

Preparation of Organol

(Beverage with medicinal properties)

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ABSTRACT

The main objective of this research is to represent that how an addictive and luscious drink can be made healthy to consume, with maximum endeavour to make it flavourful and appetizing. This innovation constitutes of five vital ingredients namely Apple, Ginger, Mint, Lemon and Tulsi (Holy Basil) which are known for their medicinal properties according to Science as well as Ayurveda, thus providing immense health benefits such as proper circulation, relief from respiratory sickness, anti-cancer properties and much more. It is also a good fit thus working in favour of one's tastes.

KEYWORD :- *Apple, Ayurveda, fermentation, flavours, medicinal, refreshment, taste.*

I. INTRODUCTION

Alcoholic drinks are universally popular beverages and are consumed worldwide. If taken in appropriate quantities they have certain nourishing elements which can act as medicines as well as keep our body robust. In recent years due to health reasons, safety reasons in the workplace or because of social regulations non-alcoholic or low alcoholic beverages are witnessing a significant increase in consumption. A simple thought of how we can make these drinks much more beneficial for our health is what is the basis of this research.

II. PROCEDURE

The process can be carried out in two ways namely reverse osmosis^[1] and interrupted fermentation^[2], as we need the alcohol percentage to be low. We over here have chosen interrupted fermentation as it is cost effective.

1. Take 2 – 3 glass of water in a vessel.
2. Add mint, tulsi leaves, grated ginger in it and boil it well, with constant stirring till the water level reduces to half.
3. Let it cool for some time.
4. By that time take 1 - 2 apple and crush it in a mixture. Take out the juice in a container.

5. After the water is cool enough filter it and put it in the same container.
6. Stir this mixture well add 1.5 table spoon of lemon juice and put it in a bottle.
7. Then add one fourth table spoon yeast and let the fermentation begin.
8. Observe the drink for effervescence and record the percentage of alcohol every 7 days.
9. Terminate the process once the percentage of alcohol content reaches about 3-4%
10. Filter the drink and refrigerate it for preservation.





III. TESTS CONDUCTED

1.1 TEST FOR ALCOHOL PERCENTAGE:

Test was performed on the principle of specific gravity(S.G)

Formula- $(\text{Final S.G} - \text{Original S.G}) \times 131.25$.



1.2 Test for Toxicity –

Performed using principal of distillation to check presence of methanol in the drink by adding potassium permanganate and then checking its smell. If it gives out a pungent smell then it contains methanol and is toxic. In this case it did not contain methanol.



IV. PRECAUTIONS

1. Avoid storing the container in a warm place, as it tends to produce more CO₂.
2. Keep on removing a little of gas in it in few days or keep the bottle cap partly open.
3. Take care while heating the mixture and do not pour it into the bottle when hot.

V. OBSERVATIONS

1. Percentage of alcohol – 3-4% ethyl alcohol.
2. Toxicity test – Presence of methanol:-Methanol not present.

VI. CONCLUSIONS

1. It's a well hydrating and refreshing drink.
2. Presence of Tulsi and Apple enhances its properties like anticancer behavior^[3], helps in heart diseases ,respiratory illness, provides better circulation.
3. Ginger provides digestive benefits and empowers your respiratory system.
4. Delicious and healthy beverage which can be used in the future as an informal drink.
5. Good source of vitamin K.

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^[3]<https://www.tandfonline.com/doi/pdf/10.1076/phbi.37.4.285.5801>