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## Research Article

### PREPARATION AND STANDARIZATION OF ALOE VERA, AMLA BLENDED WATER MELON JUICE

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#### ABSTRACT

Juice is a beverage made from the extraction or pressing out of the natural liquid contained in fruits and vegetables. Studies on preparation and standarization of blended juice of amla, aloevera and water melon were conducted. Use of Amla juice 7% sugarj 40gms rock salt 1.3gms and citric acid 1.3gm resulted in juice of good appearance, taste and flavour.

#### Key Words:

Standarization, Antibiotic, Laxative,  
Diuretic, Antiscobutic, Anabolic,  
Filterization, Pasteurization,  
Homogenization, Antioxidant.

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#### INTRODUCTION

Blending of fruit juices is a recognized process in fruit and vegetable technology for improving the beverage qualities such as to impart body to the blend and also to render it more attractive besides to regulate the brix to acid ratio to accepted level (Muth Krishna *et. al.* 1973).

Amla (*Emblica Officinalis*) is known for its nutritional and pharmacological properties. The Amla fruit is reputed to have the highest content of Vitamic C than anyother natural occuring substance in nature. Amla alued as an antiscobutic, diuretic, laxative, antibiotic, acrid and cooling. "Aloe barbadensis is one of the aloe vera species of 300 different species which is most common type grown. The aloe leaf contains 75 nutrients, 20 minerals, 18 amino acids and 12 vitamins. Aloe juice is an effective antioxidant to help in all digestion related problem, arthritis, stress, cancer, diabetes. Its juice is anabolic in action, water melon (*citrullus vulgars*) is subtly crunchly, thrist quenching in summer. Water melon juice is rich in B vitamin, magnesium and potassium. Therefore, the present study was under taken to standarize the recepie for blending of amla, aloe-vera and water melon juice having good body and acceptability.

#### MATERIAL AND METHODS

##### Preparation of Amla Juice

Fresh, mature and ripe amlas were selected and washed. They were crushed and seeds removed, juice was extracted followed by filtration with muslin cloth.

##### Aloe Vera Juice

Aloe vera leaves were selected. Soaked in water to loose the dirt. Leaves were trimmed to remove the ends and sides. Gel was grounder with the help of grinder. Juice was allowed to sediment down the heavier particles and was filtered.

##### Water Melon Juice

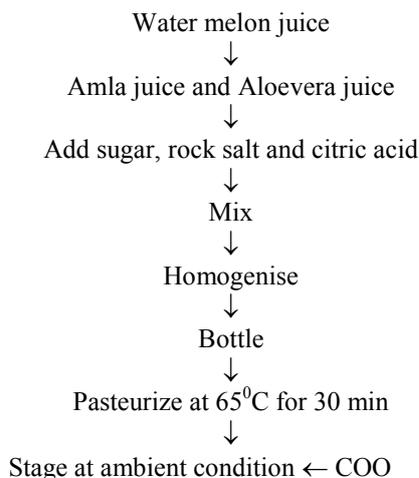
Mature, ripe water melons were selected, ashed and cut into four quarters. Peding followed by slicing and seed removal was elone. Juice was entracted followed by filtration.

The juices of amla, aloevera and watermelon were blended in various proportions such as 30+20+50, 20+20+60, 10+15+75 followed by addition of sugar, rock salt and citric acid. followed by homogenization and filtration. Blended juice was studied for its physico-chemical constitute and organoleptic evaluation. Based on physico-chemical constituents,

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appearance and organoleptic score, a suitable blend was standardized. Flow chart for the preparation of amla, aloe vera blended water melon juice.



#### Physico-Chemical Analysis

The Amla, aloe vera blended juice was analysed to find out its acidity. Titrable acidity was determined by titrating the acidity juice against freshly prepared 0.1N NaOH using phenolphthalein as an indicator. pH was determined by digital pH meter and was found to be 3.4 and total soluble solids (T.S.S.) was determined by using refractometer and was found to be 13<sup>0</sup>β. The organoleptic evaluation for assessing the appearance, taste, flavour and overall quality was done by a panel of 8 judges using numerical scoring key to score.

#### Physico Chemical Analysis

S.No.	Parameter	Values
1.	% Acidity	0.33%
2.	T.S.S.	13
3.	pH	3.4
<b>Excellent</b>		<b>90</b>
Very Good		80
Good		70
Poor		60

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## RESULTS AND DISCUSSION

The blending of amla, aloe vera and watermelon juices in 13% + 7% + 80% gave TSS (13%), acidity (0.33%) and pH 3.4 and has a good overall acceptability.

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