

Aonla RTS – A Multipurpose Beverage

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Aonla, the Indian gooseberry (*Emblica officinalis* Gaertn) belongs to the family Euphobiaceae is one of the important fruits indigenous to India. In India, it is widely grown as commercial crop in Uttar Pradesh. It occupies an important place among the indigenous fruits and it finds a special place in India as it has got tremendous medicinal value as well as high nutritional value also. The tree is productive, very hardy and can be successfully grown in variable agro climatic and soil conditions such as dry regions of arid zone, salt affected soils, marginal soils and ravines. Owing to its hardy nature, sustainability to various wastelands and high productivity, it has high production potential with low maintenance cost and enormous therapeutic and nutritive values. Therefore, it is predicted to be “Fruit of 21st century”.



The fruit is one of the richest known sources of ascorbic acid (300-1000 mg per 100 g edible portion) depending upon the cultivar. Fresh aonla fruits contains following appreciable sources:

- ✓ Total sugar (7.53 mg/100g)
- ✓ Calcium (14.91 mg/100 g)
- ✓ Iron (0.62 mg/100g)
- ✓ Phosphorus (11.81 mg/100g)

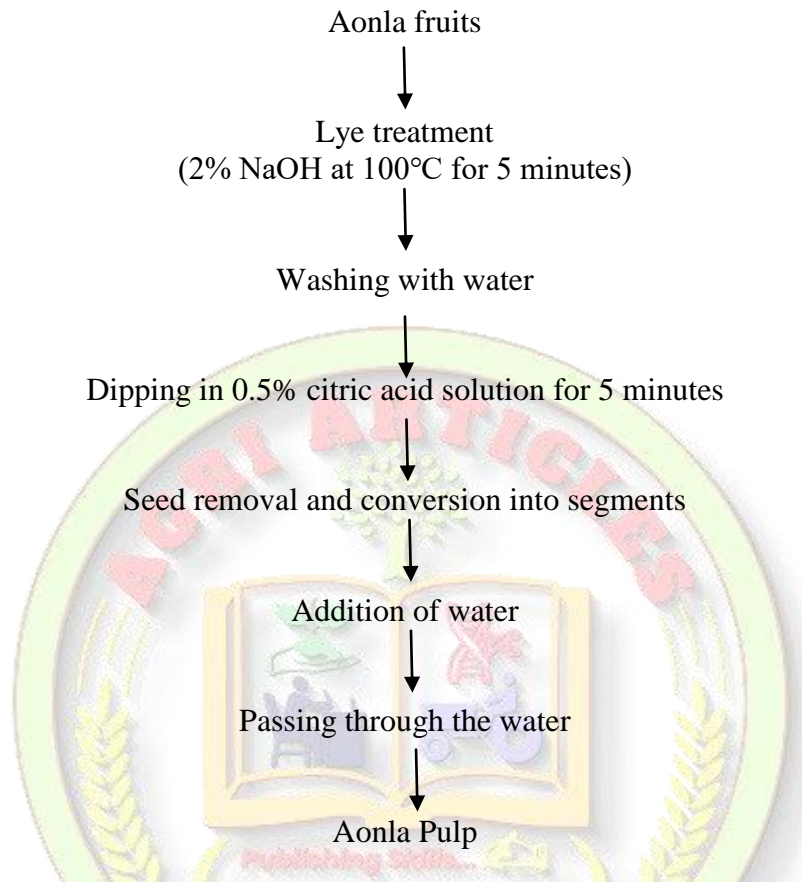
The fruit also contains polyphenols, which have antioxidant property and thus has good free radical scavenging activity. Tannin found in fruits which contains gallic acid, ellagic acid and glucose in its molecule. In addition to this, potent antioxidants, several active tannoid principles have been identified which appear to account for its health benefits. It has observed to posses expectorant, purgative, spasmolytic, antibacterial. Hypoglycaemic, hepatoprotective and hypolipidemic.

Aonla fruits are not generally consumed fresh because fruits are highly acidic and astringent; it is used as a major constituent in several ayurvedic preparations such as Chavanprash and Rasayana which promotes health and longevity. It is not popular as table fruit. Keeping this view, it can be processed in to value added Ready-to-serve (RTS) beverage.

Ready-to-serve beverages are the most popular bottled products, which contains at least 10 per cent fruit juice and 10 per cent total soluble solids. It can be made from a wide variety fruits such as mango, guava, bael, citrus, pineapple, litchi, papaya and plum. An

excellent quality of soft drink can also be prepared from phalsa and blend of aonla and ginger. The techniques for preparation of ready-to-serve beverages from various fruits are as follows;

Procedure used for preparation of Aonla Pulp

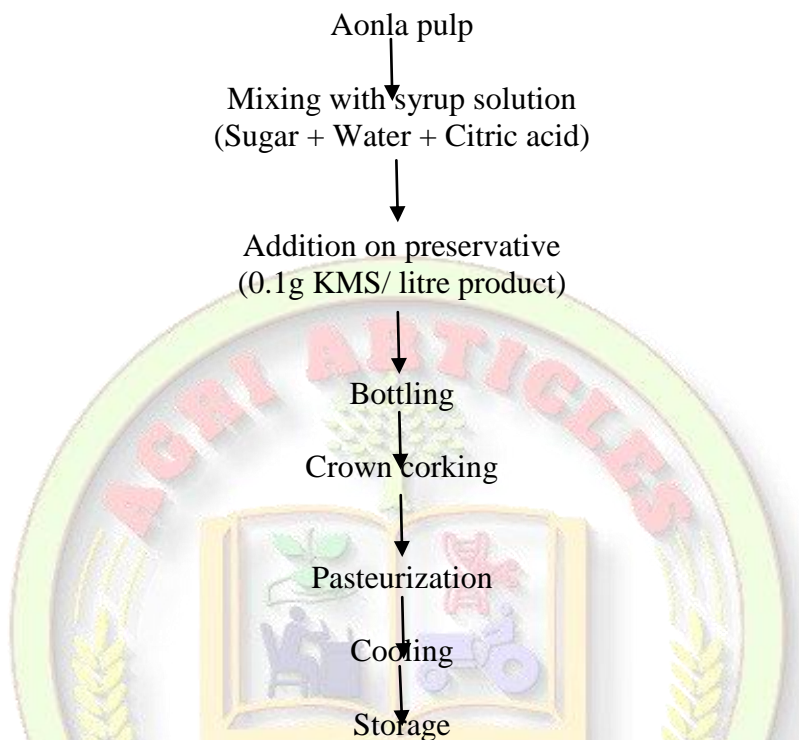


Methodological photographs of pulp extraction from aonla fruits

▪ **Recipe for the preparation of Aonla RTS :**

- ✓ Pulp 10 per cent
- ✓ Total soluble solids 11 per cent
- ✓ Acidity 0.25 per cent
- ✓ SO₂ 70 ppm

▪ **Procedure used for preparation of Aonla RTS**



Preparation of aonla RTS with procedure

✓ **Varietal photographs of Aonla RTS**



Fruit production is increasing globally. Despite the increasing fruit production at the global level, a significant amount of fruit produced is lost or wasted due to poor post harvest management. Therefore, processing of fruits into the value added products is one of the strategies to reduce post harvest losses and promote consumption of fruits.