



INDIAN SPICES AND PERCEPTION OF COLLEGE STUDENTS IN TERMS OF ITS ACCEPTABILITY AND HEALTH BENEFITS

Ms. ChinmayeePattnayak

Research Scholar, Department of Home Science, IIS (deemed to be University), Jaipur, Rajasthan

Research station- Faculty of Agriculture, Sri Sri University, Cuttack- 754006, Odisha

Dr. Ila Joshi,

Professor, Department of Home science, IIS (deemed to be University), Jaipur, Rajasthan

Dr. Krishna Mishra

Consultant-Nutritionist, Healthifyme, India

1. ABSTRACT

Spices are one of the valuable commodities for trade in ancient time of India. These are rich source of antioxidants with medicinal and antimicrobial properties. During Covid 19 infection, spices occupied a special place for restoring and boosting immunity. Nowadays, there are variety of blend of spices and value-added spices are in demand. Young students are also much inclined towards different types of spice blends, whether at home or outside, they go for tangy and spicy flavoured foods. In this context a survey was carried out on college going girls to study their perception about seasonings based on their knowledge, preference, and acceptance of value added seasonings in their daily diet, to support nutritional intake with immunity boost. From the result it was observed

that in general seasonings are preferred on daily basis by 78.8% students. About 76% of them claimed the role of spices is for increasing overall acceptability of the food and 1.5% accepted that it enhances the nutritional value of food and boosts the immunity. Lastly 88 % of the students had shown interest for the daily intake of value added seasonings in different recipes of their diet to enhance nutritional value of the food. From the collected data it was observed that the students were very much interested for the use of various seasonings as an additional nutrition in their daily diet as well as enhancing immunity with flavoring add on.

They showed positive attitude for nutrient supplementation through spices in their routine diet.

2. KEYWORDS

1. Antioxidant 2. Anti-microbial 3. Anti-inflammatory 4. Spices 5. Seasonings 6. Value-addition

2. INTRODUCTION

Spices have been used for not only flavour and aroma enrichment of the food but also to provide antimicrobial properties. Origin of spices is generally from plants: flowers, fruits, seeds, barks, leaves, and roots. Researchers have revealed various health benefits that the spices possess because of presence of bioactive components like, tannins, alkaloids, flavonoids, polyphenols, etc. (Jiang, 2019). It was also reported that herbs and spices also contain more disease fighting antioxidants than fruits and vegetables (Gowhar et al, 2018). Spices are anti-inflammatory, anti-bacterial and antioxidant in nature, thus help in fighting against infections and boosting immunity. Many herbs and spices have immune modulating properties. These help in improving the immune system and also gastrointestinal health (Devarajan and Mohanmarugaraja, 2017). If the dietary fibre is considered, its content in the spice is much higher than that in most of the fruits and vegetables (44%–62%). Spices in general trigger the salivation and secretion of acid and digestive enzymes, thus helping in better digestion

Traditional foods are also called as functional foods containing spices which are products of plants with active compounds and are important for human health and help in reducing risks of chronic diseases (Shahzan et al., 2019).

Nowadays, many value-added spices are used and they impart a special taste to food preparations. Value addition is the highest recognition of the product, which is achieved through processing, packaging and marketing. In India's indigenous culture and traditional medicinal system, foods are medicines having almost no side effects and are available in nature in the form of spices, fruits and vegetables (Banerjee et al.,2020).

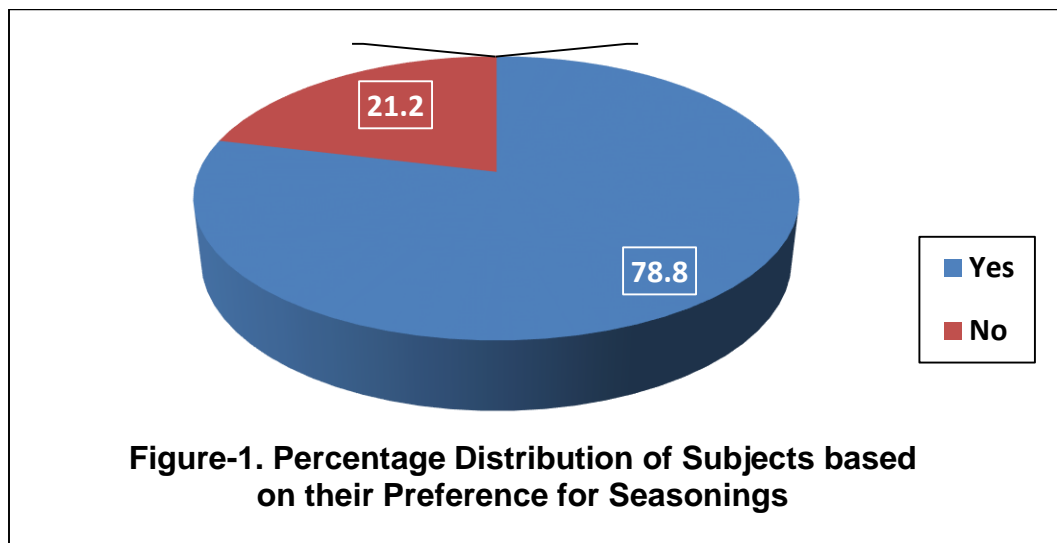
3. METHODOLOGY

For the present study, 120 college students between 18 and 22 years were randomly selected from an urban area of twin city Bhubaneswar and Cuttack, Odisha. Before starting the study, subjects were well explained about the objective of the study and their consent and the permission for the conducting survey were obtained from the management of the university.

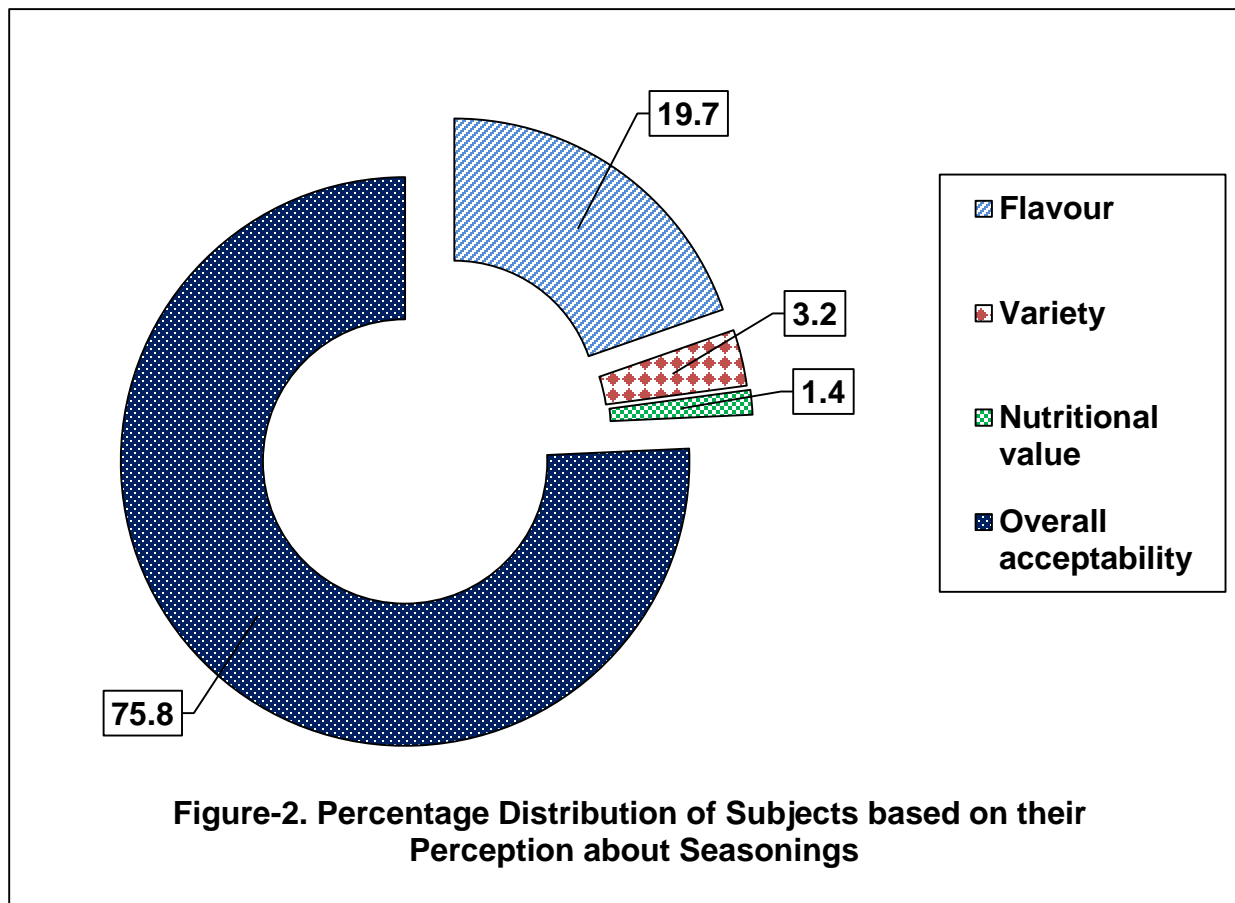
An online self-administered questionnaire in English language was developed, which included questions on demographic profile of the students, their knowledge about spices and role in enhancing health during Covid period. After completion of the survey, data was analyzed statistically.

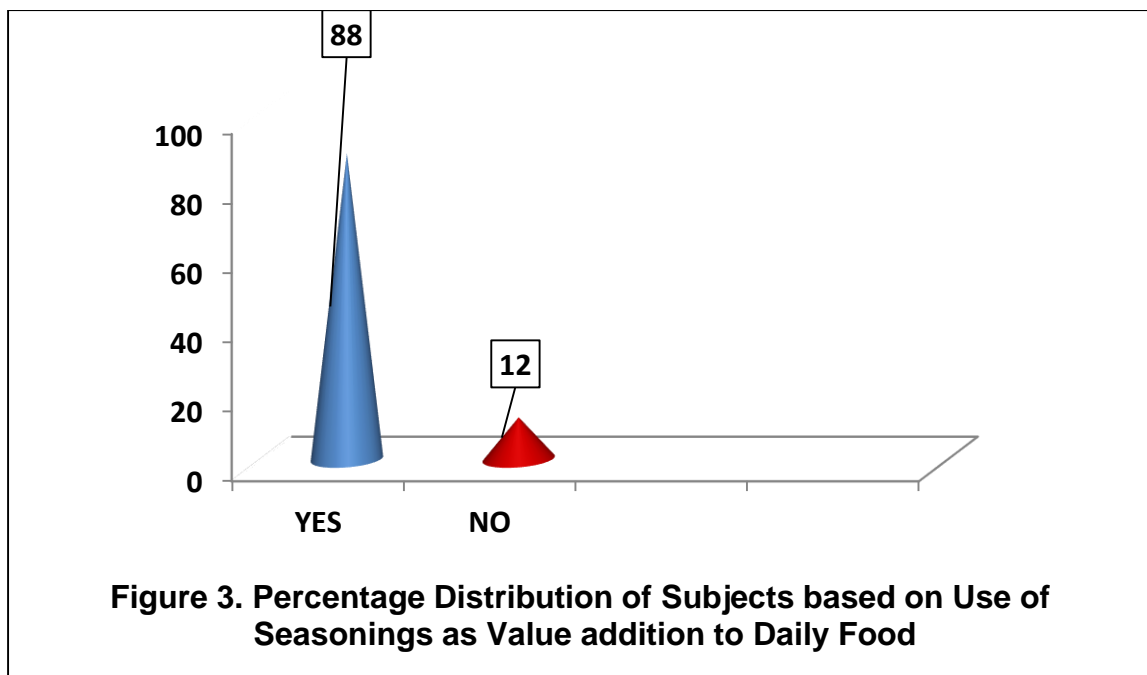
4. RESULT AND DISCUSSION

The results of the study revealed that the spices, in the form of seasonings, were preferred on daily basis by 78.8% of the students (Figure 1).



Over all 97% of the students agreed that the seasonings are blends of different spices and herbs, About 76% of them claimed the role of spices in increasing overall acceptability of the food, 20% said it enhances the flavour of the food, another 3% thought it helps in giving variety to the food and around 1.5% accepted that it enhances the nutritional value and health as it boosts the immunity (Figure 2).





Based on above graph the survey depicts that 88% of the students are interested for the daily intake of value added seasonings in different recipes of their diet to enhance nutritional value of the food.

During Covid traditional homemade mixture of spices was in demand during the pandemic. As far as information on recipes and benefits of spice blends was concerned, the students got it from family members, social media and doctors. Majority of the students showed their preference for Indian *garam masala*, *chat masala* and *peri peri masala*. Students also showed interest and curiosity towards value addition of food using spices.

CONCLUSION

From the above study it has been found that the seasonings are essential part of the diet and are compulsory ingredient in Indian recipes. Young students are so much inclined towards spice blends, that they like to experiment different traditional, novel and new spice blends in their daily meals.

REFERENCES

- Arghya Mani and Arpan Kabiraj, Agriculture & Food: e- Newsletter, Volume 1 – Issue 8 – August 2019
- Banerjee, S., Srivastava, S., & Giri, A. K. (2020). Possible nutritional approach to cope with COVID-19 in Indian perspective. *Advance research Journal of Medical* , 6(06), 207-219.
- Fritts, J. R., Fort, C., Corr, A. Q., Liang, Q., Alla, L., Cravener & Keller, K. L. (2018). Herbs and spices increase liking and preference for vegetables among rural high school students. *Food Quality and Preference*, 68, 125-134.
- Hoffman, A. C., Salgado, R. V., Dresler, C., Faller, R. W., & Bartlett, C. (2016). Flavour preferences in youth versus adults: a review. *Tobacco control*, 25(Suppl 2), ii32-ii39.
- Jiang, T. A. (2019). Health benefits of culinary herbs and spices. *Journal of AOAC International*, 102(2), 395-411.
- Mangalassary, S. (2016). Indian cuisine—the cultural connection. In *Indigenous culture, education and globalization* (pp. 119-134). Springer, Berlin, Heidelberg.
- Manik, N., Ali, H., Ray, M. N., Islam, M., Zobayed, A., Hossain, T., ... & Khan, A. (2022). A comprehensive review on medicinal values and health benefits of spices and condiments commonly used in the Indian sub-continent. *Research Journal of Pharmacognosy and Phytochemistry*, 14(1), 11-18.
- Sharma, M., Gupta, A., & Prasad, R. (2017). A review on herbs, spices and functional food used in diseases. *International Journal of Research & Review*, 4(1), 103-108.
- Sheikh Afaq Gowhar*1 , Mohamed Tharwat Elabbasy1 , Hamid Nourain2 , Muteb Alshammari2 , Kamal Elbssir2, Spices, Herbs and Their Overall Health Benefits, *Human Journals Review Article* April 2018 Vol.:9, Issue:2
- Sowbhagya, H. B. (2019). Value-added processing of by-products from spice industry. *Food Quality and Safety*, 3(2), 73-80.