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**MODERN DEVELOPMENTS OF RED RICE-BASED FERMENTED PRODUCTS  
AND IT'S MAJOR IMPORTANT APPLICATIONS: A CRITICAL STUDY**

**Shilpa Thakur<sup>1</sup>, (Research Scholar)**

**Dr. Shrikant Sharma<sup>2</sup>, (Research Supervisor)**

**Department of Biotechnology**

**<sup>1,2</sup>Vinayaka Missions Sikkim University, Gangtok, (Sikkim)**

**Abstract**

Ancient Indian civilization has long held the belief that fermented foods are an essential component of wisdom. This ground-breaking method of food fermentation has evolved over the generations to strengthen and maintain the existing food supplies, especially to address the issue of hidden hunger. India, the world's second-largest rice producer, has a long history of fermented dishes made from rice. They are primarily prepared by rural women utilising village community arts skills, have unique texture and taste tied to geographical variation. Research on a number of them shows that having microbes in organic or beginning cultures are essential for degradable the rice with just a range of mental wellbeing macronutrient, polyphenols, and some other functional ingredients during fermentation. Some investigative statistics on conventional rice-based foods and drinks have been assembled for this study in order to show the rising interest in Indian cuisine tradition and its useful uses throughout the globe. The assessment also includes the supply of raw materials, historical processes, formulation, and cultural importance of each dish in incentivizing businessmen to create large-scale manufacturers to serve the growing market need for functioning breakfasts.

**1. Introduction**

Fermented foods and drinks are still a significant element of cultural history on the Indian subcontinent. These have been created over the course of human civilisation for food preservation and sustained nourishment [1], [2]. Food undergoes changes in appearance during fermentation that are accompanied by quite distinct characteristics and applications.

To preserve extra meals of plant and animal origin, especially those that are seasonal and have a short shelf life, ancient cultures developed a variety of preservation techniques (perishable). This suggests that the Indus Valley area saw the introduction of fermented foods between 7,000 and 8,000 BC [3]. The records of the Vedic quarter's Indus valley civilisationcivilisation make it abundantly evident that people produced fermented meals and drinks in a multitude of cooking pots [4]. Ancient Middle Eastern and Mesopotamia Valley cultures, Egyptians, Greeks, & Italians, as well as mixed beverages derived with berries and malted grains, and sweetened flatbread, were all huge fans of these foods. The first person to praise the health advantages of fermented food was the Greek historian herodotus Hadrian, who spoke over the use of fermentation for treating digestive disorders in 76 AD. In the mid-1700s, Lavoisier discovered the chemistry underpinning sugar change. Around 1850, the renowned French scientist French Scientist made his physiological breakthrough of a specific function for bacteria in starting and maintaining the fermentation process [5]. Probiotic bacteria in food may be useful in avoiding infections in early children, according to a theory put up by a French physician by the title of Tissier at the beginning of the 20th century [6]. The populace's knowledge of the effects of eating such comfort dishes has grown because to the serious scientific research that has been done, particularly during the previous two decadesrecipes in connection to preventive medicine and sickness protection. [7], [8], [9], [10].

Humans eat more than 5,000 distinct types of fermented foods, some of which are traditional and are generated in modest quantities to cater to the requirements of certain local populations. The dishes created from traditional fermented what about those produced by indigenous peopleutilising the skills of their forebears and handmade techniques with readily available raw ingredients from natural sources. Those are all created naturally or by adding fermentation process including beneficial microbes that change the biochemistry and sensory characteristics features of the materials into edible items which are desirable to customers on a social and cultural levels [11]. By transferring cultural information and expertise from a generations toward the next, the fermentation process of ethnic foods was consistently enhanced, especially with an eye toward improved sensory characteristics and safety. Additionally, a variety of locally accessible substrates, including as cereals, the notion of fermentation preparing meals was expanded to have included crops, milk, salmon, and beef items [12]. Fermented foods are popular due to their alluring taste, mouthfeel, and colour. meals are preferred by rural people over unfermented ones [13].

One of the world's oldest biotechnological processes is the manufacture of traditional fermented foods, in which microbes are essential for enhancing sensory qualities, bioenrichment, health-promoting qualities, and food preservation. In addition to improving the supply of vital amino acids, vitamins, and minerals, fermentation also improves the food's overall quality, digestibility, flavor, and aroma [14, [15]. This amazing benefit of fermented foods helps to preserve the host's physiological equilibrium, the gut-brain connection, and the balanced gut flora, which itself is essential for defence against a range of diseases. From this approach, cultured food is categorized as "organically enriched health ingredients". The term "able to successfully achieve" was originally used with Japan in the middle of the 1970s. It speaks of prepared meals that go beyond basic nourishment and incorporate physiologically active substances that support particular biological functions. [16], [17]. "A previously approved working interpretation of natural functional states that it is "diet that can then be satisfactory manner indicated to affect usefully one or so more target processes in the cell, over and above important dietary impacts, in a way connected to an organizations prioritize of health and quality of life and/or sharp decline of risk of cancer." [18], [19].

Due to their high mineral, dietary fiber, and phytochemical content as well as low fat and cholesterol, fermented goods made from grain are gaining popularity on a global scale [15]. Beyond the essential nutrients, fermented food made from cereals has a number of health-promoting properties due to the presence of probiotics, edible beneficial microorganisms, fermentable sugars with microbial and food origins, and digestive assistance like a group of hydrolytic enzymes generated from microbes. Probiotics that are multistrain or multispecies may also have more positive effects than monostrain cultures. In particular, butyrate, one of the volatile fatty acids archaea create, has a favourable effect on the respiratory epithelium of the digestive system, improves epithelial cell cycle progression, and may even support the immunological barrier. In addition to being good for digestive process, the simultaneous activities of these artificial microbes also inhibit the development of other pathogenic strains. Grain ingredients function as increased growth medium or transmitters for microorganisms and as a buffers to shield the microbes from either the desert environment of the gut [22]. Given this advantages, aged dishes made from grains are currently more popular than those made from conventional dairy products, notably in Japan and The united states[23]. A projected 15% annual growth rate is expected for the non-dairy probiotic beverage market (between 2013 and 2015). By 2016, it is expected that the market would be worth 65 billion yen, with dairy-based produce making up about 43% of that total [24].

In India, it is a well-known technique to prepare various cuisines using cereals or pulses malted rice or cereal. The supplies act as essentials, supplements to essentials, spices, and drinks, all of which are crucial parts of the diet. In India, ethnic diversity within each group is correlated with the variety of traditional fermented meals made from rice [25], [26]. A mixed culture of microorganisms ferments rice-containing foods naturally and, in the case of beverages, by adding a starting culture. These are prepared in homes or small businesses with quite straightforward tools and methods [26]. The nutritive, mechanical, and quality standards consequences of local cereal cultured food items have recently been unknown in India, the second-largest cereal nation on earth. The topic of domestically sourced aged foods and drinks manufactured from rice has been covered in a number of books and essays during the last 20 years, nevertheless. This study highlights the importance of reactive multifunctional molecules and concentrates on the enigma surrounding bacteria engagement in traditional food rice dishes and drinks. The commercialization of these indigenous food products will benefit from the significant opportunity for research and intellectual property rights protection of the traditional knowledge [27].

### **Indian views on the variety of fermented foods**

The Latin word fermentum, which means to boil, is where the word fermentation first appeared. It can be summed up as any procedure for producing a product through the bulk cultivation of microorganisms [28]. In India, the practice of preparing food through fermentation dates back more than 3,000 years [29]. The Rgveda (about 1,500 BC) makes it clear that fermentation technology first appeared in the production of narcotic juice (alcoholic beverage). There is also a different beverage called as sunnah (wine/beer), which is produced by fermenting cooked chicken or malted barley [13]. From either a range of sources, it is recorded that medaka (sweet and spicy rice beer), prasanna (sweet and spicy grain or brown ale), asava (cassava beer), etc. was one of the most popular beverages all throughout article century (600 BC to 100 CE). A few new fermented recipes were also created. But one meal is described in Rasopanisat (RP. XV 251-253). Recipe stated: "Emetic nuts first from Madana bush are stored in a covered basin after being plastered with animal or cow dairy white. The finest varieties of the five groups of latex-producing bulbs perennials are blended alongside Kodrava millet (*Paspalum scrobiculatum*). After that, the covered vessel is exposed to the

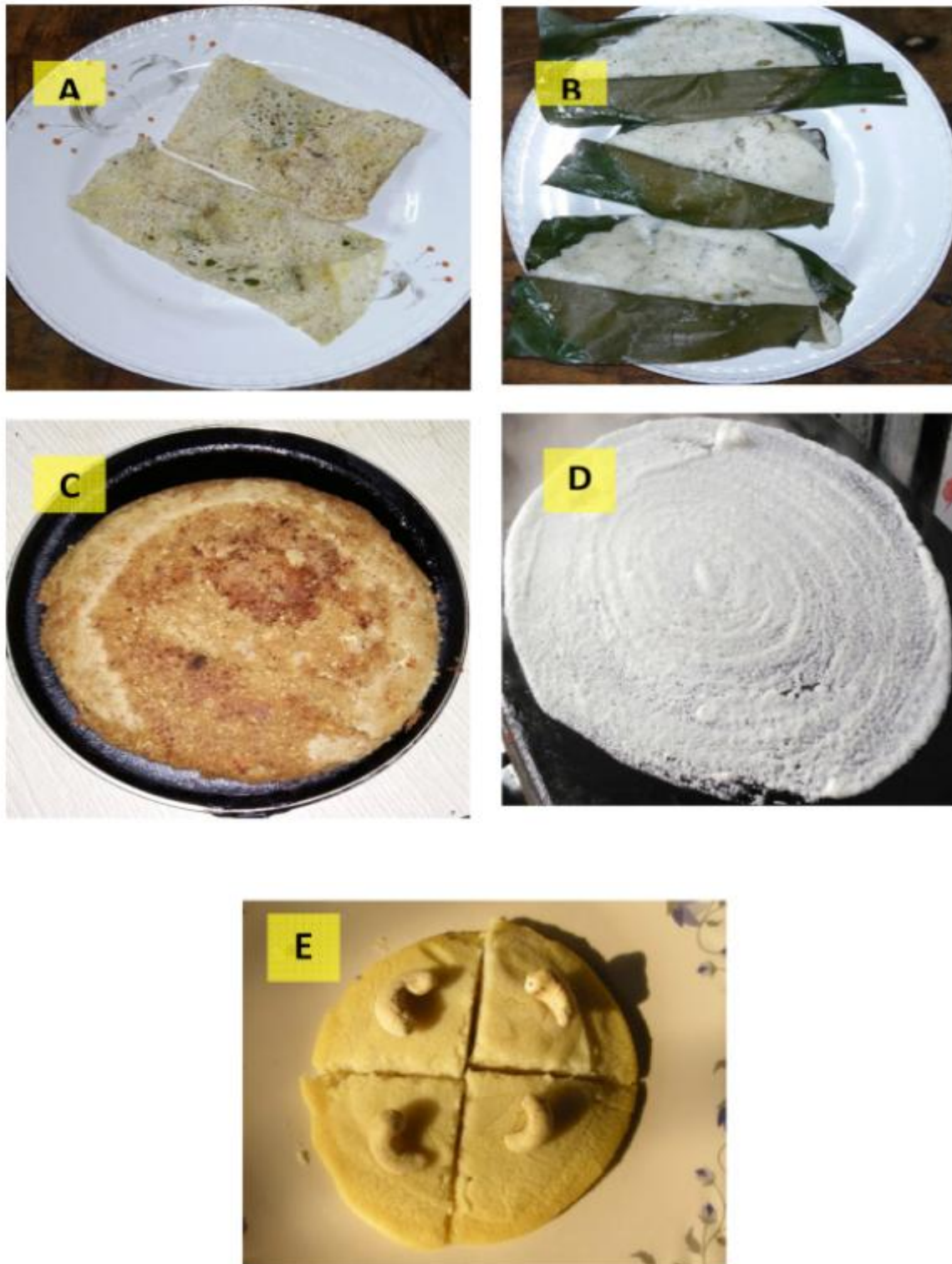
sun. Thus produced is the acidic residue known as kinva (yeast). Sukta was a different recipe that included treacle, honey, fermented rice, water, and whey. In the summer, this combination was put in an earthen pot, which was then left on top of piles of paddy for three nights. Another dish, called kanjika, uses boiling millet or barley as the basic ingredient. The fermenting media was supplemented with several plants. Boiling rice could also be used to prepare it [30].

Native Americans were incredibly knowledgeable about the environment and whether plant and animal goods were suitable for use as healthful, palatable diets. They were aware of how the ecosystem worked and how to use and take care of plants and animals [31]. Native food fermentation uses microorganisms unintentionally but effectively to prepare and preserve food [13], [25]. People used relatively basic, everyday objects and readily available substances during fermentation. Indigenous fermented foods can be divided into six different categories, including those that are vegetable, beverage, wine, milk, fish, and meat- and/or cereal-based [32]. Due to their distinct organoleptic characteristics, caloric content, health advantages, and prolonged shelf life, they are particularly well-liked. People employed the fermentation process to produce colors/dyes, materials for fish bait, animal nutrition, etc. in addition to their own composition [11], [13].

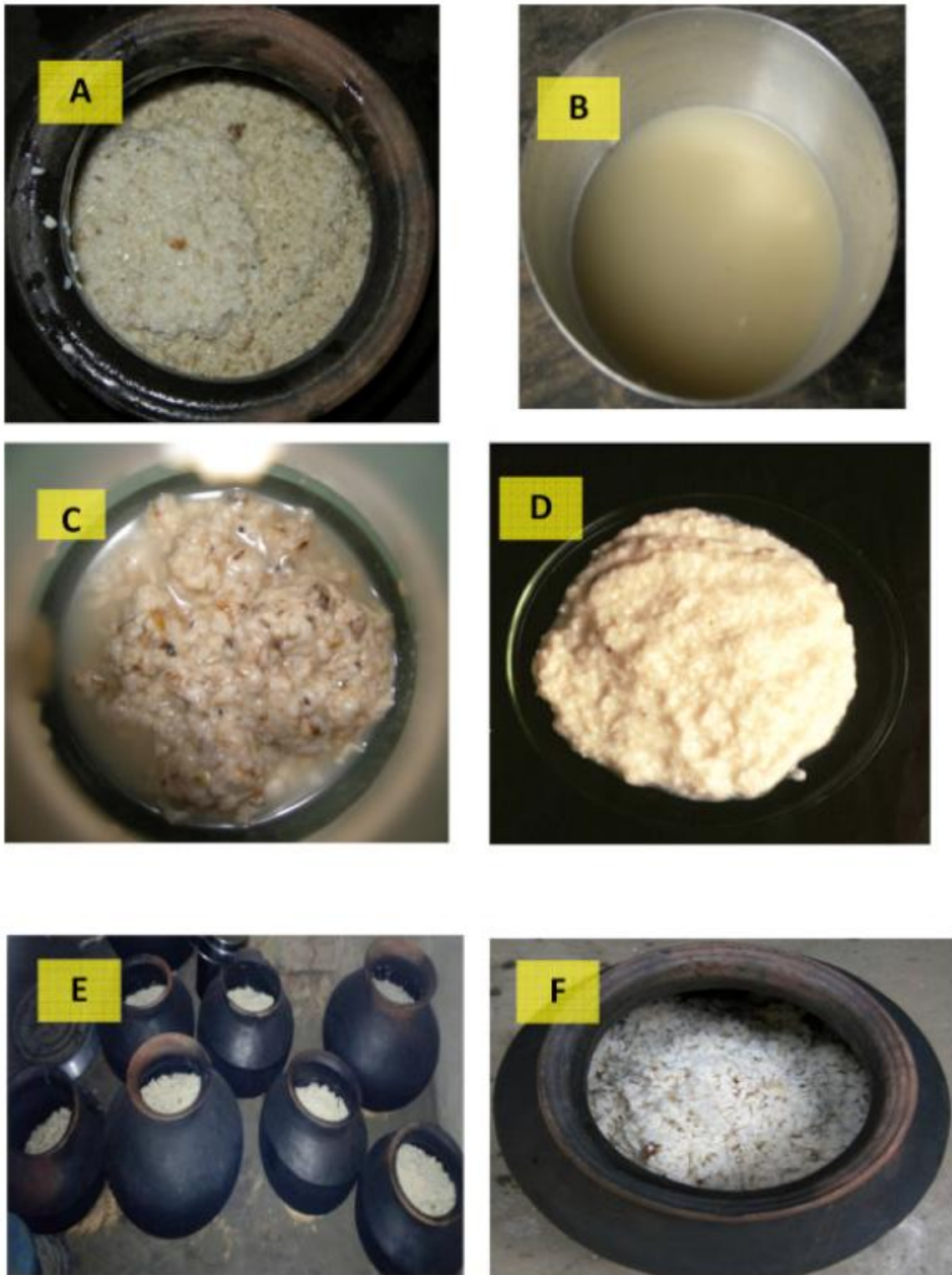
Fermented foods and beverages are still consumed by both low- and high-income groups in India today [21]. The distinct tribes and castes in various provinces still practice the traditional method of preparation. Some fermented food products are spread even outside of the country as delectable daily dishes. A unified geographical map of India is shown in Figures 1, 2, and 3, along with a variety of rice-based Authentic to their respective regions are cultured dishes and beverages. India's four most well-known locales for fermented products are as follows: South, Alpine, Eastern, and Northern-Eastern India (Fig. 4).



**Figure 1 shows typical Indian dishes made using rice. (A) Dosa. (B) Idli. Dhokla (C). Uttapam, (D). Selroti, a. Adai and vada (F).**

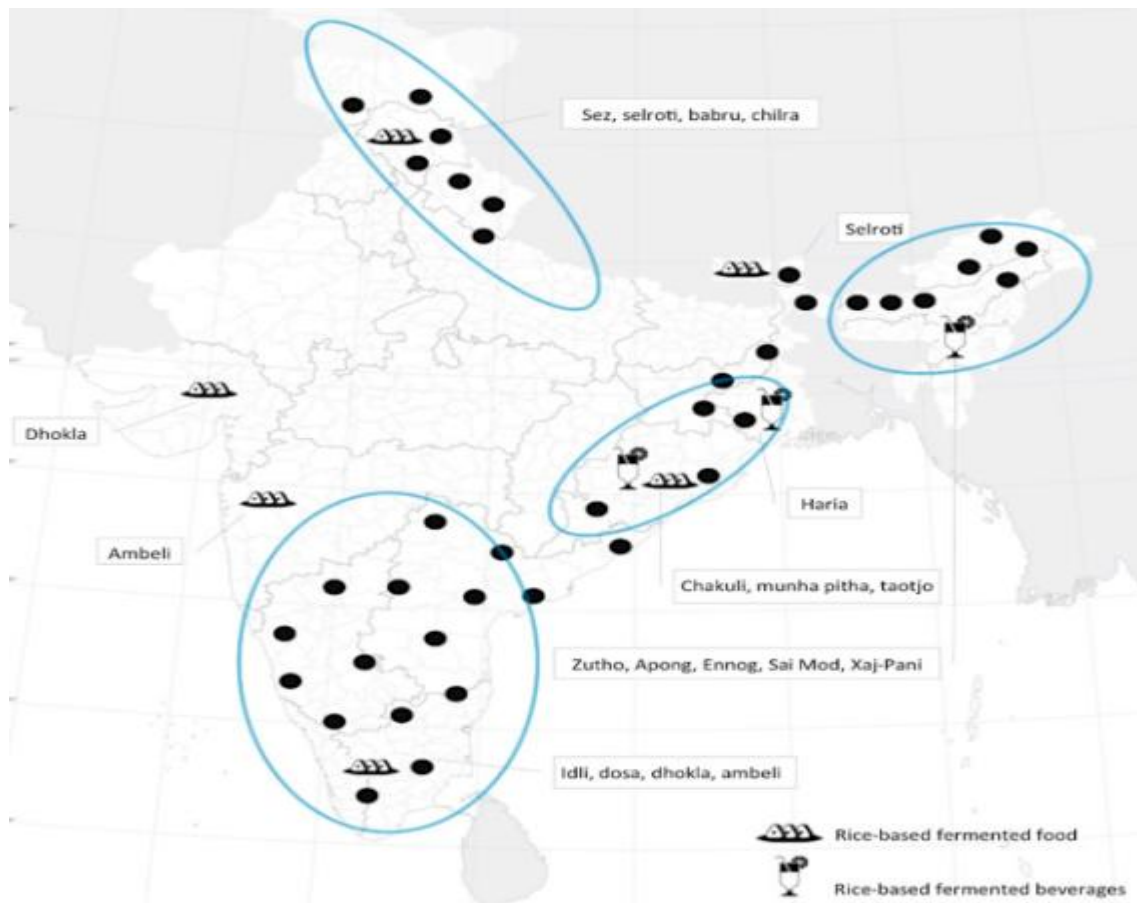


**Fig. 2: Indian pithas, a traditional dish made of rice. Chhuchipatrapitha (option A). (B) Finish the pitha. The Podo pitha (by courtesy Professor Shantilata Sahoo). chakulipitha (Compliments of Sikta Sui & Jyoti Krishna Sorensen) Munhapitha).**



**Figure 3 shows typical Indian drinks made of rice. Emotional state Rice is (A). Haria (B). Judima (C). (D) BhatiJannar (by courtesy Professor J.P. Tamang). Zutho (E). Fresh or dried rice (F)**





**Fig. 4 shows the degree to which the various indigenous fermentation rice-based foods and beverages are eaten in either the various Indian regions.**

## Conclusion

The two main problems in developing and undeveloped nations are malnutrition and poor health. Despite the fact that India is the world's leading producer of cereals, raw cereal-based foods fall short when it comes to preventing health problems because they have certain inherent nutritional flaws, such as the tendency for their starch content to swell when cooked, a deficiency in key organic molecules and a poor calcium digestibility (5–15%) affected by the addition of phytate and some other antinutrients components. The fermentation rice-based cuisine recipe may be a gift from God because it enhances nutritive capacity overall and benefits physiological processes. Due to the complementing effects, rice can be traditionally fermented alongside other grains, legume More to improve the vitamin and nucleic acid concentrations but also its medicinal value, add seeds, botanicals, or seeds. Textile finishing grains utilizing dual culture sugars bacteria (LAB and yeast) improves dephytinization, power output, as enrichment (with macro and micronutrients). Review by Nout [21] taking into

account these native traditions. India boasts a wide variety of fermented foods, although the majority of these culinary customs are local and largely restricted to a single population. The wide variety of rice-based meals and drinks available in India have the potential to be enriched sources for the creation of functional foods. Legitimate scientific initiative of prevailing folk songs rice-based fruits and vegetables can investigate the culinary depiction of book and physiologically active health supplements, therapy lactobacillus, wholesome active ingredients, and protein in order for those same ingredients to use as useable and nutritious food for the worldwide context. To increase both community health and individual nutritional status, process parameters must be standardized, and novel technologies must be adopted for rice fermentation by mixing with other cereals while taking end-user acceptance into account.

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