BEST: International Journal of Humanities, Arts, Medicine and Sciences (BEST: IJHAMS)
ISSN (P): 2348-0521, ISSN (E): 2454-4728
Vol. 4, Issue 2, Feb 2016, 277-280

VARIATION IN THE ANTIOXIDANT ACTIVITY OF OKRA UNDER CULINARY PREPARATIONS

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ABSTRACT

Okra, a green vegetable of South India used in various food preparations. The present findings proved that the raw okra is rich in antioxidants, phenolics and reducing power compared to fried and boiled once. There was quantitative loss of antioxidants in both fried and boiled okra which is equal to that of fungal infected okra through the *in vitro* inoculation of *Fusarium verticilloides*, a common pathogen in okra seeds. Three fold differences were noticed in raw and boiled samples with respect polyphenols. DDPH assay also indicated the three fold differences among fresh and boiled samples, confirmed the high scavenging activity of raw than boiled once. The results proved there was loss of free radical scavenging activity, quantitatively, phenolics and reducing power due to boiling, which is equivalent to *Fusarium* infection in fruits. Hence, it is suggestible to prefer raw / half cooked fruits to save its essential nutrients.

KEYWORDS: Okra, Culinary Preparations, Antioxidant Activity