Development of Guduchi-Whey based beverage

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SUMMARY:
Guduchi (Tinospora cordifolia) also known as Amritballi is one of the most valued herbs in the Ayurvedic medicine. Similarly, whey a byproduct of cheese and paneer industry has biologically active and nutritious whey proteins, which can be exploited for developing a nutritious beverage. In the present study, an attempt was made to develop Guduchi - whey based beverage by incorporating Gudichi at various levels. The Guduchi extract was blended to pre treated whey at various levels viz., 5, 7 and 10 per cent. Sensory evaluation of the beverage revealed that addition of 5 per cent level of Guduchi with whey was found to be optimum. The final optimized beverage sample was pasteurized and was stored at ambient (30±1°C) and refrigerated temperatures (7±1°C) to study the effect of temperature on the keeping quality of the beverage. It was observed that Guduchi treated whey beverage had significantly increased keeping quality both at ambient and refrigerated temperatures when compared to the control sample, thus clearly indicating the effect of the Guduchi on the shelf-life of the product.

KEY WORDS: Guduchi, Whey, Beverage