, *Therapeutic Appetizer*.

## INTRODUCTION

Ayurveda is a healing science based on the studies and keen observation of intellectual series from India.

Ayurveda is an ancient medical science which deals with to maintain healthy life style and treat the disease.

Using food ingredients in proper contents help to sustain good life and proper consumption of food is best way to cure disease.

Traditional Indian foods have been prepared for many years and preparation varies across the country.

In Ayurveda clearly emphasis the relationship between food you take and the state of the body and

mind.

This '*Panak*' is taken from ancient Ayurvedic book '*The Bhojankutuhala*' by *Raghnatha Suri* which is a rare and valuable work compiled from various ancient text and other authentic sources.

The Title *Bhojankutuhala* is a core compound word comprises of two Sanskrit words '*Bhojan*' and '*Kutuhala*'.

*Panak* is defined as appetizer which is beneficial in various treatments like Urine Infection, Piles, Thyroid, Diabetes for cooling, soothing and strengthening effects it imparts taste maintain state of *Doshas*, stimulates digestive fire, improves digestion etc.

*Dhyanak Panak* is the recipe made from the fresh *Dhaniya* seed or coriander seeds (*Raghnath Suri, Bhojankutuhala*)

It is made up from crush dry *Dhaniya* seeds.

As India renowned for its heat resistant properties. It gives cool effect during summer season and also acts as appetizer.

It is freshly made with the ingredients present in kitchen itself.

This *Panak* is used for *Pitta Dosh*.

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With bit more of innovation in the characteristics so that it become more palatable as it has lot of benefits which are mentioned in tradition as well as modern science.

## MATERIALS AND METHODS

The product is made according to the ingredients and procedure as mentioned in the Ayurvedic literature as Bhojankutuhala.

All the raw material required for preparation of 'Dhanyak Panak' are selected of good quality and procured from Pune local market.

- Coriander seeds – 1 tsp
- Water – 100 ml
- Sugar – 1 tsp
- Cardamom powder – 1 pinch
- Clove powder – 1 pinch
- Camphor – 1 pinch
- Pepper powder – 1 pinch

### Methodology

The product was prepared as per the reference given in Ayurvedic Text as Bhojankutuhala. Mix Coriander seed powder with water, stir this water, add sugar syrup and other condiments like cardamom powder, clove powder, camphor and pepper powder, stir well and serve chilled or with normal room temperature. Camphor, cardamom, clove and pepper powder imparts taste, confers strengths and quickly satiates the sense.

Acts as a good appetizer.

### Sensory Analysis of the Product

The product 'Daniya Panak' scored for characteristics like appearance, taste, acceptability by panel of 5 people in which each one has its own observation and remarks about the product. Score of each Characteristics has gone through Sensory analysis based on Hedonic rating Scale.

Scores as follows:

- Likes a lot: 5

- Likes a little: 4
- Neither like nor dislike: 3
- Dislike a little: 2
- Dislike a lot: 1

## RESULTS AND DISCUSSION

### Result of Product Development

The product development was carried out as per the resource materials, references found in 'Bhojankutuhala'. 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 exhibited slight yellow tinge due to coriander seeds with uniform consistency with sweet in taste.

### Result of Sensory Evaluation

Sensory evaluation was conducted by 5 semi trained panelists to evaluate the colour, taste, aroma, sweetness, texture of the given product on five-point Hedonic scale. Among sensory analysis, the product ranked excellent for the aroma and taste.

The product 'Dhaniya Panak' exhibited a fair result with respect to its taste, flavor and texture as per the references. Overall acceptability is rank 5 (like a lot).

During sensory analysis, we observed that aroma and taste of the product like 3.8 and 3.4 respectively.

Panelist liked the product very much as an excellent Therapeutic appetizer. They suggested some tips that can be very helpful for us to improve the quality of the product.

The product can be attractive by adding some garnishing on it.

As taking in consideration the tips given by the panelist, we will definitely improve the quality of product and in future, we hope that the product will rate excellent for its taste, aroma and can be acceptable by overall community.

Table 1: Showing the scores of characteristics

Score	Appearance	Aroma	Taste	Sweetness	Mouth feel
Like a lot	4	4	4	3	5
Like a little	4	4	4	4	5
Neither like nor dislike	2	3	2	3	3
Dislike Little	3	4	4	3	4
Dislike a lot	2	4	3	2	3

Table 2: Mean score of Dhanyak Panak

1.	Mean Appearance Score	3.2
2.	Mean Aroma Score	3.8
3.	Mean Taste Score	3.4
4.	Mean Sweetness Score	3
5.	Mean Overall Acceptability Score	4.2

Graph 1: Showing mean score of Dhanyak Panak

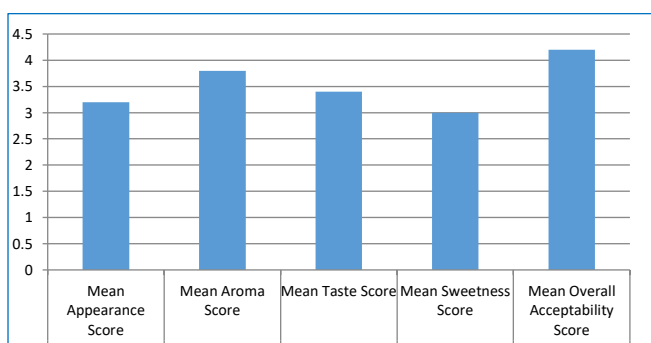


Fig. 1: Dhanyaka Panak



### Nutritive Value

Energy - 60 kcal Carbohydrates - 20 gm

### CONCLUSION

The product was successfully prepared as mentioned in the Ayurvedic literature. The product exhibited excellent overall acceptability with respect to its taste, color and aroma. The product will definitely provide its therapeutic benefits as specified in the Bhojankutuhah.

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