IOSR Journal of Pharmacy and Biological Sciences (IOSR-JPBS)
e-ISSN:2278-3008, p-ISSN:2319-7676. Volume 20, Issue 3 Ser. 4 (May. – June. 2025), PP 08-28
www.iosrjournals.org

HERBAL DIP / GUT CARE / BODY CLEANSING: A combination of natural herbs with modernised technique for extraction of Phytochemical components and its medical benefits on GUT

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ABSTRACT
The human gastrointestinal (GI) system plays a central role in overall health, influencing immunity, nutrient absorption, and even neurological function. In recent years, increasing attention has been directed toward natural, plant-based therapies that support digestive wellness. This research focuses on the development of a functional herbal drink specifically formulated to enhance gut health using a synergistic blend of traditional medicinal plants: ginger (Zingiber officinale), turmeric (Curcuma longa), tamarind (Tamarindus indica), cumin (Cuminum cyminum), mint (Mentha spicata), coriander (Coriandrum sativum), senna leaf (Senna alexandrina), aloe vera (Aloe barbadensis miller, dried), and apple flakes (Malus domestica).
Each ingredient in this formulation has been selected based on its historical use in traditional medicine and supported by modern scientific literature for its role in promoting gastrointestinal function. Ginger and turmeric serve as potent anti-inflammatory agents that soothe the gut lining and enhance digestive enzyme activity. Tamarind and senna contribute natural laxative effects, aiding in the regulation of bowel movements, while cumin and coriander support digestion by reducing bloating and gas. Mint is included for its smooth muscle-relaxing properties, beneficial in managing symptoms of irritable bowel syndrome (IBS). Aloe vera adds mucilaginous support for the intestinal lining, and apple flakes offer prebiotic fiber to nourish the gut microbiota.
The herbal blend was processed into a dry formulation suitable for infusion or reconstitution, allowing for convenience and extended shelf life. Preliminary sensory analysis and formulation stability testing suggest good palatability and physical compatibility among the ingredients. This formulation demonstrates potential as a natural, plant-based intervention for individuals seeking relief from digestive discomfort, as well as those interested in maintaining gut health through daily dietary practices.
The study underscores the therapeutic potential of multi-herbal combinations in supporting gastrointestinal wellness and advocates for further clinical validation. Future research may include bioavailability studies, in vitro microbiome assessments, and human trials to evaluate efficacy on digestive markers and gut flora modulation.

Date of Submission: 14-06-2025 Date of Acceptance: 28-06-2025

I. INTRODUCTION

The gastrointestinal (GI) tract is a complex and highly integrated organ system essential to human health. It plays a vital role in nutrient absorption, immunity, and the maintenance of metabolic homeostasis. In recent years, growing awareness about the importance of gut health has led to a surge of interest in natural and holistic approaches to digestive care. This includes the use of traditional medicinal plants, many of which have been used for centuries in Ayurveda, Traditional Chinese Medicine (TCM), and folk remedies across cultures. The increasing demand for functional beverages—nutraceuticals in the form of drinks—has further stimulated exploration into herbal formulations that are not only therapeutic but also convenient, palatable, and accessible.

This study aims to develop and evaluate a herbal drink focused on gut care, incorporating nine botanicals known for their digestive benefits: ginger, turmeric, tamarind, cumin, mint, coriander, senna leaf, dried aloe vera, and apple flakes. Each of these ingredients has been carefully selected based on both pharmacological relevance and emerging scientific evidence supporting its role in gastrointestinal health.

Ginger (*Zingiber officinale*) is one of the most widely used medicinal roots for digestive disorders. It is known for its carminative, anti-inflammatory, and prokinetic properties, which help relieve nausea, stimulate gastric emptying, and reduce bloating. Studies have shown that gingerols and shogaols, the active constituents of

ginger, positively influence gut motility and may alleviate symptoms of indigestion and irritable bowel syndrome (IBS).

Turmeric (*Curcuma longa*), another cornerstone of traditional medicine, contains the polyphenol curcumin, which exhibits potent anti-inflammatory and antioxidant effects. Curcumin has been investigated for its ability to modulate gut microbiota, suppress intestinal inflammation, and enhance gut barrier function. These properties make turmeric an important component in managing inflammatory bowel conditions and maintaining mucosal integrity.

Tamarind (*Tamarindus indica*) pulp has a long-standing role as a digestive aid in folk remedies. It is mildly laxative and helps regulate bowel movements, owing to its high organic acid and fiber content. Tamarind also contains polyphenols that may act as prebiotics, promoting the growth of beneficial gut bacteria.

Cumin (*Cuminum cyminum*) seeds are traditionally consumed after meals in many cultures to support digestion. Cumin stimulates the secretion of digestive enzymes, reduces flatulence, and improves nutrient assimilation. Research suggests that cumin extracts may help with functional dyspepsia and abdominal discomfort through its antispasmodic and carminative effects.

Mint (*Mentha spicata*) has a well-documented history in treating GI disturbances. The menthol in mint acts as a smooth muscle relaxant, relieving spasms in the gut wall and reducing symptoms of IBS such as cramping and bloating. Peppermint oil, a concentrated derivative, has been shown in clinical trials to be effective in improving bowel habits and reducing visceral sensitivity.

Coriander (*Coriandrum sativum*) is another culinary herb that doubles as a digestive remedy. It exhibits anti-inflammatory, carminative, and antidiarrheal properties. Coriander seeds help reduce gas formation and have been traditionally used to soothe the stomach and aid digestion. Studies also suggest that coriander oil may modulate gut motility and intestinal secretions.

Senna leaf (*Senna alexandrina*) is a well-known herbal laxative. Its active compounds, sennosides, stimulate peristalsis and promote bowel clearance. Senna is commonly used in the treatment of constipation and for bowel preparation prior to medical procedures. While effective, it must be used in moderation to avoid dependency or irritation.

Aloe vera (*Aloe barbadensis miller*), particularly its inner leaf gel, is soothing to the gastrointestinal tract. It contains mucopolysaccharides and anthraquinones that exhibit mild laxative, anti-inflammatory, and prebiotic effects. Dried aloe vera retains these bioactives and supports the gut lining, aiding in conditions such as gastritis and leaky gut syndrome.

Apple flakes (*Malus domestica*) provide a natural source of soluble and insoluble fiber, particularly pectin, which acts as a prebiotic. Pectin promotes the growth of beneficial gut microbiota and helps regulate bowel movements. Additionally, apples contain polyphenols with antioxidant properties that contribute to gut mucosal health.

Together, these ingredients form a comprehensive, multi-functional blend that addresses various aspects of gut health—from promoting digestion and motility to soothing inflammation and supporting the gut microbiome. The unique advantage of combining these herbs into a single beverage lies in their synergistic potential: each plant complements the others in function, creating a holistic formula that targets multiple pathways in digestive wellness.

This research not only focuses on the formulation of this herbal drink but also explores the traditional and scientific rationale behind each ingredient's inclusion. As consumers increasingly seek natural alternatives to synthetic pharmaceuticals, the development of evidence-based herbal beverages offers promising opportunities for preventive and therapeutic gut care. Further sections of this article will elaborate on the formulation process, stability, potential applications, and directions for future research.

Health Benefits of the Gut Care Herbal Drink

The gut care herbal drink formulated in this study offers a synergistic blend of botanicals traditionally and scientifically known to support gastrointestinal (GI) health. Each ingredient contributes to digestive wellness through distinct yet complementary mechanisms, making the overall formulation effective for a broad range of gut-related concerns such as bloating, constipation, indigestion, inflammation, and microbial imbalance.

1. Improves Digestion and Nutrient Absorption

Several ingredients in the formulation, particularly ginger**,** cumin**,** coriander, and mint, are known to stimulate the secretion of digestive enzymes and gastric juices. These herbs enhance the breakdown of food, promote nutrient assimilation, and reduce the risk of indigestion. Ginger's bioactive compounds, including gingerol and shogaol, stimulate gut motility and help relieve symptoms such as nausea and early satiety. Mint's menthol component relaxes the muscles of the GI tract, aiding in smoother digestion and reduction of cramping or spasms.

2. Relieves Constipation and Promotes Regular Bowel Movements

Constipation is a common digestive complaint that can lead to toxin buildup and discomfort. The drink includes senna leaf and aloe vera**,** both of which possess natural laxative properties. Senna contains sennosides that stimulate peristalsis, while aloe vera's anthraquinones and mucilage content provide gentle bowel stimulation and

lubrication. Tamarind, rich in tartaric acid and fiber, also supports bowel regularity through mild laxative effects. When combined, these herbs promote smooth and regular defecation without causing dependency when used appropriately.

3. Reduces Inflammation AND Supports Gut Lining Integrity

Chronic gut inflammation is linked to disorders like IBS, IBD, and leaky gut syndrome. Turmeric, through its active compound curcumin, has strong anti-inflammatory and antioxidant properties. Curcumin modulates inflammatory cytokines and helps protect the intestinal mucosa. Aloe vera also contributes to gut lining repair and has soothing effects on the GI tract. Together, these ingredients may help restore gut barrier function and reduce symptoms like abdominal pain, diarrhea, and mucosal irritation.

4. Alleviates Gas, Bloating and Abdominal Discomfort

Herbs such as cumin**,** coriander**,** mint**,** and ginger are well known for their carminative properties. These ingredients help in the expulsion of gas from the digestive tract, relieve bloating, and reduce abdominal pressure. Mint, in particular, has demonstrated efficacy in managing bloating and pain associated with IBS. Cumin and coriander relax intestinal muscles and help prevent fermentation-related discomfort.

5. Support a Healthy Gut Microbiota

The health of the gut microbiome—comprising trillions of beneficial bacteria—is critical to overall GI and systemic health. Apple flakes, rich in pectin (a soluble fiber), act as a prebiotic**,** serving as food for beneficial gut bacteria like *Bifidobacteria* and *Lactobacilli*. Emerging research also shows that polyphenols in herbs like turmeric, tamarind, and coriander help modulate microbial balance by encouraging beneficial microbes while suppressing pathogenic strains. This makes the drink a potentially valuable ally in restoring microbial equilibrium, especially after antibiotic use or dietary imbalances.

6. Soothes the Gut and Calms digestive Irritation

The mucilage in aloe vera and the smooth muscle relaxant properties of mint help calm gut irritation and spasms, which are common in functional bowel disorders. These soothing effects make the drink suitable for individuals with sensitive digestive systems, including those prone to cramping, IBS, or inflammation-induced discomfort.

7. Provides Antioxidant Protection

Oxidative stress plays a role in the progression of many GI disorders, including ulcers, gastritis, and colitis. Many of the ingredients—turmeric, ginger, tamarind, coriander**,** and apple flakes—are rich in antioxidants that neutralize free radicals and protect gut tissues. Curcumin (turmeric) and gingerol (ginger) are especially well-documented for their ability to reduce oxidative markers in the gut lining.

8. Promotes General Wellness and Immune Support

As a substantial portion of the immune system resides in the gut, supporting gut health can enhance overall immunity. The drink's ingredients, particularly turmeric, ginger, and aloe vera, possess immunomodulatory properties that may help strengthen the body's defense system. By maintaining a healthy gut microbiome and reducing systemic inflammation, the formulation supports long-term immune health.

II. MATERIAL AND METHODOLOGY

GINGER (*Zingiber officinate*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Liliopsida
- **Order**: Zingiberales
- **Family**: Zingiberaceae
- **Genus**: Zingiber
- **Species**: *Zingiber officinale*

Ginger is a flowering plant native to Southeast Asia, widely cultivated for its underground rhizome, which is commonly used as a spice and herbal remedy. Known for its pungent flavor and aroma, it has been traditionally used in many cultures as a digestive aid.

2. Physio-Chemical Composition

Ginger rhizome contains a complex mixture of biologically active compounds that contribute to its medicinal properties. The main components include:

- Gingerols (especially 6-gingerol): These are phenolic compounds responsible for the pungency and biological activities.
- Shogaols**:** Formed from gingerols during drying, these compounds possess stronger bioactivity.
- Zingerone**,** paradols**,** and essential oils (including zingiberene, curcumene, and farnesene).
- Starch and dietary fiber**:** Aid in forming a matrix for gut microbiota nourishment.

- Vitamins and minerals: Moderate amounts of vitamin B6, magnesium, and manganese contribute to enzymatic digestion processes.

The extraction of ginger is usually done using ethanol, methanol, or aqueous solvents depending on the desired active constituents. In this study, dry ginger powder was subjected to aqueous extraction to simulate conditions suitable for a herbal drink formulation.

3. Antimicrobial Activity

Ginger exhibits a broad-spectrum antimicrobial effect, particularly against gastrointestinal pathogens. It has been shown to inhibit the growth of:

- *Escherichia coli*
- *Helicobacter pylori*
- *Salmonella typhi*
- *Clostridium difficile*

The antimicrobial action is primarily attributed to gingerols and shogaols, which disrupt bacterial cell walls, inhibit quorum sensing, and suppress bacterial toxin production. These effects help reduce gut infections and dysbiosis—conditions commonly associated with digestive discomfort and inflammation.

4. Antioxidant Activity

Oxidative stress plays a significant role in the pathophysiology of gut disorders such as gastritis, colitis, and IBD. Ginger's antioxidant potential helps mitigate this effect. Key observations include:

- Scavenging of reactive oxygen species (ROS)
- Inhibition of lipid peroxidation in intestinal membranes
- Upregulation of endogenous antioxidant enzymes like superoxide dismutase (SOD) and catalase

The antioxidant activity is largely due to phenolic constituents such as 6-gingerol and zingerone, which neutralize free radicals and protect the gut lining from oxidative damage.

5. Mechanism of Action in Gut Health

Ginger supports gut health through a multifactorial mechanism:

- Stimulation of gastric motility: Ginger acts on the enteric nervous system to enhance peristalsis and gastric emptying.
- Modulation of serotonin receptors (5-HT3)**:** This reduces nausea and vomiting—a common complaint in functional gut disorders.
- Anti-inflammatory action**:** Ginger suppresses NF-κB activation and cytokine expression (e.g., IL-6, TNF-α), reducing inflammation in the GI mucosa.
- Microbiome modulation**:** Emerging studies show that ginger helps increase beneficial bacterial populations while reducing pathogenic strains.

III. RESULT

Product name		Ginger		
Source		*Zingiber officinale*		
Parts used		Rhizome (dried)		
Appearance		Light brown to pale yellow powder		
Moisture Content		≤ 10%		
Ash Content		≤ 7%		
Ph		5.5-6.5		
Odour		Characteristic pungent aromatic odor		
Solubility		Soluble in hot water, partially soluble in alcohol		
Physio – chemical properties	**Specification**	**Batch No: CBZO001**	**Batch No: CBZO002**	**Batch No: CBZO003**
Specific Gravity @20°c(g/ml)	0.850-0.900	0.871	0.875	0.869
Optical Rotation @ 20°c(Degrees)	+25 to +45	+33	+36	+34
Refractive index @ 20°c	1.450-1.460	1.453	1.456	1.454
Microbial test	**Specification**	**Batch No: CBZO001**	**Batch No: CBZO002**	**Batch No: CBZO003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml

Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

TURMERIC *(Curcuma longa)*

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Liliopsida
- **Order**: Zingiberales
- **Family**: Zingiberaceae
- **Genus**: Curcuma
- **Species**: *Curcuma longa*

Turmeric, a rhizomatous herbaceous perennial plant, is widely cultivated in India and Southeast Asia. It has been used for centuries in Ayurvedic and traditional medicine systems for treating digestive ailments. The dried and powdered rhizome is the most commonly used form in both culinary and medicinal contexts.

2. Physio-Chemical Composition

Turmeric contains a complex profile of bioactive compounds with therapeutic relevance to gut health. The most significant constituents include:

- Curcuminoids**:** A group of phenolic compounds that includes curcumin (the primary bioactive), demethoxycurcumin, and bisdemethoxycurcumin.
- Essential oils**:** Such as turmerone, atlantone, and zingiberene, which have aromatic and antimicrobial properties.
- Polysaccharides**:** Including ukonan A, B, and C, which show immunomodulatory effects.
- Minerals**:** Iron, potassium, and manganese.
- Fiber**:** Non-digestible components that contribute to microbiota modulation.

In the preparation of the herbal drink, turmeric powder was used in aqueous extract form, ensuring curcuminoid content remains effective and bioavailable, aided by natural bioenhancers like ginger.

3. Antimicrobial Activity

Turmeric exhibits notable antimicrobial effects, especially against bacteria and fungi implicated in gastrointestinal disorders. It has demonstrated inhibitory activity against:

- *Helicobacter pylori* – a major cause of peptic ulcers and gastritis
- *Escherichia coli*
- *Clostridium difficile*
- *Candida albicans*

Curcumin disrupts microbial cell membranes and impairs quorum sensing, reducing microbial virulence. Its antimicrobial properties make turmeric a key ingredient in managing gut infections and dysbiosis, especially in individuals with irritable or inflamed bowels.

4. Antioxidant Activity

Turmeric is widely acknowledged for its potent antioxidant properties, which are crucial in preventing oxidative damage to the gut epithelium. Major antioxidant activities include:

- Free radical scavenging**:** Neutralizes superoxide anions and hydroxyl radicals.
- Inhibition of lipid peroxidation: Protects intestinal membranes.
- Enhancement of antioxidant enzymes: Boosts levels of SOD, glutathione peroxidase, and catalase.

Curcumin's antioxidant capacity helps maintain the structural and functional integrity of the intestinal mucosa, which is particularly beneficial in inflammatory bowel disease (IBD) and ulcerative colitis.

5. Mechanism of Action in Gut Health

Turmeric supports gastrointestinal health through a variety of mechanisms:

- Anti-inflammatory modulation: Curcumin inhibits the NF-κB pathway and reduces the expression of pro-inflammatory cytokines (e.g., IL-1β, IL-6, TNF-α). This is especially beneficial in gut inflammation and IBD.

- Gut barrier protection**:** Curcumin enhances tight junction protein expression, reducing intestinal permeability ("leaky gut").
- Microbiota regulation**:** Studies show curcumin positively influences gut microbial diversity, enhancing the growth of *Lactobacillus* and *Bifidobacterium* while suppressing pathogens.
- Cholagogue effect**:** Turmeric promotes bile secretion, aiding fat digestion and preventing bile stasis-related digestive discomfort.

In this herbal formulation, turmeric serves as a foundational anti-inflammatory and antioxidant agent. It helps modulate immune responses in the gut, protects mucosal surfaces, and contributes to microbial homeostasis, making it indispensable for long-term digestive support.

RESULT:

Product name		Turmeric		
Source		*Curcuma longa*		
Parts used		Rhizome (dried)		
Appearance		Yellow to orange fine powder		
Moisture Content		≤ 10%		
Ash Content		≤ 8%		
Ph		5.0-6.0		
Odour		Characteristic earthy aromatic odor		
Solubility		Partially soluble in hot water and alcohol		
Physio – chemical properties	**Specification**	**Batch No: CBCL001**	**Batch No: CBCL002**	**Batch No: CBCL003**
Specific Gravity @20°c(g/ml)	0.850-0.900	0.872	0.879	0.867
Optical Rotation @ 20°c(Degrees)	+20 to +40	+32	+35	+34
Refractive index @ 20°c	1.450-1.460	1.452	1.455	1.454
Microbial test	**Specification**	**Batch No: CBCL001**	**Batch No: CBCL002**	**Batch No: CBCL003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

TAMARIND (*Tamarindus indica*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Magnoliopsida
- **Order**: Fabales
- **Family**: Fabaceae
- **Genus**: Tamarindus
- **Species**: *Tamarindus indica*

Tamarind is a tropical fruit-bearing tree widely grown across Africa, South Asia, and tropical regions of the Americas. Its pulp is extensively used in culinary practices and traditional medicine. In gut care, tamarind is appreciated for its mild laxative action, digestive enhancement, and antimicrobial properties.

2. Physio-Chemical Composition

The fruit pulp of tamarind is rich in both nutritive and bioactive components, making it suitable for gut-supportive formulations. Key constituents include:

- Organic acids**:** Tartaric acid (major), malic, citric, and succinic acids, which give it a sour taste and digestive stimulation capacity.
- Sugars**:** Glucose, fructose, and sucrose in high quantities.
- Polyphenols**:** Including proanthocyanidins, catechin, epicatechin, and ferulic acid.
- Fiber**:** Both soluble and insoluble dietary fiber components support bowel regularity and microbial health.
- Minerals**:** Especially magnesium, potassium, and calcium.

In this formulation, dried tamarind pulp was rehydrated and aqueous-extracted to retain maximum tartaric acid and polyphenol content relevant to gut motility and microbial modulation.

3. Antimicrobial Activity

Tamarind exhibits antimicrobial properties primarily against enteric pathogens. Extracts from the pulp, bark, and seeds have shown effectiveness against:

- *Salmonella typhi*
- *Shigella flexneri*
- *Escherichia coli*
- *Staphylococcus aureus*

The antimicrobial activity is largely attributed to phenolic acids and flavonoids, which cause cell membrane disruption and metabolic interference in microbes. This action helps in managing common gastrointestinal infections and preventing pathogen-induced diarrhea or gut inflammation.

4. Antioxidant Activity

Tamarind pulp contains numerous antioxidants that offer protective benefits to gut epithelium:

- Scavenges ROS and reactive nitrogen species (RNS), reducing oxidative injury to intestinal cells.
- Enhances lipid peroxidation inhibition in gut tissues.
- Promotes anti-inflammatory antioxidant signaling, especially through polyphenolic interaction with Nrf2 pathways.

Polyphenols such as catechins and procyanidins help stabilize gut redox balance and support recovery in oxidative stress-linked conditions like gastritis or ulceration.

5. Mechanism of Action in Gut Health

Tamarind enhances gut health through several coordinated biological effects:

- Natural laxative effect: The tartaric acid and high fiber content stimulate peristalsis and ease bowel movements, making it effective against mild constipation.
- Stomachic properties**:** Organic acids stimulate appetite and enhance gastric secretions, which supports digestion of heavy meals.
- Prebiotic action**:** Soluble fiber and oligosaccharides in tamarind pulp provide substrates for beneficial gut microbes, enhancing microbiota diversity.
- Anti-inflammatory modulation**:** Tamarind extracts reduce intestinal inflammation by suppressing TNF-α and COX-2 expression in colitis models.
- Protection against pathogen-induced injury**:** Tamarind's antimicrobial and membrane-stabilizing properties help safeguard the gut lining in cases of foodborne infections.

In the context of this herbal drink, tamarind contributes a functional role in relieving constipation**,** enhancing digestion**,** suppressing pathogenic bacteria, and supporting antioxidant defense, making it a key component in promoting comprehensive gastrointestinal wellness.

RESULT:

Product name		Tamarind		
Source		*Tamarindus indica*		
Parts used		Fruit pulp (dried)		
Appearance		Brown to reddish-brown coarse powder		
Moisture Content		≤ 10%		
Ash Content		≤ 6%		
Ph		3.0-4.0		
Odour		Characteristic tangy acidic odor		
Solubility		Soluble in water, partially soluble in ethanol		
Physio – chemical properties	**Specification**	**Batch No: CBTI001**	**Batch No: CBTI002**	**Batch No: CBTI003**
Specific Gravity @20°c(g/ml)	0.950-1.050	1.002	1.010	0.998
Optical Rotation @ 20°c(Degrees)	-5 to +5	0	-1	+2
Refractive index @ 20°c	1.420-1.440	1.430	1.435	1.432
Microbial test	**Specification**	**Batch No: CBTI001**	**Batch No: CBTI002**	**Batch No: CBTI003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

CUMIN (*Cuminum cyminum*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta

- **Class**: Magnoliopsida
- **Order**: Apiales
- **Family**: Apiaceae
- **Genus**: Cuminum
- **Species**: *Cuminum cyminum*

Cumin is a flowering plant native to the Mediterranean region and Southwest Asia. Its dried seeds are widely used as a spice and medicinal agent in traditional systems like Ayurveda and Unani, particularly for treating digestive disorders. It is revered for its carminative, antispasmodic, and antimicrobial properties.

2. Physio-Chemical Composition

Cumin seeds possess a rich phytochemical profile that contributes to their gut health benefits. Key constituents include:

- Essential oils**:** Particularly cuminaldehyde, γ-terpinene, and β-pinene, which are responsible for the characteristic aroma and bioactivity.
- Phenolic compounds: Such as flavonoids (apigenin, luteolin) and phenolic acids (ferulic, caffeic).
- Alkaloids and tannins**:** Contribute to digestive and antimicrobial action.
- Volatile oils**:** Represent about 2–4% of the seed composition, offering carminative and antioxidant effects.
- Minerals**:** Iron, calcium, magnesium, and potassium.
- Dietary fiber**:** Adds bulk to stool and supports microbial fermentation.

Cumin was ground into a fine powder and subjected to aqueous extraction for incorporation into the herbal formulation, ensuring bioactive volatile components are retained while being safe for oral use.

3. Antimicrobial Activity

Cumin seed extracts demonstrate strong antimicrobial properties, particularly effective in controlling gastrointestinal pathogens such as:

- *Escherichia coli*
- *Helicobacter pylori*
- *Bacillus cereus*
- *Staphylococcus aureus*

Cuminaldehyde and thymol are primarily responsible for disrupting bacterial cell membranes and inhibiting DNA replication. This helps reduce gut infections, diarrhea, and foodborne illnesses. Cumin also exhibits antifungal properties that may protect against *Candida* overgrowth in the gut.

4. Antioxidant Activity

The antioxidant activity of cumin is attributed to its high flavonoid and phenolic acid content. Benefits to gut health include:

- Inhibition of oxidative stress**:** Protects intestinal mucosal cells from ROS damage.
- Lipid peroxidation prevention**:** Maintains integrity of gut epithelial membranes.
- Enhancement of endogenous antioxidants**:** Stimulates glutathione and catalase activity.

These activities are essential in chronic gut inflammation conditions such as IBD and gastritis, where oxidative stress exacerbates tissue damage.

5. Mechanism of Action in Gut Health

Cumin's action on the gastrointestinal system is both preventative and therapeutic:

- Carminative effect**:** Cumin reduces gas formation and bloating by relaxing the gastrointestinal smooth muscles.
- Digestive stimulation**:** Cumin aldehyde stimulates secretion of digestive enzymes, including amylase, protease, and lipase, improving nutrient assimilation.
- Anti-inflammatory action**:** Suppresses cyclooxygenase (COX) enzymes and TNF-α, reducing inflammation in intestinal tissue.
- Antimicrobial and antifungal barrier**:** Protects the gut lining by inhibiting colonization of pathogens.
- Modulation of gut microbiota**:** Early research indicates cumin can enhance the abundance of beneficial microbes while reducing opportunistic pathogens.

In this gut care drink, cumin adds value as a digestive stimulant**,** bloating reliever, and antimicrobial shield**,** making it a multifunctional herb in maintaining gastrointestinal equilibrium and comfort.

RESULT:

Product name		Cumin		
Source		*Cuminum cyminum*		
Parts used		Seeds (dried)		
Appearance		Light brown to yellowish-brown powder		
Moisture Content		≤ 10%		
Ash Content		≤ 8%		
Ph		5.5-7.0		
Odour		Characteristic warm spicy odor		
Solubility		Soluble in ethanol, partially soluble in water		
Physio – chemical properties	**Specification**	**Batch No: CBCC001**	**Batch No: CBCC002**	**Batch No: CBCC003**
Specific Gravity @20°c(g/ml)	0.900-0.950	0.923	0.932	0.918
Optical Rotation @ 20°c(Degrees)	+15 to +30	+20	+22	+19
Refractive index @ 20°c	1.455-1.465	1.457	1.460	1.458
Microbial test	**Specification**	**Batch No: CBCC001**	**Batch No: CBCC002**	**Batch No: CBCC003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

MINT (*Mentha spp*.)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Magnoliopsida
- **Order**: Lamiales
- **Family**: Lamiaceae
- **Genus**: *Mentha*
- **Species**: Multiple species are used medicinally, with *Mentha piperita* (peppermint) and *Mentha spicata* (spearmint) being the most common.

Mint is a perennial herb recognized for its aromatic leaves and therapeutic applications. It has been widely used in traditional medicine systems for its carminative**,** antispasmodic, and cooling properties, particularly in gastrointestinal disorders like indigestion, bloating, and nausea.

2. Physio-Chemical Composition

Mint is rich in volatile oils and bioactive compounds that contribute to its digestive and antimicrobial effects. Major constituents include:

- Essential oils**:** Particularly menthol**,** menthone**,** menthyl acetate**,** and 1,8-cineole**.**
- Flavonoids**:** Such as eriocitrin, luteolin, and hesperidin.
- Phenolic acids**:** Rosmarinic acid and caffeic acid.
- Tannins**:** With astringent properties that support mucosal integrity.
- Minerals and vitamins**:** Includes calcium, iron, vitamin A, and vitamin C.

In this study, dried mint leaves were used in aqueous extraction to preserve volatile oils while minimizing bitterness. This also enhances compatibility in the overall herbal blend.

3. Antimicrobial Activity

Mint exhibits strong antimicrobial activity due to its high content of menthol and other essential oil components. It is effective against various gut-related pathogens:

- *Helicobacter pylori*
- *Escherichia coli*

- *Salmonella enterica*
- *Shigella spp.*

Menthol disrupts microbial membrane integrity and interferes with bacterial enzymatic systems. Mint's antifungal activity also helps prevent gut candidiasis, especially useful in patients with dysbiosis or post-antibiotic gut imbalances.

4. Antioxidant Activity

Mint is a potent antioxidant herb that helps combat oxidative stress in the gastrointestinal tract. Its antioxidant mechanisms include:

- Free radical scavenging**:** Especially reactive oxygen and nitrogen species.
- Inhibition of lipid peroxidation**:** Protects the gut mucosa from degenerative damage.
- Activation of endogenous defense systems**:** Stimulates superoxide dismutase and glutathione peroxidase.

Rosmarinic acid, in particular, is known for its powerful anti-inflammatory and antioxidant effects on the intestinal epithelium. This supports recovery from inflammatory gut disorders.

5. Mechanism of Action in Gut Health

Mint supports gut health through multiple physiological actions:

- Smooth muscle relaxation**:** Menthol acts on calcium channels in intestinal smooth muscle, reducing spasms and cramping (ideal for IBS patients).
- Reduction of bloating and gas**:** By stimulating bile flow and aiding fat digestion.
- Anti-nausea and antiemetic effects: Effective in functional dyspepsia and motion sickness.
- Gut microbiota modulation**:** Though still under research, mint has shown to preserve microbial diversity and reduce harmful bacterial colonization.
- Anti-inflammatory modulation**:** Reduces cytokine expression in intestinal inflammation models.

In the gut care drink, mint functions as a soothing**,** antispasmodic**,** and digestive-enhancing agent**,** promoting comfort, reducing cramping, and aiding in microbial balance. Its pleasant aroma and flavor also enhance overall palatability of the formulation.

RESULT:

Product name		Mint		
Source		*Mentha piperita*		
Parts used		Leaves (dried)		
Appearance		Green to dark green fine powder		
Moisture Content		≤ 10%		
Ash Content		≤ 10%		
Ph		5.0-6.5		
Odour		Characteristic menthol aroma		
Solubility		Soluble in water, partially soluble in ethanol		
Physio – chemical properties	**Specification**	**Batch No: CBMP001**	**Batch No: CBMP002**	**Batch No: CBMP003**
Specific Gravity @20°c(g/ml)	0.900-1.000	0.945	0.952	0.940
Optical Rotation @ 20°c(Degrees)	-10 to 0	-4	-6	-5
Refractive index @ 20°c	1.455-1.465	1.459	1.461	1.457
Microbial test	**Specification**	**Batch No: CBMP001**	**Batch No: CBMP002**	**Batch No: CBMP003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

CORIANDER (*Coriandrum sativum*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Magnoliopsida
- **Order**: Apiales
- **Family**: Apiaceae
- **Genus**: *Coriandrum*
- **Species**: *Coriandrum sativum*

Coriander is an annual herb widely cultivated across Asia, the Mediterranean, and parts of South America. Both its leaves and seeds are used in culinary and medicinal applications. In traditional medicine systems, coriander is used for treating indigestion, flatulence, and gastrointestinal inflammation.

2. Physio-Chemical Composition

Coriander seeds contain numerous bioactive compounds, particularly beneficial for digestive wellness. Key constituents include:

- Essential oils**:** Mainly linalool (60–70%), α-pinene**,** camphor**,** and geraniol**,** which have carminative and antimicrobial properties.
- Phenolic compounds**:** Including quercetin, caffeic acid, and chlorogenic acid.
- Flavonoids**:** Rutin, apigenin, and kaempferol.
- Fatty acids**:** Petroselinic acid, oleic acid, and linoleic acid.
- Minerals**:** Iron, magnesium, and potassium.
- Dietary fiber**:** Helps in bowel regulation and supports gut flora.

In this herbal drink, dried coriander seeds were powdered and used in hot water extraction to preserve essential oils and polyphenols for optimal gut activity.

3. Antimicrobial Activity

Coriander exhibits significant antimicrobial activity against a variety of gut-infecting organisms, including:

- *Salmonella typhi*
- *Escherichia coli*
- *Candida albicans*
- *Campylobacter jejuni*

Linalool and α-pinene are primarily responsible for disrupting microbial cell walls and inhibiting metabolic pathways. Coriander also inhibits biofilm formation and virulence factor expression in pathogens, making it effective for maintaining microbial homeostasis in the gut.

4. Antioxidant Activity

The antioxidant activity of coriander plays a crucial role in protecting the gut lining from oxidative stress:

- Free radical scavenging**:** Neutralizes ROS that damage intestinal cells.
- Anti-lipid peroxidation**:** Stabilizes cell membranes in gut epithelial tissue.
- Upregulation of antioxidant enzymes**:** Boosts activity of catalase, SOD, and glutathione reductase.

These antioxidant effects support intestinal barrier function and prevent inflammation-induced damage, contributing to the overall resilience of the gastrointestinal tract.

5. Mechanism of Action in Gut Health

Coriander supports gut care through various mechanisms:

- Carminative and digestive aid**:** Essential oils in coriander stimulate the production of digestive enzymes and bile, improving digestion and nutrient absorption.
- Anti-flatulent activity**:** Reduces intestinal gas buildup and bloating by promoting peristalsis and relaxing intestinal muscles.
- Anti-inflammatory effect**:** Suppresses inflammatory cytokines like TNF-α and IL-6, which are involved in colitis and IBS.
- Antimicrobial balance**:** Prevents overgrowth of harmful microbes without significantly affecting beneficial ones.
- Gut motility modulation**:** Helps maintain smooth gastrointestinal transit and prevents constipation.

In the gut care formulation, coriander plays a crucial role as a digestive stimulant**,** anti-inflammatory**,** and microbial regulator**,** especially effective in cases of functional bowel disorders and mild gut infections.

RESULT:

Product name		Coriander		
Source		*Coriandrum sativum*		
Parts used		Seeds (dried)		
Appearance		Yellowish-brown to brown powder		
Moisture Content		≤ 10%		
Ash Content		≤ 9%		
Ph		5.5-7.0		
Odour		Mild spicy, citrusy aroma		
Solubility		Soluble in ethanol, partially soluble in water		
Physio – chemical properties	**Specification**	**Batch No: CBCS001**	**Batch No: CBCS002**	**Batch No: CBCS003**
Specific Gravity @20°c(g/ml)	0.920-1.010	0.956	0.962	0.949
Optical Rotation @ 20°c(Degrees)	+10 to +25	+17	+20	+18
Refractive index @ 20°c	1.455-1.470	1.458	1.461	1.460
Microbial test	**Specification**	**Batch No: CBCS001**	**Batch No: CBCS002**	**Batch No: CBCS003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

SENNA LEAF *(Senna alexandrina)*

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Magnoliopsida
- **Order**: Fabales
- **Family**: Fabaceae
- **Genus**: *Senna*
- **Species**: *Senna alexandrina*

Senna, particularly *Senna alexandrina*, is a well-known medicinal plant native to North Africa and the Middle East. The dried leaves and pods are used extensively in herbal medicine as a natural laxative, particularly for the treatment of occasional constipation. It is included in many pharmacopoeias and herbal formulations due to its potent gut-cleansing effect.

2. Physio-Chemical Composition

Senna leaves contain a range of bioactive compounds, with the primary active ingredients being anthraquinone derivatives. Key constituents include:

- Sennosides A and B**:** Dimeric glycosides of rhein, responsible for laxative activity.
- Flavonoids**:** Kaempferol, isorhamnetin, and their glycosides.
- Mucilage and resins**:** Soothing to intestinal lining.
- Other anthraquinones**:** Aloe-emodin, chrysophanol, rhein, and emodin.
- Tannins**:** Small amounts, which may have astringent effects.

In this herbal drink, dried senna leaves were powdered and extracted with warm water to standardize the sennoside content for safe and effective inclusion in gut support.

3. Antimicrobial Activity

Senna has demonstrated selective antimicrobial properties, particularly against gut-related pathogens:

- *Escherichia coli*
- *Clostridium perfringens*
- *Salmonella enterica*
- *Candida albicans*

Anthraquinones such as emodin and aloe-emodin exhibit antimicrobial activity by disrupting bacterial DNA and membrane integrity. Though not broadly antimicrobial, senna helps control pathogenic overgrowth in the colon while promoting purgative effects that physically remove toxin-producing organisms.

4. Antioxidant Activity

Senna leaves provide moderate antioxidant activity, primarily through flavonoids and anthraquinones:

- Free radical scavenging**:** Helps reduce oxidative stress in the intestinal epithelium.
- Inhibition of lipid peroxidation**:** Protects gut membrane integrity.
- Modulation of antioxidant enzymes**:** Slight stimulation of SOD and catalase activities.

While not a primary antioxidant source, senna contributes supportive antioxidant benefits, especially during detoxification or when oxidative stress is a consequence of constipation.

5. Mechanism of Action in Gut Health

Senna is primarily recognized for its laxative action, but it also supports the gut through other means:

- Stimulation of bowel motility**:** Sennosides irritate the colon mucosa, inducing peristalsis and accelerating bowel transit.
- Increased fluid secretion**:** Enhances water and electrolyte accumulation in the colon, softening stool and making defecation easier.
- Mild anti-inflammatory action**:** Rhein and emodin reduce local inflammation in the colon.
- Detoxification**:** Promotes elimination of waste, toxins, and undigested food, helping cleanse the gut environment.
- Support for occasional constipation**:** Especially beneficial in low-fiber or sedentary lifestyle-related bowel sluggishness.

In the gut care drink, senna leaf provides a cleansing**,** motility-enhancing**,** and purifying effect, making it a vital component for individuals suffering from irregular bowel movements or needing colon detoxification support.

RESULT:

Product name		Senna Leaf		
Source		*Senna alexandrina*		
Parts used		Leaves (dried)		
Appearance		Green to olive green powder		
Moisture Content		≤ 10%		
Ash Content		≤ 12%		
Ph		5.0-6.5		
Odour		Mild herbal odor		
Solubility		Partially soluble in water, soluble in ethanol		
Physio – chemical properties	**Specification**	**Batch No: CBSA001**	**Batch No: CBSA002**	**Batch No: CBSA003**
Specific Gravity @20°c(g/ml)	0.850-0.950	0.891	0.902	0.895
Optical Rotation @ 20°c(Degrees)	+5 to +20	+11	+13	+12
Refractive index @ 20°c	1.450-1.460	1.453	1.456	1.454
Microbial test	**Specification**	**Batch No: CBSA001**	**Batch No: CBSA002**	**Batch No: CBSA003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

ALOE VERA Dry form (*Aloe barbadensis miller*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Liliopsida
- **Order**: Asparagales
- **Family**: Asphodelaceae
- **Genus**: *Aloe*
- **Species**: *Aloe barbadensis miller*

Aloe vera is a succulent plant widely known for its medicinal gel extracted from the leaves. In traditional and modern medicine, dried aloe (often in powdered form) is used for digestive health, particularly for soothing inflammation, improving bowel function, and supporting gut lining integrity.

2. Physio-Chemical Composition

Dried aloe vera retains a broad spectrum of bioactive compounds essential for gastrointestinal support. Major components include:

- Polysaccharides**:** Acemannan, glucomannan – important for mucosal healing and immune modulation.
- Anthraquinones**:** Aloin, emodin – have laxative and antimicrobial effects (often reduced in processed dry forms).
- Enzymes**:** Amylase, lipase, cellulase – assist in digestion.
- Vitamins and minerals**:** Vitamins A, C, E, B12, calcium, magnesium, and zinc.
- Amino acids**:** Essential and non-essential types that support tissue repair.

In this formulation, decolorized and purified dry aloe vera powder was used to remove excess aloin and retain polysaccharides, minimizing irritant effects while maximizing gut repair properties.

3. Antimicrobial Activity

Aloe vera exhibits broad-spectrum antimicrobial activity, particularly due to anthraquinones and phenolic compounds:

- Effective against *Helicobacter pylori*, *E. coli*, *Candida albicans*, and *Clostridium difficile*.
- Aloin and emodin interfere with microbial protein synthesis and disrupt membranes.
- Polysaccharides also exhibit prebiotic-like effects, indirectly enhancing the growth of beneficial microbes while suppressing pathogens.

This dual antimicrobial–prebiotic role contributes significantly to gut microbial balance.

4. Antioxidant Activity

Aloe vera is rich in antioxidants that are beneficial to gastrointestinal tissue:

- Phenolic compounds like aloesin and emodin scavenge free radicals.
- Vitamins C and E protect gut epithelial cells from oxidative damage.
- Stimulation of endogenous antioxidants**:** Enhances glutathione and catalase levels.

These properties help combat oxidative stress associated with gut inflammation, ulcers, and IBS, enhancing the resilience of gut lining cells.

5. Mechanism of Action in Gut Health

Aloe vera works through several pathways to promote gut well-being:

- Mucosal healing**:** Acemannan enhances epithelial regeneration and maintains the integrity of the gut barrier, preventing "leaky gut" syndrome.
- Anti-inflammatory effects**:** Reduces prostaglandin and leukotriene synthesis via cyclooxygenase inhibition, especially beneficial in IBD and gastritis.
- Mild laxative action**:** Low levels of aloin promote gentle bowel movement, aiding in detoxification without dependency.
- Prebiotic modulation**:** Polysaccharides support the growth of *Lactobacillus* and *Bifidobacterium*.
- Digestive support**:** Enzymes help break down sugars, fats, and starches, improving nutrient absorption and reducing fermentation-linked bloating.

In this gut care drink, aloe vera (dry) acts as a gut lining protector**,** mild detoxifier, and microbiota modulator**,** supporting both the structure and function of the gastrointestinal tract.

RESULT:

Product name		Aloe Vera (Dry)		
Source		*Aloe barbadensis miller*		
Parts used		Leaf gel (dehydrated)		
Appearance		Light yellow to pale brown powder		
Moisture Content		≤ 8%		
Ash Content		≤ 6%		
Ph		4.5-5.5		
Odour		Mild herbal odour, slightly earthy		
Solubility		Soluble in water, partially soluble in ethanol		
Physio – chemical properties	**Specification**	**Batch No: CBABM001**	**Batch No: CBABM002**	**Batch No: CBABM003**
Specific Gravity @20°c(g/ml)	0.950-1.050	1.012	1.018	1.009
Optical Rotation @ 20°c(Degrees)	+2 to +10	+6	+7	+5
Refractive index @ 20°c	1.450-1.460	1.456	1.458	1.455
Microbial test	**Specification**	**Batch No: CBAMB001**	**Batch No: CBABM002**	**Batch No: CBABM003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

APPLE FLAKE (*Malus domestica*)

1. Taxonomy

- **Kingdom**: Plantae
- **Division**: Magnoliophyta
- **Class**: Magnoliopsida
- **Order**: Rosales
- **Family**: Rosaceae
- **Genus**: *Malus*
- **Species**: *Malus domestica*

Apple (*Malus domestica*) is a globally consumed fruit known for its rich nutritional profile and fiber content. Apple flakes are made by drying and gently processing the fruit into fine particles, preserving the bioactive compounds. Used in gut health formulations, apple flakes offer prebiotic fiber**,** polyphenols**,** and anti-inflammatory benefits.

2. Physio-Chemical Composition

Apple flakes contain a high concentration of functional nutrients vital for gut care:

- Dietary Fiber**:** Primarily pectin**,** a soluble fiber that improves stool consistency and acts as a prebiotic.
- Polyphenols: Quercetin, catechin, chlorogenic acid, phloridzin – with antioxidant and anti-inflammatory properties.
- Natural sugars: Fructose and glucose in moderate amounts, contributing to energy metabolism.
- Vitamins**:** C, A, E, and B-complex.
- Minerals**:** Potassium, calcium, phosphorus, and magnesium.

In this herbal drink, apple flakes serve as both a functional base and natural sweetener, enhancing the drink's therapeutic and sensory profile.

3. Antimicrobial Activity

While apple flakes are not primarily antimicrobial, their polyphenolic compounds exhibit bacteriostatic and anti-adhesive effects, particularly against:

- *Helicobacter pylori*
- *Salmonella typhimurium*
- *Listeria monocytogenes*

Pectin also contributes to reducing pathogen adhesion to intestinal mucosa. Moreover, apples inhibit microbial enzymes such as urease, which are implicated in ulcer development and dysbiosis.

4. Antioxidant Activity

Apple flakes are a rich source of antioxidants, particularly from their polyphenolic profile:

- Scavenging of ROS**:** Reduces inflammation and oxidative stress in intestinal tissues.
- Lipid peroxidation inhibition**:** Protects gut epithelial membranes.
- Synergistic action with fiber**:** Polyphenols and pectin interact to strengthen the gut barrier and mucosal immune system.

Quercetin and chlorogenic acid are especially effective in supporting intestinal epithelial regeneration and preventing oxidative damage during gut infections or IBD.

5. Mechanism of Action in Gut Health

Apple flakes contribute to gut health via multiple mechanisms:

- Prebiotic support**:** Pectin ferments in the colon, promoting the growth of beneficial bacteria such as *Bifidobacterium* and *Lactobacillus*.
- Improved bowel regularity**:** Soluble fiber increases stool bulk and water content, easing constipation.
- Anti-inflammatory action**:** Inhibits pro-inflammatory mediators like NF-κB and TNF-α.
- Gut barrier enhancement**:** Polyphenols upregulate tight junction proteins, reducing intestinal permeability.
- Colon cancer protection**:** Fiber and phenolics together reduce genotoxicity and stimulate detoxifying enzymes.

In this gut care formulation, apple flake plays a foundational role as a prebiotic, gut-soothing, and antioxidant-rich ingredient**,** enhancing microbial balance, regulating motility, and improving gut lining resilience.

RESULT:

Product name		Apple Flake		
Source		*Malus domestica*		
Parts used		Fruit pulp (dehydrated and flaked)		
Appearance		Off-white to pale yellow flake or fine powder		
Moisture Content		≤ 6%		
Ash Content		≤ 4%		
Ph		3.5-4.5		
Odour		Characteristic sweet fruity aroma		
Solubility		Soluble in water		
Physio – chemical properties	**Specification**	**Batch No: CBMD001**	**Batch No: CBMD002**	**Batch No: CBMD003**
Specific Gravity @20°c(g/ml)	0.950-1.050	1.003	1.008	1.001
Optical Rotation @ 20°c(Degrees)	+0 to +15	+6	+8	+7
Refractive index @ 20°c	1.345-1.360	1.352	1.355	1.354
Microbial test	**Specification**	**Batch No: CBMD001**	**Batch No: CBMD002**	**Batch No: CBMD003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

IV. METHODOLOGY

1. Preactivated Vedic Methodology for Extraction

The herbal gut-care formulation was developed using a traditional Preactivated Vedic Extraction Methodology**,** integrating principles from Ayurveda with modern phytochemical processing. This method emphasizes gentle, multi-phase extraction to retain active constituents, enhance bioavailability, and ensure synergistic action. The approach included heat-based decoction, cold maceration, and structured water as the extraction medium,

promoting the preservation of both water-soluble and volatile compounds. This method is particularly suited for gut-care botanicals, as it preserves mucosal-protective, anti-inflammatory, and carminative properties.

2. Selection and Sourcing of Raw Material

Nine botanicals were selected based on their traditional and scientific relevance to gastrointestinal health. These included *Zingiber officinale* (ginger), *Curcuma longa* (turmeric), *Tamarindus indica* (tamarind), *Cuminum cyminum* (cumin), *Mentha arvensis* (mint), *Coriandrum sativum* (coriander), *Cassia angustifolia* (senna leaf), *Aloe barbadensis miller* (aloe vera, dry), and *Malus domestica* (apple flake). All raw materials were sourced from certified organic farms or Ayurvedic suppliers, and authenticated through organoleptic and microscopic analyses. Priority was given to plant parts rich in bioactive constituents like polyphenols, flavonoids, glycosides, and essential oils, all known to support gut function.

3. Preliminary Treatment and Cleaning

Before extraction, each plant material underwent a rigorous cleaning and preprocessing phase. All samples were washed with sterile distilled water to remove dust and microbial load, followed by shade drying to preserve heat-sensitive compounds. The dried materials were then milled into coarse powders (60–80 mesh). Specific plants required traditional pre-treatment: senna leaves were soaked in lemon-infused water to balance sennoside content, while aloe vera was decolorized to reduce anthraquinone levels. Turmeric and ginger were lightly roasted to activate curcuminoids and gingerols, which are potent anti-inflammatory agents beneficial for gut lining protection.

4. Preactivated Extraction Process, Filtration and Concentration

Extraction followed a dual-phase approach. First, decoction was carried out by boiling each powdered herb in *Siddha Jal* (structured water infused with tulsi and copper ions) in a 1:16 w/v ratio. This was maintained at ~90°C for 1–2 hours until the volume reduced by 75%. This released heat-stable compounds such as curcuminoids and pectins. The second phase, cold maceration (Hima)**,** involved soaking the decocted herbs at room temperature for 12–18 hours to preserve heat-labile compounds like essential oils, enzymes, and flavonoids. The extract was filtered through cotton cloth and concentrated using rotary evaporation under reduced pressure, yielding a potent gut-targeted extract.

5. Formulation and Blending

The concentrated extracts were carefully blended to ensure therapeutic synergy and digestive compatibility. Each plant contributed specific gut benefits—ginger and cumin aided in motility, turmeric and aloe in inflammation control, mint and coriander in reducing bloating, senna and tamarind in bowel regulation, and apple flake in prebiotic support. The final blend was developed in both liquid and powder forms. Natural preservatives like citric acid were added for stability, and the formulation was optimized for palatability, gut pH compatibility, and consumer safety.

6. Standardization and Quality Control

To ensure batch-to-batch consistency and therapeutic reliability, the formulation underwent physicochemical, microbial, and phytochemical standardization**.** Key quality parameters included pH (maintained between 5.5–6.8 for gut safety), total solids, moisture content, and active markers (e.g., sennosides, curcuminoids, gingerols), analyzed via HPLC and UV-Vis spectroscopy. Microbial load testing was conducted in accordance with WHO guidelines. Organoleptic attributes such as taste, aroma, and texture were assessed to ensure consumer acceptability while retaining natural medicinal character.

7. Packaging and Storage

The final formulation was packaged based on its physical form and shelf-life requirements. The liquid drink was stored in amber glass bottles to prevent light-induced degradation and oxidative changes. The powdered extract was sealed in moisture-resistant, food-grade pouches with desiccants. Both forms were stored at ambient temperatures (25°C) with humidity control to extend shelf-life. Periodic testing for stability, color retention, active compound preservation, and microbial safety was carried out for up to 12 months post-packaging.

TEST AND RESULTS:

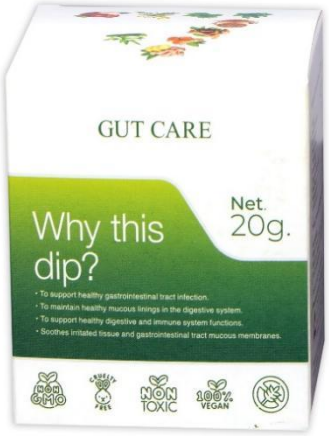
The physical analysis of the Gut care drink has shown the following properties:

Product name		Gut Care Herbal Drink		
Source		Ginger, Turmeric, Tamarind, Cumin, Mint, Coriander, Senna Leaf, Aloe Vera (Dry), Apple Flake		
Methodology		Preactivated Vedic Treatment		
Appearance		Fine yellowish to brownish herbal powder		
Moisture Content		≤ 10%		
Ash Content		≤ 8%		
pH		5.5-6.5		
Odour		Herbal, mildly aromatic to pungent, characteristic of combined plant profile		
Solubility		Soluble in water, partially soluble in alcohol		
Physio – chemical properties	**Specification**	**Batch No: CBGHD001**	**Batch No: CBGHD002**	**Batch No: CBGHD003**

Specific Gravity @20°c(g/ml)	0.850-0.950	0.878	0.883	0.876
Optical Rotation @ 20°c(Degrees)	+10 to +40	+28	+31	+29
Refractive index @ 20°c	1.450-1.460	1.455	1.458	1.457
Microbial test	**Specification**	**Batch No: CBGHD001**	**Batch No: CBGHD002**	**Batch No: CBGHD003**
Aerobic total plate count	<100000CFU/ml	<100CFU/ml	<100CFU/ml	<100CFU/ml
Yeast and mold	<1000CFU/ml	<10CFU/ml	<10CFU/ml	<10CFU/ml
E. coli	Negative	Negative	Negative	Negative
Salmonella	Negative	Negative	Negative	Negative
Staphylococcus sp	Negative	Negative	Negative	Negative
Shelf life		24 Month		

This Data represents the properties of the combined formulation of the gut care drink using the Preactivated Vedic Methodology.

Herbal Dip Composition With Medical Benefits				
S.no	**Therpeutic Usage**	**Material Description**	**Botanical Name**	**Medical Benefits**
1	**Gut Care**	Ginger	*Zingiber officinale*	Pain relief. Improves blood sugar regulation. Reduces nausea, lower cholesterol. Potent aphrodisiac, fight cancer
		Turmeric	*Curcuma longa*	Lessens inflammation. Fights free radicals. Antioxidant properties, Improves memory.
		Tamarind	*Tamarindus indica*	Helps in weight loss, Prevents peptic ulcers, Effective in managing diabetes, Aids a healthy heart.
		Cumin	*Cuminum cyminum*	Contains antioxidants, Has anticancer properties, May help treat diarrhea, Helps control blood sugar
		Mint	*Mentha piperita*	Aids Digestion. Treats Asthma, Treats Common Cold. Improve irritable bowel syndrome, Relieve indigestion.
		Coriander	*Coriandrum sativum*	Promote Healthy Vision, Supports Immunity, managing Blood Sugar Levels, lower Bad Cholesterol, fortify Bone Health,
		Senna Leaf	*Senna alexandrina*	Purifying properties, Very laxative, decrease fluid retention
		Aloe vera dry	*Aloe barbadensis miller*	Treats Cancer sores, antioxidant and antibacterial properties, Dental plaque
		Apple flake	*Malus domestica*	Protect against blood vessel and heart damage , lower the cholesterol, protect the cells



GUT CARE DRINK

V. CONCLUSION

The gastrointestinal (GI) tract serves as a critical interface between the external environment and the internal milieu of the human body. It is not only responsible for digestion and absorption of nutrients but also plays a central role in immune modulation, detoxification, and mental well-being. In recent years, there has been a growing recognition of the importance of maintaining a healthy gut microbiota and mucosal barrier in the prevention and management of various chronic diseases. The current herbal formulation, developed through a traditional Preactivated Vedic Methodology, embodies this understanding by integrating time-tested botanical wisdom with scientific validation. It offers a comprehensive, natural approach to gut care by leveraging the unique and complementary properties of nine potent medicinal plants—Ginger, Turmeric, Tamarind, Cumin, Mint, Coriander, Senna Leaf, Aloe Vera (dry), and Apple Flake.

Each ingredient in the formulation contributes uniquely to gut health through multiple mechanisms of action. Ginger (*Zingiber officinale*)**,** with its high content of gingerols and shogaols, promotes gastric emptying, improves intestinal motility, and exerts significant anti-nausea and anti-inflammatory effects. It enhances digestion and helps regulate the gut-brain axis. Turmeric **(***Curcuma longa***)** offers profound anti-inflammatory, antioxidant, and mucosal protective properties, mainly attributed to its active component curcumin. It aids in reducing gut inflammation, supports intestinal barrier integrity, and modulates microbiota diversity.

Tamarind (*Tamarindus indica*)**,** known for its mild laxative and digestive properties, enhances bowel movement through its rich fiber and tartaric acid content. It also acts as a prebiotic, nourishing beneficial gut bacteria. Cumin (*Cuminum cyminum*) plays a dual role as a carminative and antimicrobial agent. It alleviates bloating, supports bile secretion, and prevents pathogenic microbial overgrowth, thereby aiding in microbial homeostasis. Mint (*Mentha arvensis*)**,** rich in menthol and rosmarinic acid, has a soothing effect on the digestive tract. It relaxes intestinal smooth muscle, alleviates irritable bowel symptoms, and exerts broad-spectrum antimicrobial activity.

Coriander (*Coriandrum sativum*) provides anti-inflammatory, carminative, and digestive tonic properties, making it particularly useful in alleviating dyspepsia, flatulence, and indigestion. Its phenolic compounds act as antioxidants, protecting the gut lining from oxidative damage. Senna leaf (*Cassia angustifolia*) is a well-known botanical laxative due to its sennoside content. When used judiciously and pretreated, as done in this formulation, it offers gentle relief from constipation without disturbing electrolyte balance or mucosal function.

Aloe vera (dry, *Aloe barbadensis miller*) is a mucilaginous plant rich in polysaccharides and phytosterols. It supports gut healing by promoting epithelial cell regeneration, reducing inflammation, and aiding in hydration and lubrication of the intestines. The anthraquinones, when properly processed to reduce toxicity, contribute to mild laxative action and antimicrobial benefits. Finally, Apple flake (*Malus domestica*) serves as a valuable source of pectin, a soluble fiber with excellent prebiotic activity. It encourages the growth of beneficial bacteria such as *Bifidobacteria* and *Lactobacilli*, and helps regulate stool consistency, making it suitable for both constipation and diarrhea management.

What sets this formulation apart is not just the inclusion of these powerful herbs, but the method of extraction—the Preactivated Vedic Methodology. This technique preserves the functional integrity of active constituents through structured water-based decoction, cold maceration, and low-temperature concentration. Unlike high-heat or solvent-heavy methods that often degrade delicate phytochemicals, this traditional yet

scientifically aligned approach retains the natural matrix of the plant compounds. This enhances their absorption and effectiveness, especially in the complex and dynamic gut environment.

The synergistic action of these herbs ensures a multi-pronged approach to gut health: improving digestion, enhancing motility, soothing inflammation, restoring microbiota balance, and promoting mucosal healing. Rather than targeting a single symptom or disorder, this drink works holistically to maintain and restore gastrointestinal homeostasis. The inclusion of both mild laxatives (senna, tamarind) and mucosal protectants (aloe, turmeric), combined with carminatives (mint, cumin), creates a balanced formulation that can benefit individuals with a range of gut issues—from constipation and bloating to leaky gut and inflammatory conditions.

Moreover, the drink aligns with preventive healthcare goals**.** With modern diets often lacking in fiber and rich in inflammatory agents, this formulation offers a natural and palatable way to introduce plant-based bioactives and prebiotics into the daily routine. Its applicability in lifestyle disorders, such as IBS, IBD, and metabolic syndrome, further enhances its value as a functional beverage. Additionally, the modular formulation allows it to be customized—for instance, developing a low-senna version for long-term use or adding probiotics for enhanced gut flora modulation.

The safety and quality of the formulation are ensured through rigorous standardization and quality control**,** including phytochemical quantification (e.g., sennosides, curcuminoids), microbial testing, and stability assessments. The carefully chosen packaging methods also protect the integrity of the formulation, extending shelf life without relying on synthetic preservatives.

In conclusion, this gut care herbal drink represents an integrative model of plant-based, preventive gut health management**,** rooted in ancient knowledge and validated by modern science. By harnessing the complementary powers of ginger, turmeric, tamarind, cumin, mint, coriander, senna, aloe vera, and apple, the formulation provides a safe, effective, and holistic solution to improve digestive health and overall well-being. With further clinical validation and consumer awareness, this product holds promise not only as a daily health supplement but also as a therapeutic aid in the management of chronic gastrointestinal disorders. It exemplifies how traditional medicine, when applied with scientific rigor, can offer sustainable, natural solutions to modern health challenges.

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