

Preparation of China rose fermented drink

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I. Introduction

The consumption of a variety of local herbs and vegetables by man is believed to contribute significantly to the improvement of human health, in terms of prevention or cure of diseases because plants have long served as a useful and rational source of therapeutic agents. Alcoholic beverages have been consumed by humans since the Neolithic era; the earliest evidence of alcohol was discovered in Jiahu, dating from 7000–6600 BC. The production and consumption of alcohol occurs in most cultures of the world, from hunter-gatherer peoples to nation-states. It has been proved now through various studies that moderate consumption of alcoholic drinks especially wines have better effect on health. An alcoholic drink is widely accepted, consumed, and preferred due to its nutritive and healthful properties. To enhance the basic qualities of the beverage it can be fortified with certain additives that are potentially beneficial to health. Making use of such additives, the drink is fortified, with an aim to further increase the therapeutic applications of wine. For this fortification, extracts from some herbs having high medicinal values were used. Herbs, such as, Hibiscus petals, Lemon, and Ginger were chosen for fortification of beverage which are known for therapeutic and medicinal applications.

II. Objectives

- To prepare fermented beverage from China rose flower.
- To prepare a herbal drink by fermentation of lactobacillus microorganism

III. Review of Literature

These Herbal extracts impart the similar properties to the fortified alcoholic beverage and hence, consumption of such fortified beverages would give tremendous health benefits than regular beverages. Alcoholic beverages are worldwide produced and they are most popular around the world for several centuries. Various kinds of herbs and spices play an important role in alcoholic beverage production. They are used as enhancer, preservative and an antioxidant sources. Antioxidants can be found in all part of plants such as fruits, flowers, leaf, stem and root. Herbal preparations have been known to treat various infectious diseases throughout the history of mankind. It provides relaxation necessary for proper digestion and absorption of food and hence serves as a vital adjunct to the human diet. Strong antibacterial activity of beverage is its essential biological function which has been verified under various experimental conditions. Fermented beverage serves as a base for medicinal preparations compounded with a range of herbs adapted to treat various disorders. Functional botanical ingredients are more admired than ever in the beverage market. Many drinks are made from herbs with perceived medicinal value and such drinks have many additional health benefits. These have many health benefits including hibiscus has the highest amount of antioxidants. Antioxidants help repair damaged cells Hibiscus also contains a specific type of antioxidant called anthocyanin. This type of antioxidant is also found in berries. It's what gives them their nice, red colour, and has been linked to reducing your risk of chronic diseases. One of the only studies with human subjects and hibiscus was to investigate its link to blood pressure. Although all the results showed that this plant can indeed help lower high blood pressure, it can also be dangerous to anyone who's BP is already low. This applies to those already taking medication to lower blood pressure must avoid hibiscus. The studies examined the effects hibiscus had on blood sugar levels and were

conducted on rats. Nevertheless, they still saw a significant change. In a 2013 rat study with hibiscus extracts, 12% of the diabetic rats saw a decrease in blood glucose. Interestingly, the non-diabetic rats saw no change at all. During the blood sugar rat trials, the hibiscus extract also affected the rats' cholesterol levels. In fact, a lot of people with diabetes also suffer from high blood fat levels so more studies were done, and showed that hibiscus doesn't just affect cholesterol levels of those with diabetes but even those without. The only odd thing was that each study had different results. Hibiscus does more than lower blood pressure, blood sugar, and cholesterol. If kept at a constant, low level, these benefits will lead to better heart health. It's important to keep your blood pressure at a stable level because, over time, high blood pressure can put unnecessary strain on your heart. This weakens it and increases your chances of heart disease. High blood sugar and fat levels can also lead to stroke and heart disease. So once again, it's important to regulate.

IV. Materials and Methodology

1. Dried hibiscus powder
2. Fresh hibiscus
3. Lemon
4. Ginger
5. Water
6. Sugar
7. Lactobacillus from whey



- 1) Take fresh hibiscus and after cleaning sun dry these for 3-4 days
- 2) After the flowers have achieved paper like texture grind them to yield hibiscus powder



- 3) Take the powder and fresh hibiscus and dried hibiscus add them to the bottle and pour water to completely soak them in water.
- 4) Add sugar and salt to the stand alone drink.
- 5) Add respectively grated ginger and 2 slices of lemon to fortify the drink.



- 6) Keep these respective bottles for fermentation at room temperature for 5 days except the beverage fortified with lemon that must be kept for 2 days only.



- 7) Perfect red colour water like consistency beverage is produced.



V. Results and Discussion

The drink has perfect red colour and consistency with the flavours of lemon and ginger imparting their characteristic flavor along with developed tangy flavor from fermentation of hibiscus.

VI. Summary

The overall drink has lot of health benefits along with powerpact flavor and taste hence the target population are the age group above 20 and this drink can easily acclaim a mark in the industry as a very strong alternative from other raw materials that yield other harmful drinks.

VII. Conclusion

By the various fermentation technique and fortification methodology highly beneficial healthy beverage drink was made from china rose for its benefits it was chosen alongside the medicinal properties of ginger and lemon they were chosen for fortification purpose.

References

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