

DEVELOPMENT OF NUTRACEUTICAL YOGHURT

BY INCORPORATING

AMLA (*Indian gooseberry*)

AND

IRAMUSU (*Hemidesmus indicus*)

A dissertation submitted to the

Faculty of Animal Science and Export Agriculture

Uva Wellassa University

In partial fulfillment of the requirement for the award of the

Degree of Animal Science

By

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Animal Science Degree Programme

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Sri Lanka

2012

ABSTRACT

Four types of herbal yoghurt prepared with Amla and Iramusu raw extracts and syrups concentration showed higher ($P < 0.05$) preference with all sensory attributes except Overall acceptability were from Amla raw extract 3% herbal added sample were best, Amla syrup 9% herbal added sample were best, Iramusu root raw extract 3% added sample were best, Iramusu root syrup 12% added sample yogurt is one of the most popular fermented milk product with high nutritive value. Incorporation of herbal in to conventional yoghurt increases the value of the product. However, adding some “pharmaceutical” value. So it define as a **Nutraceutical** product. profile of the product while conveying different experience to the consumer. The aim of the study was, to add some “pharmaceutical” value to conventional yogurt.

Set yoghurts were prepared according to the standard procedure but not added any flavor or colour.

Before adding the culture and flavor yogurt culture were separated. then herbal extracts and syrup were incorporated with various percentages(0%,3%,6%,9%,12%,15%).those were evaluated by using 30 untrained panelists with 5 point hedonic scale to assess sensory attributes such as, odour,appearance, taste, texture and overall acceptability. Sensory data were analyzed by Friedman nonparametric statistical method while titratable acidity and pH were analyzed by one-sample test

in MINITAB 14. Shelf life determination was done by analyzing titratable acidity, pH, yeasts and moulds, total colony count (TCC).

The PH of the Amla raw extract were 3.75 ± 0.2 of new product. The PH of the Amla syrup were 3.75 ± 0.1 of new product. The PH of the Iramusu root raw extract were 4.9 ± 0.1 of new product.

The PH of the Iramusu root syrup were 4.6 ± 0.1 of new product. but with the time decreased the pH of the all product. also acidity was increased with the time of all product. At the microbiology analysis of the product TCC was increased with the storage time. Yeast and mould counts were not exceed the specifications in Sri Lankan Standards for the set yoghurt during 15 days.

My special appreciation is given to Mr. V.G.A.Suman, Assistant quality manager, M2.CO Digena.

My deep appreciation and thanks to Mrs.Kashini Manasinghe, Lecturer, Faculty of Animal Science and Export Agriculture, Uva Wellness University for her excellent supervision and effort to act as internal supervisor guidance. My sincere thanks and gratitude is given to Mrs.Nishani Abeesinghe, Lecturer, Animal Science degree programme, Uva Wellness University for helping me in various ways to clarify the things related to my research work with excellent supervision and guidance.

My special appreciation is given to Mr.Panuph Pransial De Silva, Vice Chancellor, Uva Wellness University, Dr.G.Chandrasena, Dean, Faculty of Animal Science and Export Agriculture and Dr.Sepulika Jayaramna, The Course Director, Animal Science Degree Programme, Uva Wellness University who gave me the opportunity to carry out my final year research. I would like to convey my gratitude to all the academic staff of the Animal Science degree programme, Uva Wellness University.

I wish to express my gratitude to the Quality Assurance laboratory staff at M2.CO-Digena for helping me throughout this study to make this research fruitful. My deepest thanks and gratitude is conveyed to my family, especially my mother and father, who has given me a loving and abundant support. Your sincere help will be remembered for life.