



Table 03: Sugar content of palmyrah sweet sap

Parameter	Test Results
Reducing sugars %	0.51±0.09
Total sugars %	14.10±0.75
Non-reducing sugars %	13.59±1.21

Source- Aruanraj, – Palmyrah Research Institute

Table 04: Basic parameters of palmyrah sweet sap

Parameter	Test Results
pH	11.33±0.04
Total soluble solids (%)	13.05±0.59
Calories (Kcal/100g)	Not detected

Source- Aruanraj – Palmyrah Research Institute

Palmyrah sweet sap has medicinal value and it also acts as a stimulant and anti-phlegmatic agent. It helps reduce inflammatory infections, digestive issues, and dropsy. The drink has high nutritive value, flavor, and a plethora of medicinal properties. It can be used as a supplement for iron and vitamin deficiency. It improves overall health upon regular consumption. It helps improve the consumer's appetite and digestive functions. It can also be consumed in fairly large quantities without causing any side effects. It can also provide relief for asthmatic, anomic, and leprosy patients as a supplement (Upadhyaya and Sonawane, 2023).

This juice from the inflorescence has been commercially exploited for manufacturing toddy and the palmyrah toddy industry is a well-developed and well-established industry in Sri Lanka where a number of private and state distilleries are involved in the production of a variety of items such as palmyrah arrack and spirit. The distillery usually receives their toddy supply from toddy centres run by the co-operatives. Fermented toddy is a milky white liquid containing about 5% alcohol.

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