



GONKURA CANDY

(This preparation uses agar-agar as a plant-derived gel matrix that efficiently traps organic acids, minerals, and volatile compounds from tamarind and lemon peel. Tamarind contributes tartaric acid and polyphenols with antioxidant and mild hepatoprotective activity, while citrus peel provides flavonoids and limonene with antimicrobial and digestive-supportive effects. The controlled heating and congealing process stabilize these phytochemicals within a low-moisture candy structure. Palm sugar adds trace minerals and a lower glycaemic impact compared with refined sugar. Overall, the formulation offers a nutrient-acidic blend with antioxidant potential, digestive support, and mild hepatic protective benefits.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Agar Agar	<i>Gelidium amansii</i>	1kg
	2	Puli (Tamarind juice)	<i>Tamarindus indica</i>	200ml
	3	Sarkkarai (Sugar)	<i>Saccharum officinarum</i>	½ kg
	4	Elumichai thol (Grated lemon peel)	<i>Citrus Limon</i>	Qs
	5	Panaivellam (Palm sugar)	<i>Borassus flabellifer</i>	100gm
Preparation Time	40 minutes			
Preparation Method	<p>▲ Break the agar agar sticks mix half a liter of water and 200 ml of tamarind juice and let it boil.</p> <p>▲ Then dissolve one kilogram of sugar in that water and sprinkle lemon peel on it.</p> <p>▲ After the agar agar has dissolved well, spread the mixture in a large tray until it congeals.</p> <p>▲ Then cut it into small pieces with a knife sprinkle palm kernel on it and press it.</p>			
Benefits	<p>Gongura/ Sorrel leaves are rich in carbohydrates, fiber, and protein which can increase energy levels and can be included in a balanced diet.</p> <p>The antioxidants help prevent infection and remove free radicals.</p> <p>Gongura has hepatoprotective capabilities that prevent liver damage by purifying the blood, improving its circulation, and increasing cell count.</p>			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.296, stanza 722			



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