

A Value Added Product from Hibiscus. rosa-sinensis Flower for Hypertension

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INTRODUCTION

Hibiscus rosa sinensis is commonly known as red Hibiscus. It is a shrub with variable structure and is distributed throughout tropical and subtropical regions. It is a flower which is present abundantly and is easily accessed. Hence the treatment of hypertension using H.rosa sinensis is a step to help reduce the incidence of hypertension among the communities as this approach is easy and does not require much processing.

Hibiscus contains tannins, flavonoids, Alkaloids, Saponins, Total phenols, Total flavonoids. It contains majorly Anthocyanins and flavonoids which may be responsible for the lowering of blood pressure to normal level.

The objective of the study is to develop a value added product from Hibiscus rosa-sinensis flower for the hypertension.

METHODOLOGY

The procurement of hibiscus was done from South Delhi. The flowers were dried at room temperature to develop powder. Jelly was developed from guava pulp. Hibiscus powder was incorporated in different concentrations i.e., 12 gram, 20 gram and 24 gram. Sensory evaluation was done using 9 point Hedonic scale and Composite scoring. The proximate analysis of the developed value added product was done for obtaining nutritional values. Statistical analysis is done using the SPSS.

RESULT

It was found that sample A (12 gram hibiscus powder) was the most acceptable among the all variations with highest scores for each of the attribute appearance (0.021), taste (0.001), color (0.005), and overall acceptability (0.005) in composite analysis. The hedonic rating scale also indicated that sample A (12 gram hibiscus powder) was the best according to untrained panelists.

CONCLUSION

Sample A (12 gram hibiscus powder) is the acceptable product which can be further used for intervention on hypertensive patients.

Keywords: Hypertension, Hibiscus, Value Added Product, Anthocyanins.