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Development and sensory evaluation of 'Hemakirana Panak' (an excellent cooling drink) : Research Article

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ABSTRACT

The recipe *Hemakirana Panak* is chosen from *Kshemkutuhalam* a work on dietetics and well being published by IIAM as an excellent cooling drink. The product was prepared by taking into account the ingredients and quantity as mentioned in the book, the therapeutic and nutritive benefits were studied of the ingredients mentioned in the recipe. Further sensory analysis was carried out according to the taste, appearance and palatability. The research was undertaken on a pilot study for development of community. The product was exhibited overall acceptability with respect to cooling drink sweet taste and white in color. We can conclude that product has been accepted widely by the community and further analysis can be carried out.

Key words: *Hemakirana Panak*, *Citrus aurantium (idlimbu)*, *Cooling Drink*.

INTRODUCTION

Ayurveda is considered as one of the oldest of the traditional systems of medicine accepted worldwide. For a healthy state of health, a balance between the three doshas and other factors should be maintained. Any imbalance between the three causes a state of illness or disease. In Ayurveda it is believed, that a perfect balance between the nature elements and the *Tridosha* of the human body should be maintained for a healthy state of living by following the principles of divine wisdom.^[1]

The *Kshemakutuhalam* by *Ksemassarma* is a rare and

valuable work compiled from various ancient text and other ancient sources, a 16th century Sanskrit work on dietetics *Ksemakutuhalam* is comprised of 2 Sanskrit words '*Ksema*' and '*Kutuhalam*' meaning wellbeing curiosity respectively. The work is therefore a curious enquiry in to the nature of wellbeing. Both physical and mental and in this sense, has its bases in Ayurveda. Therefore, sustenance of living being is dependent on food. There is nothing other than food that supports life of living beings. There is no medicine that is comparable to food. It is possible to free a man of ailments solely through diet is ignored. It is rightly said by physicians that food is the greatest medicine.^[2]

The research contains the preparation and evolution of *Panak*, *Panak* is an appetizer drink taken before a meal or the main course of a meal to simulate one's appetite. *Hemakirana Panak* is an appetizer made from coconut water, lemon and sugar. The name *Hemakirana* literally means golden ray. It can be consumed all over India as coconut water is easily available and also has many benefits like stimulate appetite, is a natural antioxidant in nature, coconut water is rich source of electrolytes like potassium, calcium, manganese amino acids and cytokines. Citron

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is a rich source of nutrients including flavonoids, vitamins C. This Panak has good consumer acceptability.

Importance of Hemakirana Panak in Ayurveda

The Panak is defined as appetizer and beneficial to various treatments. Like urine infection, piles, diabetes. For cooling, strengthening effects. It imparts taste maintain the dosha and improves digestion. Hemakirana Panak properties are alleviate Vata slightly aggravates Kapha stimulate appetite, confer strength is aphrodisiac, unctuous, heavy and bright in appearance.^[3]

Hence the research contains the preparation of highly concentrative products digestive aid, a cooling and refreshing drink. The recipe is made by referring to the ingredients mentioned in Ksemakuthulam. The data is collected by testing the sample of the recipe by sensory analysis.

MATERIALS AND METHODS

Materials

The product is made according to the ingredients and procedure mentioned in literature of Ksemakuthulam. The ingredients and raw materials are selected of good quality and procured from local market. The materials required for preparation of Hemakirana Panak are as follows:

1. Coconut water 150ml
2. Citrus aurantium (idlimbu) ½ teaspoon
3. Candied Sugar 1 tablespoon

Methods

Preparation of the product recipe is: lemon juice is mixed with candied sugar and coconut water and strained through a cloth to obtain a drink called Hemakirana.

Further the quality of the product was evaluated by sensory analysis.

Sensory Analysis of Hemakirana Panak

Product observation is carried out through sensory evaluation, by 5 semi trained panelist as judges and

scores and remarks are given according to the taste, aroma and palatability on five point hedonic 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

SN	Appearance Score	Aroma Score	Taste Score	Flavour Score	Mouthfeel Score
1.	4	3	5	4	5
2.	4	3	5	4	4
3.	4	3	4	3	3
4.	3	4	5	4	5
5.	4	2	5	4	5
Mean	3.8	3	4.8	3.8	4.4

Mean Score of Hemakirana Panak

Figure 1: Sensory Evaluation of Hemakirana Panak

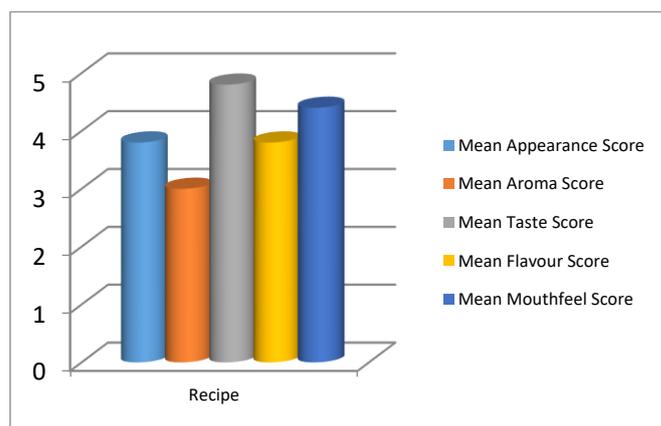


Figure 2: Hemakirana Panak



DISCUSSION AND RESULTS

Development of Hemakirana Panak

Hemakirana Panak main ingredient is coconut water which is readily available in local market and is affordable and can be easily prepared within 15 minutes and served chilled.

According to modern science coconut water is rich source of potassium, antioxidant, support heart health and reduces thirst. *Citrus aurantium* is next ingredient which aids in digestion, freshness to breath, supports weight loss. *Hemakirana Panak* is very refreshing and cooling drink it is an antacid and can be consumed in all season.

RESULTS

Sensory Evaluation 5 point hedonic scale method was carried out and mean score graph of the drink was potted according to sensory evaluation.

Fair result of texture and appearance was observed, mouth feel was excellent, taste ranked 5 and fair result for aroma and overall acceptability ranked 5. The product exhibited good overall acceptability.

CONCLUSION

A refreshing, wholesome and cooling drink was prepared as reference mentioned in ancient Ayurvedic literature. The drink exhibited overall good

acceptability according to sweet taste and flavour of the drink. The product can be especially recommended as acidity pacifier and can be given as cooling drink in summer season. The product will definitely provide therapeutic benefits as mentioned in *Ksemakutuhalam*. There is a scope in the future to study the shelf life of the product and further clinical implementation.

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