



to function properly. Women also occasionally drink palmyrah toddy to lighten their skin and complexion as it contains appreciable amount of vitamin C and vitamin B complex.

Palm wine, a type of palm toddy, helps in maintaining good eye health. Thiamine, often known as vitamin B1, is a component of palm toddy and aids in visual improvement.

As palmyrah sweet sap exhibits remarkable antioxidant activity, and the palmyrah toddy is a rich source of vitamin C, they have potential to prevent cardiovascular diseases, fight against cancer, reduce inflammation and promote wound healing.

3. Determination of Shelf life of Palmyrah Bottled Toddy

Throughout the world, most of alcoholic beverages are made by the alcoholic fermentation of fruits or inflorescence sap which is obtained from palms such as palmyrah, coconut, wild date, nipa, kithul and oil palm. This non distilled and distilled beverages are commonly referred to as toddy or palm wine and brandy respectively.

This cloudy, whitish sap toddy is obtained by tapping young and matured male and female inflorescence and formed as a result of fermentation of sugar in sap by wild yeasts and bacteria. This is an uncontrolled natural fermentation by a number of different strains of yeast and bacteria. The alcohol content of fully fermented toddy is around 5 -8%. In addition to this the partially fermented toddy contains considerable amount of live microorganisms, residual sugars mostly glucose and fructose, small quantities of proteins, lipids, minerals, vitamins and organic acids.

Biochemical changes

Total sugar → Reducing sugars → ethyl alcohol

Table 08: Microbiological test results

SN	Organism	Test Results	Test method
1	Coliforms, cfu/mL	Absent	ISO 4832
2	Total plate count, cfu/mL, max.	< 100	ISO 4833

Source – Mahilrajan & Thurisingam – Palmyrah Research Institute

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