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THE QUALITY OF AYURVEDIC ZEPHIR MADE USING INNOVATIVE TECHNOLOGY

Abstract.

Research data on the effect of plant raw materials on the organoleptic and physicochemical properties of ayurvedic marshmallows are presented in the article. It has been established that the use of spices and vegetable powders improves the quality and increases the biological and ayurvedic value of products. The obtained results should be taken into account when creating balanced nutrition diets for people of different age categories.

Keywords: Ayurveda, personalized nutrition, spices, vegetable powders, marshmallow.

Introduction.

Ayurveda is an ancient Indian system of medical knowledge that has existed and developed for several millennia. It is based on the idea of the connection of everything in the universe, which must exist in balance and unity, otherwise there will be disasters, pandemics, wars, etc. [1, 3, 4].

The concept of the five elements (Earth, Water, Fire, Air and Ether) is important, which are the components of everything in the universe in different proportions. According to this ratio, people of different types should eat certain food, lead a certain lifestyle, organize work and rest in different ways, including at different times of the year. Failure to comply with these requirements leads to a violation of the balance of elements and the emergence of diseases, and the goal of prevention and treatment is to return them to a state of equilibrium [4, 7, 8].

Nutrition plays an important role in Ayurvedic practice, including the tastes or Rasa (sweet, salty, sour, spicy, bitter and astringent), influence (Virya) and digestive effect (Vipak). [1, 12]

- In the Ayurvedic system, there are the following principles that will certainly help in maintaining a healthy body and mind:

- it is necessary to use spices. India is the birthplace of Ayurveda and the capital of spices, so it is not surprising that they are actively used in cooking to provide a rich variety of flavors. In addition, spices have antiseptic properties;

- listen to your own desires. There is definitely a list of foods for each person that should be followed in order to remain a healthy person in harmony, but our heart and mind are also able to detect what we need, so ignoring such signals will cause the body's subtle mechanisms to become unbalanced. And if you lead a correct and positive lifestyle, then the body will strive for such positive and useful products;

- prepare food yourself and calculate so that it is always fresh. This principle suggests that it is necessary to consume freshly prepared food, so cook for one meal, because heated food loses its beneficial properties;

- it is necessary to consume live food. This principle leads to the fact that it is necessary to reduce the culinary processing of products to a minimum and include more fruits, vegetables, berries, greens, etc. in the diet.

However, today, as a result of unbalanced nutrition, the so-called "hidden hunger" is observed among the population of Ukraine, which is created due to the deficiency of certain nutrients in the human diet. This issue is actively studied by scientists and opens up more and more different ways of compensation, but people need options for a safe natural alternative - this is exactly the approach of Ayurveda [1,12].

Ayurveda has been recognized by WHO as the most effective system of alternative medicine since 1985. This is the only system of knowledge that is implemented in today's health care methods. The principles of a harmonious life in Ayurveda are built around physical and spiritual practices and nutrition, as an overriding condition of our life [12].

There is a long list of products that are recommended or should not be consumed by this or that person in a certain period in order to stay healthy, but one of the key roles in the diet of people living according to Ayurveda is played by spices and herbs, which radically change the taste of the product, which changes the effect product for human health.

That is why it is advisable to develop sweets with spices that will reduce the impact of sweets on the human constitution. Therefore, consider the effect of each spice on the doshas of the human body:

- cinnamon tastes sweet, bitter and spicy, hot on the contrary, sweet on the contrary. Restrains Vata-dosha and Kapha-dosha without a negative effect on Pitta-dosha, if not used in excessive amounts;

- turmeric - the taste is bitter, viscous, sharp and hot and has a sharp effect after absorption. It balances the doshas, although, if used excessively, it can worsen the condition of Pitta and Vata;

- cardamom has a sweet, spicy and hot taste, but does not have the effect of increasing Pitta dosha, even has the ability to reduce all doshas, but increases the digestive fire;

- bodian - the taste is sweetish-bitter, the smell resembles anise, but not sweet, but more aromatic. In Ayurveda, it has a sharp, bitter, astringent and sweet taste, balances Kapha and Pitta, increases Vata.

In turn, the use of fruit and vegetable powders and spices can slightly increase vata due to similar dryness, but depending on the taste, it can have the effect of bitter, sweet, sour or astringent tastes [2, 6, 12].

Marshmallow is a sugar confectionery product obtained by whipping fruit puree with sugar and egg white, followed by the addition of pectin or other forming fillers. Marshmallow, in which agar, apple, currant puree or vegetable powders are present, acquires special organoleptic characteristics and increased biological value. Pectins of fruit and vegetable raw materials have the qualities of removing toxins, heavy metals, and other harmful substances, reduce the level of cholesterol in the blood and blood pressure, help strengthen the immune system and protect against the development of ulcers [9,10,11,13].

The purpose of writing the article is to present the scientific justification and practical development of the innovative Ayurvedic marshmallow recipe with spices and vegetable powder.

Research materials and methods.

The research was carried out at the Department of Technology of Restaurant and Ayurvedic Products of the NUFT of Ukraine. Marshmallow is prepared according to traditional technology. Used spices and dry

powders of vegetables of Ukrainian production. When the recipes were developed, additional ingredients were added to the traditional recipe: 1) infusion of the composition of spices, in the amount of 20 cm³ per 100 g of the recipe; 2) carrot powder in the amount of 2.5% of the recipe composition; 3) turmeric powder in amounts of 0.05 and 0.02%.

The research used 5 samples of the model recipe, in particular:

Sample № 1 - control (traditional recipe); Sample № 2 – traditional recipe + infusion composition of spices; Sample № 3 – traditional recipe + infusion of spice composition selected composition of spice infusion + 2.5% carrot powder; Sample № 4 – traditional recipe + selected composition of spices + 2.5% carrot powder and 0.02% turmeric; Sample № 5 - selected composition of spices + 2.5% carrot powder + and 0.05% turmeric.

The assessment of product quality was carried out according to generally accepted methods in the food industry [5].

Results and discussion.

The classic marshmallow recipe includes: applesauce, sugar, albumin, drinking water, agar-agar, invert sugar. The improved formulation of the innovative Ayurvedic marshmallow uses useful common spices: star anise, cinnamon, cardamom, and turmeric. In addition, dry carrot powder was added to the marshmallow composition.

The descriptive-profile method was used to select the optimal ratio of the chosen combination of spices. In the process of developing the composition of spices, descriptors were used, which were used to evaluate the appropriate combination, and point gradation for sensory evaluation of model samples (Table 1).

Table 1.

The ratio of the combination of spices in model samples

Model sample	Bodian	Cinnamon	Cardamom
№1	1	1	0,7
№2	1	2	0,6
№3	1	3	0,4

The results of the sensory evaluation of the taste of the investigated compositions on a point scale with the correspondingly selected descriptors (Table 2).

Table 2.

Results of sensory evaluation of the taste of samples of spice compositions

Descriptor name	Sensory evaluation of the taste of model samples, points		
	Sample №1	Sample №2	Sample №3
Sharp taste	3	4	3
Tart taste	3	3	3
Bitter taste	4	3	3
Spicy taste	4	5	3
Sweet taste	3	4	5
Fullness of taste	3	5	3
Harmoniousness of taste	3	4	3

The results of the sensory evaluation of the aroma of the studied compositions on a point scale with correspondingly selected descriptors (Table 3).

Results of evaluation of samples by aromatic descriptors

Descriptor name	Sensory evaluation of the aroma of model samples, points		
	Sample №1	Sample №2	Sample №3
Fragrant aroma	3	4	3
Spicy aroma	4	5	3
Sharp aroma	5	4	4
Sweet aroma	4	5	5
Harmonious aroma	4	5	3
Aroma intensity	5	4	5
Floral fragrance	3	4	4

When evaluating the combination of spices according to the studied descriptors, sample №2 has the most harmonious characteristics, namely the ratio: all-spice: cinnamon: cardamom - 1:2:0.6.

Thus, after evaluating all the developed model samples according to taste and aroma descriptors, the most optimal ratio of the combination of spices was de-

termined, namely 1:2:0.6 (starch: cinnamon: cardamom), which was used in the development of an innovative formulation of Ayurvedic marshmallow in the form of an infusion drinking water according to the technology of production of soft drinks.

The received samples of marshmallow prepared according to experimental recipes were evaluated according to a complex of important indicators (Table 4).

Table 4.

Assessment of samples of new experimental samples, points

Descriptor	Quality of the sample, point				
	№1	№2	№3	№4	№5
Taste:					
-harmonious	4	4	4	5	3
- sweet	5	4	3	4	3
- bitter	2	3	3	3	5
- sharp	1	3	3	3	4
- astringent	1	3	3	4	3
Aroma:					
-spicy	1	4	4	5	5
- harmonious	4	3	3	5	3
- pleasant	5	4	3	4,5	3
Appearance:					
- clear picture	4	4	3	5	2
- correct form	4	4	4	5	2
- attractive color	4	4	3	5	2
Consistence:					
- resilience	5	4	4	5	2
- humidity	5	4	4	5	5
General impression	5	4	4	5	3
Total points	50	52	48	63,5	45

After evaluating all the developed model samples according to taste and aroma descriptors, it was determined that Sample №4 was more balanced according to the studied parameters by an average of 18-29%. The most harmonious sample with the ratio of the combination of spices, namely 1:2:0.6 (oregano: cinnamon: cardamom), which was used in the development of Ayurvedic marshmallow in the form of an infusion on drinking water according to the technology of the production of soft drinks.

Conclusions and suggestions.

As a result of the conducted research, it was determined that the leading quality is the sample that contains an extract with a ratio of spices: cinnamon: cardamom (1:2:0.6), as well as 2.5 g of carrot powder and 0.05 g of turmeric per 100 g of product. Such a product is characterized by a harmonious taste and chemical composition, and also has a dosha harmonizing effect,

therefore it has no serious limitations and can be recommended regardless of the prevailing type of constitution. The obtained data expand the assortment of high-quality and competitive dessert products using natural domestic raw materials.

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