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Biochemical, organoleptic and novel product development from Carica papaya seeds

Carica papaya, commonly known as papaya, pawpaw and papita; is a delicious fruit with loaded nutrients having beneficial effect on human body. Papaya also has antioxidant effects and anticancer properties which improve heart health, fight inflammation, improve digestion and help to maintain overall health and wellness. Papaya seeds are small, round, black colored, encased in a gelatinous coat in the inner cavity of the fruit having a strong flavour similar to black pepper and small amounts of it are beneficial for overall health. The seeds contain large amounts of nutrients, including fibre (22g %) which is effective for combating constipation and other digestive problems. The present study was undertaken with the aim of developing nutritionally enriched product with incorporation of papaya seeds and its oil; thereby enhancing the well-being. Gastro-free churan balls were prepared using papaya seed as a main ingredient and blending it with other components like Carom seeds(ajwain,), Cumin (jeera,) and Fenugreek(methi). Oil and water were added in the ratio of 1:2, which acted as a binding agent to form balls. The product was standardized as natural product with no added preservatives and may be aimed to relieve constipation issues. Sensory evaluation was conducted to determine the overall acceptability of the product. Further, nutritional and shelf life study were also conducted in which it was seen that the product is nutritionally rich with diverse nutrients, including fibre (16g %). The shelf life

study was performed, and it was observed that the total plate count was minimal in first few weeks, with gradual increase in later weeks. Also; the growth of spoilage organisms (coliforms, yeast and molds) originated after 2 weeks indicating decline in quality and further stating the product is microbiology safe for consumption for only 2weeks. However, further study may be effective to further enhance the nutritive quality and shelf life of the product. The sensory evaluation concluded that the product was acceptable by majority of the trained panelists.

Speaker Biography

Dipak Vora is a director of Dhirang Consultants, Mumbai and also an Academician, Consultant, Trainer, Research Guide and Researcher in Microbiology, Fermentation, Food Hygiene and Wine Evaluation, Documentation and Validation, Audits and Training. He was an associate professor (Retd) and consultant in Microbiology, Doctoral Research Guide of Two Universities with teaching and training experience of 34 years. He has authored more than 15 international and national scientific research papers in peer reviewed Journals. He Guided two M.Sc. students for their Degree (M.Sc. by Research) and four PHD students were working under him (two have been awarded their degrees). He was awarded for two minor research projects by the University of Mumbai and two minor research projects by UGC. Also he has been awarded for the best teacher award by Ramnarain Ruia College.

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