

# DEVELOPMENT OF VALUE ADDED INSTANT *HALWA* MIX USING *SHATAVARI (ASPARAGUS RACEMOSUS)* ROOT POWDER

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**Abstract**—*Shatavari (Asparagus racemosus)* is a well-known versatile herb which helps to improve the reproductive as well as general health of females. *Shatavari* contains saponins which have antispasmodic activity and act as a relaxant to uterine muscles, particularly during pregnancy. It helps to avoid premature birth and pre-term labour by maintaining progesterone level in the body. Root powder of *Shatavari* helps to prevent premature birth. It enhances milk production during lactation in mothers. The appropriate use of *Shatavari* root powder helps in avoiding excessive blood loss during menstruation. The presence of many bioactive compounds such as steroidal glycosides, saponins (mainly *Shatavarins I, II, III and IV*), polyphenols, flavonoids, alkaloids (*racemosol*) and nutrients like dietary fibre, calcium, iron and zinc make it valuable for the utilization in value added products. The present study was conducted to develop value added instant mix halwa for females using the *Shatavari* root powder (SRP). Halwa is easy to prepare and commonly consumed traditional product in India. Type I, Type II and Type III instant mixes of halwa were developed using SRP at the level of 5, 7.5 and 10 per cent, respectively. Further, these instant mixes were reconstituted with water to develop halwa and evaluated for sensory characteristics using the 9-point hedonic scale by ten semi-trained judges. The sensory scores revealed that all types of value added reconstituted halwa were found to be 'liked moderately' on the basis of sensory scores given by ten semi-trained judges. The value added halwa were analyzed for proximate composition and mineral content. The crude fibre and ash content of instant mix halwa were found to be significantly ( $p < 0.05$ ) higher than control halwa while there was no significant change in carbohydrates content. The calcium and iron content increased significantly ( $p < 0.05$ ) in Type I, Type II and Type III instant mix halwa as compared to the control halwa.

**Keywords:** *Shatavari* root powder, female health, sensory characteristics, proximate composition, minerals.