

A Study to Develop and Analysis of Products Using *Centella Asiatica* (Thankuni)

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Abstract:

Introduction: *Centella asiatica* (Thankuni) is a nutritionally important plant and a valued traditional medicine. Based on the primary constituents of *Centella asiatica* they are rendered to be responsible for their wide therapeutic actions.

Objective: The various benefits of this remarkable plant have been discussed in this research. The triterpene derivatives present in *C. asiatica*, such as asiatic acid, madecassic acid, asiaticoside, madecassoside are thought to be responsible for the plant's biological effects. The main focus of this research is to increase the consumption of this plant by understanding its importance in the diet.

Methodology: A survey was conducted to understand the knowledge, attitude and practice of people residing in West Bengal regarding *C. asiatica*. Based on the understanding of the survey two products were developed along with different variations. Sensory analysis was conducted for choosing the best variation. Physical, chemical, qualitative and shelf-life study was conducted for the products formulated.

Result: The results showed that the products are rich in macronutrients, micronutrients and phytochemicals. The products were lastly compared with each other to understand the overall acceptability of the product.

Discussion: Addition of *C. asiatica* helped in creating two healthy products which are rich in macronutrients, micronutrients and phytochemicals.

Conclusion: The value-added product generated could help in utilizing this nutrient dense plant in achieving nutrient security in the country.

Keywords:

Centella asiatica, triterpenoids, phytochemicals, baking, chutney, murukku, functional components, shelf-life.