



MULTIFUNCTIONAL UTILIZATION OF *HIBISCUS SABDARIFFA* AS A FOOD SOURCE

Vaishali Charjan and Nikita Dhale

Department of Botany, Kamla Nehru Mahavidyalaya, Sakardara Square, Nagpur

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ABSTRACT:

Since long time *Hibiscus sabdariffa* L. (roselle), belonging to the *Malvaceae* family, is known as medicinal plant mainly found in the countries like Africa, South-east Asia and Central America in Mexico. It is reported to contain paramount level of organic acids such as citric, malic, tartaric and allo-hydroxycitric acids. Also important plant metabolites like beta carotene, vitamin c, protein and total sugar are found in *Hibiscus sabdariffa* by many researcher. Roselle is also known for its nutritional and medicinal properties. During olden days, people were using *hibiscus sabdariffa* L. (roselle) in different foods forms like jam, jelly, syrup, tea, etc. but in between the technique extinguished. The present study highlights the utilization of *hibiscus sabdariffa* L. (roselle) plant part specially flower as an edible source for human being. Different food items like syrup, gongura pickle, gongura calyces, roselle tea/iced tea gongura leaves powder, chatpata has been made by following different standard methods. The present study give future scope of using these plant as common food items. Also further studies are needed to prove the effectiveness of roselle in variety of food under the various conditions

Keywords: - *Hibiscus Sabdariffa* L. (Roselle), Organic Acids, Plant Metabolites, Roselle Made Food Items.

INTRODUCTION :

Since long time plants are at forefront for fulfilling the basic needs of human including medicines (Ali et al. 2005). Till date many plants have been discovered and recorded having medicinal properties against various diseases (Souri et al. 2022). One of the candidates among this list of plants with medicinal benefit is *Hibiscus sabdariffa* having a rich source of phytochemicals like polyphenols especially anthocyanins, polysaccharides and organic acids which make them suitable for medicinal preparations. *Hibiscus sabdariffa* L., also known as roselle (roselle), belonging to the *Malvaceae* family, is widely grown in many countries like India, Indonesia, Philippines, and Malaysia as part of multi-cropping systems and can be used as food and fibre. It is commonly known in India as Gongura or Patwa in Hindi, Lal mista or Chukka (Bengali), Lal Ambadi (Marathi). Roselle is an annual plant which takes about six

months to mature. It is mainly cultivated for its different parts (leaves, seeds, stem and calyces) which are used as food products. *Hibiscus sabdariffa* L. (roselle) also noted for its prevention of chronic and degenerative diseases that are associated with oxidative stress. Also reported having positive effect on blood pressures and cholesterol and prevent cardiovascular diseases.

Initially people were utilizing plant in different traditional food dishes like food (jam, jelly, syrup, tea) but now a days it has been extinguished. It was laced with commercial potential as a natural food and colouring agent that can replace some synthetic products. In some places the plant is primarily cultivated for the production of Bast fibre from the stem of the plant. The fibre may be used as a substitute for jute in making burlap. health benefits of Roselle tea include assisting in digestion, strengthening immunity, working as an anti-inflammatory

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