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Preparation of mouth freshner (*Anardana Goli*) from pomegranate (*Punica Granatum l*)

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Pomegranates are usually consumed as fresh fruit, with only a limited quantity being processed into products like juice, syrup, beverages, wine, confectionary and anardana. The special structure of fruit is one of main factors which limit its industrial processing. Any mouth freshner is a mixture of nuts, seeds, herbs, and spices which is served after meals in India. Knowing the importance of health benefits of pomegranate and all related aspects, the present study was carried out in order to utilize pomegranate fruit for preparation of pomegranate mouth freshner. Arils of two cultivars like Ganesh and Arakta were dried by two drying methods viz., sun drying (SD) and cabinet drying (CD). Nutritive and palatable mouth freshner was prepared from anardana of two different cultivars as Ganesh (G) and Arakta (A). The mouth freshner was prepared as per standardized recipe by mixing cardamom, clove, fennel and black salt at an acceptable level. Pomegranate mouth freshner was prepared after pressing specific quantity i.e. 0.5g of powder, between thumb and finger followed by rolling over palm or by manually operated tablet machine. The prepared mouth freshner look like flavored balls/tablets. The sample of Ganesh variety prepared by cabinet drying scored higher for overall acceptability among other samples may be due to colour of anardana of Ganesh cultivar compared to Arakta cultivar. The pomegranate mouth freshner prepared from Ganesh and Arakta cultivar by using sun drying and cabinet drying contain moisture 14.20 percent, 10.20 percent, 15.00 percent and 10.50 percent respectively.

Biography

Syed H. M. is Associate Professor of Dept. of Food Chemistry and Nutrition. He has published various papers, review in various well known journals.

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Health benefits & medicinal uses of flax seeds

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Flaxseed is emerging as one of the key sources of phytochemicals in the functional food arena. In addition to being one of the richest sources of α-linolenic acid oil and lignans, flaxseed is an essential source of high-quality protein and soluble fibre and has considerable potential as a source of phenolic compounds. The implications of diets containing flaxseed or its components for human nutrition and disease prevention. Flaxseed, most frequently used as a laxative, is also used for conditions such as high cholesterol, menopause, and breast cancer, among others. Flaxseed lowers cholesterol by decreasing cholesterol absorption in the intestine. It may also have beneficial effects on platelets, which cause blood vessel clotting. Flaxseed may be helpful during menopause and benefit certain cancers that need estrogen to grow, such as breast cancer, because the body converts flaxseed into substances called lignans, which interfere with natural estrogen.Flaxseed is possibly effective for reducing hemoglobin A1c levels, which is the indicator of blood sugar levels in diabetics, decreasing cholesterol levels, improving kidney dysfunction in systemic lupus erythematosus, and alleviating minor menopausal symptoms. According to NCCAM, studies are currently underway to evaluate the benefits of flaxseed for preventing or treating atherosclerosis, breast cancer, and ovarian cysts.

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