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Estimation of protein content in Moringa (*Moringa oleifera*) Chhana Rasogolla

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Abstract
The present investigation was conducted in Dairy Technology Laboratory of the Chandra Shekhar Azad University of Agriculture and Technology, Kanpur. Rasogolla prepared from *Moringa chhana* manufacturing technique was standardized on the basis of various parameters under study and final product was subjected for the evaluation of sensory, chemical and microbiological qualities. The main purpose of this study to know about the protein content found from moringa leaf extract. In this study using different levels of Moringa leaves extracts (6%, 8%,12%, 24% & 0% control sample). Among treatment combinations highest protein per cent found in B_5 samples (20.45) using 24% Moringa leaves extract followed by (18.55) found in sample B_4 using 18% Moringa leaves Extract. This study demonstrates the increase protein content with the increasing % of moringa leaves extract.

Keywords: Protein, *Moringa chhana*, Rasogolla, flavour etc.

Introduction

The significant portion of milk produced in India is converted into a variety of indigenous milk products. Among milk products, chhana is gaining momentum in its production and consumption. Chhana is heat and acid coagulated Indigenous milk product which forms the base of several popular Indian sweets like Rasogolla, Sandesh, Rasmalai and Chumchum etc. It is also used as a base material for the preparation of several dishes. It originated in eastern part of the country particularly from west Bengal, but now a day it is also popular in north western region of India.

Rasogolla known as king of Bengal sweets. Product was developed by Nobin Chandra Das in 1868. Production is largely confined to cottage and small scale industry. K.C. Das used to be a brand name for Rasogolla in past. Parasol resembles ping- pong ball in shape, snow white colour and possesses a slightly chew body and juicy and smooth texture. Rasogolla balls are stored and served in sugar syrup.

House of K. C. Das is the nolengur- flavoured Rasogolla with a faint tint of pink, popular during month when khajurgur is available. It is a source of food and medicine. Leaves of drumstick are outstanding as a source of Vitamin A, Vitamin C and minerals. They are an excellent source of protein and very low source of fat and carbohydrates. Leaf extract is used in the treatment of diabetes, because it controls glucose level in diabetes within 3 hours of ingestion. Leaves of *Moringa oleifera* are also used in the treatment of other diseases so, in Ayurvedic medicines Moringa leaves are used to prevent about 300 diseases. *Moringa oleifera* is one such tree having tremendous nutritional and medicinal benefits. It is rich in macro- and micronutrients and other bioactive compounds which are important for normal functioning of the body and prevention of certain diseases.

Leaves, flowers, seeds, and almost all parts of this tree are edible and have immense therapeutic properties including anti-diabetic, anticancer, antiulcer, anti-microbial, and anti-oxidant. Most of the recent studies suggested that Moringa should be used as a functional ingredient in food. The aim of this review is to focus the use of *Moringa oleifera* as a potential ingredient in food products.

Justification
This study was aimed to develop a product (Moringa Rasogolla) by using *Moringa oleifera* leaves extract in cow milk. Which is highly nutritious and more effective in reducing of blood sugar level in diabetes than Chhana prepared by using cow milk only. However, very little work has been carried out to estimate the nutritional quality of drumstick (*Moringa oleifera*) and its medicinal importance in the treatment of various diseases and its role in diabetes.

Materials and Methods
This research was done in the dairy technology laboratory of Department of Animal Husbandry and Dairying, C.S. Azad University of Agriculture and Technology, Kanpur. Cow milk was procured from dairy farm at C.S. Azad University of Agriculture and Technology Kanpur, India and was standardized to 3.5% fat and 8.5% SNF. Fresh moringa leaves were procured from the local market of Rawatpur, Kanpur. Hi Media Laboratories Pvt. Ltd., Mumbai, India provided all chemicals and reagents used in this study. Moringa leaves extract was prepared as per with slight modification. Fresh dried leaves (250 g) of Moringa were taken and ground by a conventional electric mixer (10000 rpm). The mixture was poured into 1000 ml of distilled water then mixture was boiled for 15 min at a temperature of 70 °C. At last extractions was decanted into a sterilized container after filtration with the muslin cloth. Rasogolla Prepared from *Moringa chhana* manufacturing technique was standardized on the basis of parameter under study and final product was evaluated by chemical qualities. Materials used in the experiment, the techniques employed in the treatment of milk for the preparation of Rasogolla from *Moringa chhana*. Requisite amount of cow milk was obtained from Experimental Dairy, C.S.A. University of Agriculture & Technology, Kanpur and was standardized at 3.5 per cent fat and 8.5% SNF for the preparation of Rasogolla from *Moringa chhana*. The use of analytical grade lactic acid (1.5) was used as coagulant for the preparation of Rasogolla. White crystal cane sugar grade purchased from market was used as sweetening agent. The stuffs were used for the preparation of Rasogolla. Gas Stove, a centigrade thermometer, Stainless Steel Pan, Stainless Steel Ladle, Muslin Cloth, Plastic cups, Stainless Steel Plate, Aluminum foil paper and for storage used refrigerator etc.

Moringa leaves extract
Leaves extract was used as a raw material for the preparation of *Moringa chhana*.

Dried Moringa (*Moringa oleifera*) leaves

The extract was prepared by following method.

250 g dry leaves of *Moringa oleifera* were taken.
↓
To that 1000 ml of distilled water was poured in a vessel
↓
Boil for 10 minutes
↓
Collect the extract in a beaker after filtration with the muslin cloth.

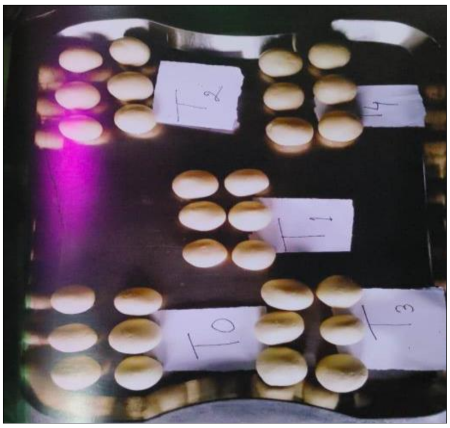
Procedure
Manufacturing procedure of Rasogolla is composed two major parts:
1. Chhana making
2. Rasogolla Making

Procedure for Chhana preparation
The method of Chhana preparation was followed by (Kundu and De, 1992), with the following modifications. Received 2.5-liter cow milk and divided into five different quantities (500 g, 470 g, 440 g, 410 g and 380 g) after preheating (40^{0}C) and filtration. Cow milk was heated in the coagulation vessel (stainless steel) using gas stove during heating, slow stirring was maintained to avoid burning and prevent skin formation. On boiling, the vessel with boiled milk was removed. Chhana was prepared under laboratory conditions by adding different amount of *Moringa oleifera* leaves extract 30 ml, 60 ml, 90 ml and 120 ml in 470 ml, 440 ml, 410 ml and 380 ml cow milk respectively at 60^{0}C temperature. The milk was heated at 70 °C and then 1.5 per cent lactic acid coagulant solution was added on top of milk with ladle which was stirring till coagulation look place and Chhana was collected in lumps. Acid coagulation was affected within one minute. The method of stirring of Chhana adopted was that mixture Chhana whey was transferred over a piece of muslin cloth, held over an empty vessel and then four corners of the cloth were gathered and tied together and immersed in running water to cool for1

minute, after this Chhana was hanged for 20 to 25 minutes to drain out Chhana whey from Chhana solids.

Flow diagram for manufacturing of Rasogolla from *Moringa chhana*

Cow Milk
↓
Warming of milk (at 40 °C)
↓
Filtration/Clarification
↓
Heat treatment (at 90 °C) for 15 minutes
↓
Cooling
↓
Addition of Moringa leaf extracts (30 ml, 60 ml, 90 ml and 120 ml)
↓
Addition of coagulant (lactic acid1.5%)
↓
Draining of whey
↓
Kneading of *Moringa chhana* (for10-15minutes)
↓
Preparation of Chhana balls from kneaded chhana
↓
Preparation of sugar syrup (20,25 and 30%)
↓
Clarification of sugar syrup
↓
Cooking of balls for 20-25 minutes
↓
Soaking of balls in sugar syrup at 50-60 °C for 1-2 hours
↓
Cooling of Rasogollas
↓
Storage at 5 °C



Treatments Combinations

T_0 Treatment: T_0 is containing 500 ml cow milk and not containing Moringa leaf extract. (Control)

T_1 Treatment: T_1 is containing 470 ml cow milk and containing 30 ml Moringa leaf extract.

T_2 Treatment: T_2 is containing 440 ml cow milk and containing 60 ml Moringa leaf extract.

T_3 Treatment: T_3 is containing 410 ml cow milk and containing 90 ml Moringa leaf extract.

T_4 Treatment: T_4 is containing 410 ml cow milk and containing 120 ml Moringa leaf extract.

Finished Rasogolla

Protein percentage estimation

Protein content of Moringa Rasogolla samples was determined by method described by (Davis and Mcdonald, 1953). 2g of Moringa Rasogolla was transferred in to clean and dry kjeldahl flask. 20 ml concentrated nitrogen free sulphuric acid; 10 g. potassium sulphate and 0.2g copper sulphate were added in to the content of the flask. The contents of flask were shaken were and therefore the flask was transferred on a heating assembly for proper digestion. When the content of flask becomes carbon free the content was allowed to cool down. The content was then dissolved in 400 ml distillation flask. About1g of pumice power was added to distillation flask to avoid bumping, while heating 4 pieces of litmus paper were also added to know the medium of the contents. In a 500 ml beaker 50ml N/10 sulphuric acid was taken and added about 3-4 drops of mixed indicator (methyl red + methyl blue in ethanol). The beaker was then placed below the condenser to collect the distillate. The tip of condenser was dipped in the content of beaker. About 90ml of 40% NaOH solution was added to the distillation flask. The distillation process was continued until about 300 ml distilled was collected in a beaker. Following the precautions, the beakers was removed from the assembly. The excess acid in the beaker was titrated back wish N/10 NaOH solution. In this way the actual amount of N/10 sulphuric acid used for neutralization of ammonia was determined. The protein content was content was calculated by using following formula:

Observation & calculation

1ml of N/10 H_2SO_4= 0.0014 gm. N_2

$$\text{N\% in sample} = \left(\frac{\text{Volume of N/10 } H_2SO_4 \times 0.0014}{\text{Weight of sample taken}}\right) \times 100$$

Protein % in sample = Nitrogen % × 6.38

Results and Discusion

The result obtained from the research was analyzed and discussed below:

Chemical evaluation

Protein content

The protein content in Rasogolla prepared from *Moringa chhana* is the most important quality attributes high protein level in the samples with high levels of moringa leaf extract indicates that the moringa are a rich source of protein.

Table 1: The effect of Temperature (A), Moringa leaves extract (B), level of sugar syrup (C) and storage period (D) on Protein per cent of Rasogolla from *Moringa chhana*.

Treatment	B1	B2	B3	B4	B5	C1	C2	C3	D1	D2	D3	D4	D5	D6	Mean
A1	12.45	14.55	16.45	18.55	20.45	16.39	16.49	16.59	16.74	16.64	16.54	16.44	16.34	16.24	16.49
A2	12.35	14.45	16.35	18.45	20.35	16.29	16.39	16.49	16.64	16.54	16.44	16.34	16.24	16.14	16.39
B1						12.30	12.40	12.50	12.65	12.55	12.45	12.35	12.25	12.15	12.40
B2						14.40	14.50	14.60	14.75	14.65	14.55	14.45	14.35	14.25	14.50
B3						16.30	16.40	16.50	16.65	16.55	16.45	16.35	16.25	16.15	16.40
B4						18.40	18.50	18.60	18.75	18.65	18.55	18.45	18.35	18.25	18.50
B5						20.30	20.40	20.50	20.65	20.55	20.45	20.35	20.25	20.15	20.40
C1									16.59	16.49	16.39	16.59	16.19	16.09	16.34
C2									16.69	16.59	16.49	16.39	16.29	16.19	16.44
C3									16.79	16.39	16.59	16.49	16.39	16.29	16.54
Mean	12.40	14.50	16.40	18.50	20.40	16.34	16.44	16.54	16.69	16.59	16.49	16.39	16.29	16.19	

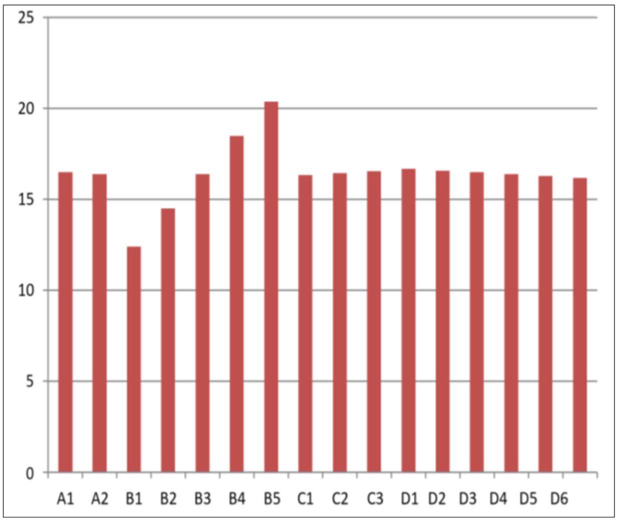


Diagram of table-1 Effect of Temperature (A), Moringa leaves extract (B), level of sugar syrup (C) and storage period (D) on Protein per cent of Rasogolla from *Moringa chhana*.

From table-1 the main effect of different levels of all the factors for protein per cent of Rasogolla from *Moringa chhana*, the following facts were observed. The maximum significant protein per cent (12.55) was found to be in A_1 samples and minimum protein per cent (12.35) was noticed in A_2 samples both temperature shows significant difference at 5%.

As the main effect of Moringa leaves extract protein per cent, it was observed that maximum (20.45) protein per cent was noticed in B_5 samples, while minimum (12.45) protein percent was recorded in B_1 samples. It shows significant difference at 5% of Moringa leaf extract.

In case of storage periods (D), the maximum protein per cent (16.74) in Rasogolla from *Moringa chhana* was observed in D_1 samples and minimum protein per cent (16.14) in D_6 samples. It shows significant difference at 5% in storage periods.

From the first order of interaction effect of A×B, the maximum protein per cent (20.45) was found to be in A_1B_5 combination while minimum protein per cent (12.35) was noticed in A_2B_1 samples non -significant.

From the interaction effect, in case of A×C, the maximum protein per cent (16.59) was observed in A_1 C_3 samples and minimum protein per cent (16.29) was noticed in A_2C_1 samples non -significant.

From the interaction effect of B×C, the maximum protein per cent (20.50) was noticed in B_5 C_3 samples, and minimum protein per cent (12.30) was noticed in B_1C_1samples it was non- significant.

From the interaction effect of C×D, the maximum protein per cent (16.79) was recorded in C_3 D_1 samples, while minimum protein percent in (16.09) was noticed in C_1D_6 samples result was non-significant.

From the second order of interaction effect of A×B×C, A×B×D, A×C×D & B×C×D found to be non-significant.

Table 2: A x B x C x D combinations for protein per cent of Rasogolla from *Moringa chhana*.

Treatments	D1	D2	D3	D4	D5	D6	Mean
A1B1C1	12.60	12.50	12.40	12.30	12.20	12.10	12.35
A1B1C2	12.70	12.60	12.50	12.40	12.30	12.20	12.45
A1B1C3	12.80	12.70	12.60	12.50	12.40	12.30	12.55
A1B2C1	14.70	14.60	14.50	14.40	14.30	14.20	14.45
A1B2C2	14.80	14.70	14.60	14.50	14.40	14.30	14.55
A1B2C3	14.90	14.80	14.70	14.60	14.50	14.40	14.65
A1B3C1	16.60	16.50	16.40	16.30	16.20	16.10	16.35
A1B3C2	16.70	16.60	16.50	16.40	16.30	16.20	16.45
A1B3C3	16.80	16.70	16.60	16.50	16.40	16.30	16.55
A1B4C1	18.70	18.60	18.50	18.40	18.30	18.20	18.45
A1B4C2	18.80	18.70	18.60	18.50	18.40	18.30	18.55
A1B4C3	18.90	18.80	18.70	18.60	18.50	18.40	18.65
A1B5C1	20.60	20.50	20.40	20.30	20.20	20.10	20.35
A1B5C2	20.70	20.60	20.50	20.40	20.30	20.20	20.45
A1B5C3	20.80	20.70	20.60	20.50	20.40	20.30	20.55
A2B1C1	12.50	12.40	12.30	12.20	12.10	12.00	12.25
A2B1C2	12.60	12.50	12.40	12.30	12.20	12.10	12.35
A2B1C3	12.70	12.60	12.50	12.40	12.30	12.20	12.45
A2B2C1	14.60	14.50	14.40	14.30	14.20	14.10	14.35
A2B2C2	14.70	14.60	14.50	14.40	14.30	14.20	14.45
A2B2C3	14.80	14.70	14.60	14.50	14.40	14.30	14.55
A2B3C1	16.50	16.40	16.30	16.20	16.10	16.00	16.25
A2B3C2	16.60	16.50	16.40	16.30	16.20	16.10	16.35
A2B3C3	16.70	16.60	16.50	16.40	16.30	16.20	16.45
A2B4C1	18.60	18.50	18.40	18.30	18.20	18.10	18.35
A2B4C2	18.70	18.60	18.50	18.40	18.30	18.20	18.45
A2B4C3	18.80	18.70	18.60	18.50	18.40	18.30	18.55
A2B5C1	20.50	20.40	20.30	20.20	20.10	20.00	20.25
A2B5C2	20.60	20.50	20.40	20.30	20.20	20.10	20.35
A2B5C3	20.70	20.60	20.50	20.40	20.30	20.20	20.45
Mean	16.69	16.59	16.49	16.39	16.29	16.19	16.44

From table-2 third order of the interaction effect of different storage period of A x B x C x D of all the factors for protein per cent of Rasogolla from *Moringa chhana*, the following facts was observed.

The maximum protein per cent (20.80) was found to be in $A_1B_5C_3D_1$ followed by (20.70) protein per cent was found to be in $A_2B_5C_3D_1$ samples. While minimum protein per cent (12.10) was found to be in $A_1B_1C_1D_6$ samples followed by (12.20) was found to be in $A_1B_1C_1D_5$ result shows non - significant.

Conclusion

Leaves extract (MLE) was evaluated for sensorial and functional properties. Furthermore, these findings indicate that the functional dairy product will be benefited from MLE, since MLE can be incorporated into a various dairy-based product because of its high stability of chemical properties of Moringa Rasogolla showed that MLE inclusion did non-significantly changed the Protein of Moringa Rasogolla.

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