

Acceptability of betel and mint leaves recipes among the population by sensory evaluation

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ABSTRACT

Betel and mint leaves are very nutritive and helpful in coping malnutrition which increases morbidity and affects adversely the physical growth and development of human beings. Green leafy vegetables are the rich source of the micro-nutrients and so the betel and mint leaves are also functional in these deficiencies because they are nutritive and easily available throughout the year at reasonable cost. Mint leaves (*Pudina*) are already popularly used in recipes but betel leaves (*Pan*) are still not a part of that. Some of recipes as Laddu, Namkeen and cutlet were prepared by using these leaves and then evaluated their acceptability among the population by sensory evaluation. In present research t-test was applied to see the significance of difference between means of two independent products *i.e.* experimental product (betel leaves) and control product (mint leaves). Results revealed that cutlets were equally accepted while betel leaves Ladoo and Namkeen were more accepted than mint leaves Ladoo and Namkeen by the population. Moreover, none of the product was rated poor or very poor on a five point scale.

KEY WORDS: Betel leaves, Mint leaves, Acceptability, Micronutrient deficiencies, Sensory evaluation

How to cite this paper: Bhargava, Amita and Tyagi, Garima (2011). Acceptability of betel and mint leaves recipes among the population by sensory evaluation. *Asian J. Home Sci.*, 6 (2) : 137-139.

Article chronicle: Received: 07.05.2011; Revised: 04.09.2011; Accepted: 15.10.2011

Betel leaves and mint leaves are very nutritive and helpful in coping malnutrition which increase morbidity and affect adversely the physical growth and development of human beings. Malnutrition resulted from micronutrient deficiencies which are widespread in developing countries. Most common deficiencies are due to lack of iron (anaemia), vitamin A (xerophthalmia), iodine (goiter and cretinism) and calcium (osteoporosis). Green leafy vegetables are the rich source of these micro-nutrients and so the betel and mint leaves are also functional in these deficiencies.

Betel leaves are known to Indian culture from ages. The *Coloquial name* for betel leaves is *Paan* and its *botanical name* is *Piper betel*. Paan was invented by scholars of Ayurveda thousands of years ago with the help of Dhanvantri. Betel was found to be good for digestion. There are several kinds of betel leaves, each differing slightly in shape and efficacy according to the soil in which they are grown (Guha, 2006).

Betel leaves are highly nutritive and contain substantial amount of vitamins and minerals, especially calcium, iron, magnesium and carotene. Six leaves with a little bit of slaked lime is said to be comparable about 300 ml of cow milk particularly for the vitamin and mineral

nutrition. The leaves also contain the enzyme like diastase and catalase besides a significant amount of all the essential amino acids except lysine, histidin and arginine, which are found only in traces. A recent research carried out at the Pharmacognosy Research Laboratory, at the University of Calcutta, revealed that the betel leaf prevents degeneration of cells.

On the other hand, mint is the erect plant with dark green leaves with pleasant flavour. Mint has an important place in Indian cuisine. Researches indicate that mint oil used externally in a cold, reduce pain in cases of arthritis and chronic joint pain.

In this present study, recipes are prepared by betel and mint leaves to check the acceptability among the population by sensory evaluation because they are nutritive and easily available throughout the year.

Curative properties of betel leaves:

- Used as an aromatic stimulant and anti- flatulent.
- Beneficial in the treatment of nervous pain, nervous exhaustion and debility. Betel juice serve with a teaspoon honey is a good tonic.
- Betel leaf juice is credited with diuretic properties.
- Betel leaf has analgesic and cooling properties.