

List of Contents

Contents	Page No.
<i>Abstract</i>	i-iv
<i>Declaration</i>	v
<i>Certificate</i>	vi
<i>Acknowledgement</i>	vii-viii
<i>Contents</i>	ix-xiv
<i>List of Tables</i>	xv-xvi
<i>List of Figures</i>	xvii
<i>Lists of Abbreviations</i>	xviii
Chapter 1	1-12
Introduction	
References	9-12
Chapter 2	13-
Review of Literature	
2.1. Biochemical properties of edible flowers	13
2.1.1. Nutritional composition of edible flowers	13
2.1.2. Antinutritional properties of edible flower	15
2.2. Methods for enhancing the shelf life of edible flowers and their impact on physicochemical properties of flowers	17
2.2.1. Low-temperature	17
2.2.2. Drying	18
2.2.3. Edible films and coatings	20
2.2.4. Irradiation	21
2.2.5. High hydrostatic pressure (HHP) processing	22
2.2.6. Modified and controlled atmosphere packaging	23
2.3. Novel Extraction of phytochemical from edible flowers	25
2.3.1. Supercritical fluid extraction (SFE)	25
2.3.2. Microwave assisted extraction (MAE)	26
2.3.3. Encapsulation of bioactive compounds	27
2.3.4. Functional food products by using encapsulates	28
References	29-39

Chapter 3	40-60
To conduct a comparative study of the nutritional and phytochemical properties of edible flowers	
3.1. Introduction	40
3.2. Materials and Methods	42
3.2.1. Sample collection	42
3.2.2. Moisture, ash, fat fiber and protein analysis	43
3.2.3. Extract preparation	44
3.2.4. Total phenolic content (TPC)	44
3.2.5. Total flavonoid content (TFC)	44
3.2.6. DPPH radical scavenging activity	45
3.2.7. Ascorbic acid	45
3.2.8. Minerals analysis by AAS	45
3.2.9. Cytotoxicity assay	46
3.2.10. HPLC analysis	46
3.2.11. Statistical Analysis	47
3.3. Results and Discussion	47
3.3.1. Moisture, ash, fat, fiber and protein	47
3.3.2. Ascorbic acid	49
3.3.3. Phytochemical content of edible flowers	49
3.3.4. DPPH radical scavenging activity	50
3.3.5. Mineral content of edible flowers	51
3.3.6. Cytotoxicity in HEK-293 cells	53
3.3.7. Phenolic compounds detected by HPLC in edible flowers' extract	54
3.4. Conclusions	56
References	57-60
Chapter 4	61-86
To optimize the phytochemical extraction process from an edible flower using novel techniques	
4.1. Introduction	61
4.2. Materials and Methods	64
4.2.1. Chemicals and reagents	64

4.2.2.	Conventional sample extract preparation	64
4.2.3.	Supercritical fluid extraction	64
4.2.3.1.	Experimental design for supercritical fluid extraction (SFE)	64
4.2.3.2.	Supercritical fluid extraction	64
4.2.4.	Ultrasound pretreated microwave assisted extraction	65
4.2.4.1.	Experimental design for Ultrasound pretreated MAE	65
4.2.4.2.	Ultrasound pre treatment	66
4.2.4.3.	Microwave assisted extraction (MAE)	66
4.2.5.	Total phenolic content	67
4.2.6.	Total flavonoid content	67
4.2.7.	DPPH radical scavenging activity	67
4.2.8.	HPLC analysis	68
4.3.	Results and Discussion	69
4.3.1.	Model fitting for SFE	69
4.3.2.	Effect of SFE process parameters on TPC and DPPH radical scavenging activity	69
4.3.3.	Optimized conditions for SFE	71
4.3.4.	Model fitting for MAE	72
4.3.5.	Effect of microwave process parameters on TPC	72
4.3.6.	Effect of microwave process parameters on TFC	75
4.3.7.	Effect of microwave process parameters on DPPH	76
4.3.8.	Optimized conditions for MAE	77
4.3.9.	Detection of phenolic compounds by HPLC in optimized extract of MAE	78
4.4.	Conclusions	80
References		82-86

Chapter 5 **87-113**

To encapsulate phytochemical extract of edible flower and their characterization

5.1.	Introduction	87
5.2.	Materials and Methods	89
5.2.1.	Flower extract preparation	89

5.2.2.	Encapsulation of flower extract by ion gelation	90
5.2.3.	Determination of moisture content in encapsulated beads	91
5.2.4.	Total phenolic content (TPC) and Total flavonoid content (TFC) of encapsulates	91
5.2.5.	Determination of DPPH of encapsulated beads	92
5.2.6.	Swelling and solubility of encapsulates	92
5.2.7.	Encapsulation efficiency	93
5.2.8.	Color measurement	93
5.2.9.	Morphology	93
5.2.10.	Fourier-transform infrared spectroscopy (FT-IR)	93
5.2.11.	Differential Scanning Calorimetry (DSC)	94
5.2.12	<i>In vitro</i> digestion of encapsulates and its release kinetics of polyphenols	94
5.2.13.	Statistical analysis	95
5.3.	Results and Discussion	96
5.3.1.	Model fitting for encapsulation efficiency	96
5.3.2.	Influence of Variables on EE	96
5.3.3.	Optimized condition	98
5.3.4.	Properties of encapsulated flower extract made with varying concentration of flower extract	100
5.3.4.1.	Moisture content	100
5.3.4.2.	TPC, TFC, EE and DPPH radical scavenging activity	100
5.3.4.3.	Swelling ratio and Solubility	101
5.3.4.4.	Color measurement of encapsulated flower extract	102
5.3.4.5.	Scanning electron microscope (SEM)	102
5.3.4.6.	FTIR analysis	104
5.3.4.7.	Thermal Properties of encapsulates	105
5.3.4.8.	<i>In vitro</i> release of total phenolic compounds	106
5.5.	Conclusions	110
	References	111-113

Chapter 6	114-133
To develop functional food product by incorporating the encapsulated phytochemical extract	
6.1. Introduction	114
6.2. Materials and Methods	115
6.2.1. Materials	115
6.2.2. Extraction of Nongmangkha flower extract	116
6.2.3. Preparation of encapsulates	116
6.2.4. Gummy preparation	116
6.2.5. RTS beverage preparation	117
6.2.6. Proximate analysis	117
6.2.7. Color analysis	118
6.2.8. Texture profile analysis (TPA)	118
6.2.9. Titratable acidity	118
6.2.10. TSS and pH	118
6.2.11. Water activity	119
6.2.12. Preparation of gummy extract for TPC, TFC and DPPH radical scavenging activity	119
6.2.12.1. Total phenolic content	119
6.2.12.2. Total flavonoid content	119
6.2.12.3. DPPH radical scavenging activity	120
6.2.13. Sensory evaluation	120
6.2.14. Statistical analysis	120
6.3. Results and Discussions	121
6.3.1. Composition of gummies	121
6.3.2. Water activity	122
6.3.3. Titratable Acidity and pH	123
6.3.4. Total Soluble Solids (TSS)	123
6.3.5. Total Phenolic Content (TPC) and Total Flavonoid Content (TFC)	123
6.3.6. DPPH Radical Scavenging Activity (%)	124
6.3.7. Color	124
6.3.8. Texture profile analysis	125

6.3.9.	Sensory evaluation	126
6.3.10.	Properties of RTS beverage	127
6.3.10.1.	Total Phenolic Content, Total Flavonoid Content and DPPH radical scavenging activity	128
6.3.10.2.	Titratable acidity and pH	128
6.3.10.3.	Color analysis	129
6.4.	Conclusions	130
	References	131-133
Chapter 7		134-136
Summary, conclusions and future scope		
7.1.	Summary and conclusions	134
7.2.	Future scope	136
List of Publication		A-1