

**Inclusion Of *Lycium barbarum*, *Psidium guajava*, *Momordica
grosvenori* And *Garcinia mangostana* In Yogurt And Their Effects
On Fermentation And Exopolysaccharide-Production**

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ABSTRACT

Yogurt is popularly consumed because of its high digestibility, refreshing organoleptic properties and the healthy bacteria it contains. Milk incubated with starter culture (SC) at 41°C in the presence of plants (*Momordica grosvenori*, *Psidium guajava*, *Lycium barbarum* or *Garcinia mangostana*) water extract were studied to examine the effects on acidification, microbial growth, gelation and exopolysaccharide (EPS) content. Initial pH values (5.8-6.2) of the mixture of milk, plant water extract and SC were not different ($p>0.05$) from control (6.20; mixture of milk and SC). The rates of pH reduction for all herbal-yogurts (-0.40 pH unit/ hour), except *G. mangostana* and *M. grosvenori* (-0.33 and -0.32 respectively pH unit/hr) was similar to control (-0.43 pH unit/ hr) during the first 4 hours of incubation. Microbial mass increased for both *Lactobacillus* spp. and *Streptococcus thermophilus* in the presence of plant water extracts at 0.75%, 1.5% and 3% (w/v). *Lactobacillus* spp. counts in *L. barbarum*-, *P. guajava*- and *M. grosvenori*- yogurts (1.52 , 1.32 and 1.23×10^6 cfu/ ml, respectively, $p>0.05$) with the exception of *G. mangostana*- yogurt (0.69×10^6 cfu/ml; $p>0.05$) were higher compared to control (1.01×10^6 cfu/ ml). The *S. thermophilus* counts in *L. barbarum*-, *P. guajava*- and *M. grosvenori*- yogurts (785 , 1045 and 805×10^6 cfu/ ml respectively, $p>0.05$) with the exception of *G. mangostana*- yogurt (610×10^6 cfu/ml; $p>0.05$) were higher than that in control (615×10^6 cfu/ ml). The EPS content in *G. mangostana*-yogurt ($113.1 \mu\text{g/ ml}$, $p>0.05$) was lower whereas *L. barbarum*-, *P. guajava*- and *M. grosvenori*- yogurts (181.4 , 258.7 and $183.9 \mu\text{g/ ml}$ respectively, $p<0.05$ for *P. guajava* -yogurt only) were higher than control ($132 \mu\text{g/ ml}$). Syneresis (S) was increased in *P. guajava*- but decreased in *G. mangostana*-yogurts (3.61 and 2.90% respectively; $p>0.05$) whereas water holding capacity (WHC) was reduced in *P. guajava* (22.8% ; $p>0.05$) but increased in *G.*

mangostana (28.1%; $p < 0.05$) compared to control (S= 3.23%, WHC= 24.1%). In summary, the presence of plant water extracts affected yogurt fermentation by modifying of yogurt bacteria growth and metabolism which resulted in the enhancement of acidification of yogurt.

ABSTRAK

Yogurt popular dimakan kerana penghadaman yang tinggi, sifat-sifat organoleptik yang menyegarkan dan bakteria sihat yang dikandunginya. Susu dieram dengan kultur pemula (SC) pada 41⁰C di dalam kehadiran ekstrak air tumbuh-tumbuhan (*Momordica grosvenori*, *Psidium guajava*, *Lycium barbarum* atau *Garcinia mangostana*) telah dikaji bagi meneliti kesan pada pengasidan, pertumbuhan mikrob, pengentalan dan kandungan eksopolysakarida (EPS). Nilai-nilai awal pH (5.8-6.2) campuran susu, ekstrak tumbuhan air dan SC tidak berbeza ($p > 0.05$) daripada kontrol (6.20; campuran susu dan SC). Kadar pengurangan pH untuk semua yogurt herba (-0,40 pH unit/ jam), kecuali *G. mangostana* dan *M. grosvenori* (-0,33 -0,32 masing-masing pH unit/ jam) adalah sama untuk kontrol (-0,43 pH unit/ jam) dalam tempoh 4 jam pertama pengeraman. Jisim mikrob meningkat bagi kedua-dua *Lactobacillus spp.* dan *Streptococcus thermophilus* dalam kehadiran ekstrak tumbuhan air 0.75%, 1.5% dan 3% (w / v). Kiraan *Lactobacillus spp.* dalam yogurt *L. barbarum*, *P. guajava* dan *M. grosvenori* ($1.52, 1.32$ dan 1.23×10^6 CFU / ml masing-masing, $p > 0.05$) kecuali yogurt *G. mangostana* (0.69×10^6 CFU / ml; $p > 0.05$) adalah lebih tinggi berbanding kontrol (1.01×10^6 CFU / ml). Kiraan *S. thermophilus* dalam yogurt *L. barbarum*, *P. guajava* dan *M. grosvenori* ($785, 1045$ dan 805×10^6 CFU / ml masing-masing, $p > 0.05$) kecuali yogurt *G. mangostana* (610×10^6 CFU / ml; $p > 0.05$) adalah lebih tinggi berbanding kontrol (615×10^6 CFU / ml). Kandungan EPS dalam *G. mangostana*-yogurt ($113.1 \mu\text{g} / \text{ml}$, $p > 0.05$) adalah lebih rendah manakala *L. barbarum*, *P. guajava* dan *M. grosvenori*-yogurt ($181.4, 258.7$ dan $183.9 \mu\text{g} / \text{ml}$ masing-masing, $p < 0.05$ untuk *L. barbarum*-yogurt sahaja) adalah lebih tinggi daripada kawalan ($132 \mu\text{g} / \text{ml}$). Syneresis *P. guajava* meningkat tetapi menurun bagi *G. mangostana*-yogurt (3.61 dan 2.90% masing-masing; $p > 0.05$) manakala kapasiti menahan air (WHC) telah berkurangan bagi *P. guajava* (22.8%; $p > 0.05$) tetapi meningkat bagi *G. mangostana* (28.1%; $p < 0.05$)

berbanding kontrol ($S = 3.23\%$, $WHC = 24.1\%$). Kesimpulannya, kehadiran ekstrak air mempengaruhi fermentasi yogurt melalui pengubahsuaian pertumbuhan dan metabolisme yogurt bakteri yang menyebabkan peningkatan pengasidan yogurt.

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CONTENTS

| | |
|---|-------|
| ABSTRACT | II |
| ABSTRAK | IV |
| ACKNOWLEDGEMENT | VI |
| LIST OF ABBREVIATIONS | XIII |
| LIST OF FIGURES | XV |
| LIST OF TABLES | XVII |
| LIST OF PICTURES | XVIII |
| | |
| CHAPTER1: INTRODUCTION | 1 |
| CHAPTER 2: LITERATURE REVIEW | 4 |
| 2.1 <i>Momordica grosvenori</i> | 5 |
| 2.2 <i>Psidium guajava</i> | 7 |
| 2.2.1 Traditional medicine usage of <i>P. guajava</i> | 7 |
| 2.2.2 Phytochemistry of <i>P. guajava</i> leaves..... | 7 |
| 2.2.3 Biological activity of <i>P. guajava</i> | 8 |
| 2.2.3.1 Anti-diarrheal..... | 8 |
| 2.2.3.2 Anti-bacterial effects..... | 9 |
| 2.2.3.3 Anti-tussive effects..... | 9 |
| 2.2.3.4 Anti-oxidant effects..... | 9 |
| 2.2.3.5 Anticancer/antitumour effects..... | 10 |
| 2.2.3.6 Anti-inflammatory/analgesic..... | 10 |

| | |
|---|----|
| 2.2.3.7 Cardiovascular, hypotensive effects..... | 11 |
| 2.2.3.8 Anti-diabetic effect..... | 11 |
| 2.3 <i>Lycium barbarum</i> | 12 |
| 2.3.1 Cardiovascular benefits of <i>L. barbarum</i> | 12 |
| 2.3.2 Effect of <i>L. barbarum</i> on diabetes..... | 13 |
| 2.3.3 Eye health benefits..... | 13 |
| 2.3.4 Anti-oxidant activity..... | 14 |
| 2.3.5 Anti-inflammatory..... | 14 |
| 2.3.6 Anti-cancer..... | 14 |
| 2.3.7 <i>Lycium barbarum</i> polysaccharide..... | 14 |
| 2.4 <i>Garcinia mangostana</i> | 15 |
| 2.4.1 Health Benefits of <i>G. mangostana</i> | 16 |
| 2.4.2 Xanthones activity..... | 16 |
| 2.4.3 Anticancer activity..... | 18 |
| 2.4.4 Anti-inflammatory activity..... | 19 |
| 2.4.5 Antibacterial activity..... | 21 |
| 2.5 Exo-polysaccharide (EPS)..... | 21 |
| 2.5.1 EPS structure..... | 22 |
| 2.5.2 Effect of carbohydrate and protein on EPS..... | 23 |
| 2.5.3 Ropy and capsular EPS..... | 24 |
| 2.5.4 EPS effects and health benefits..... | 24 |

| | | |
|---|---|-----------|
| 2.6 | <i>Streptococcus thermophilus</i> | 25 |
| 2.6.1 | Role of <i>S. thermophilus</i> in dairy products..... | 25 |
| 2.6.2 | EPS production by <i>S. thermophilus</i> | 26 |
| 2.6.3 | Probiotic strains of <i>S. thermophilus</i> | 26 |
| 2.7 | <i>Lactobacillus delbrueckii</i> | 27 |
| 2.8 | Colony forming unit (CFU)..... | 28 |
| 2.9 | Syneresis..... | 29 |
| 2.9.1 | Methods to determination of whey syneresis..... | 31 |
| 2.9.1.1 | Drainage method..... | 31 |
| 2.9.1.2 | Centrifugation method..... | 31 |
| 2.10 | Total solid..... | 32 |
| 2.11 | Yogurt..... | 34 |
| 2.12 | Bio-yogurt..... | 35 |
| CHAPTER 3: MATERIALS AND METHODS | | 36 |
| 3.1 | MATERIALS | |
| 3.1.1 | Starter culture..... | 36 |
| 3.1.2 | Milk..... | 36 |

3.2 METHODS

| | |
|--|----|
| 3.2.1 Plant materials | 36 |
| 3.2.2 Preparation of plant water extract..... | 37 |
| 3.2.3 Yogurt..... | 37 |
| 3.2.3.1 Starter culture preparation..... | 37 |
| 3.2.3.2 Yogurt preparation..... | 38 |
| 3.2.4 pH measurement and Total Titratable Acid (TTA %)..... | 38 |
| 3.2.5 OPTICAL DENSITY (OD)..... | 39 |
| 3.2.5.1 Preparation of yogurt bacteria suspension..... | 39 |
| 3.2.5.2 Assessment of yogurt bacteria growth in suspension by measuring OD ₆₀₀ | 40 |
| 3.2.6 Enumeration of probiotic bacteria (CFU)..... | 41 |
| 3.2.6.1 MRS agar preparation..... | 41 |
| 3.2.6.2 M17 agar preparation..... | 41 |
| 3.2.6.3 Preparation of Peptone Water Buffer..... | 42 |
| 3.2.6.4 Pour plate method using MRS media..... | 42 |
| 3.2.6.5 Spread plate method using M17 media..... | 43 |
| 3.2.7 Exopolysaccharide (EPS) isolation..... | 43 |
| 3.2.7.1 Phenol-sulfuric method..... | 44 |
| 3.2.8 Syneresis..... | 45 |
| 3.2.9 WATER HOLDING CAPACITY (WHC)..... | 45 |
| 3.2.10 TOTAL SOLID..... | 45 |
| 3.2.11 STATISTICAL ANALYSIS..... | 46 |

| | |
|---|----|
| CHAPTER 4: RESULTS | 47 |
| 4.0 RESULTS..... | 47 |
| 4.1 Effects of <i>M. grosvenori</i> -, <i>P. guajava</i> -, <i>L. barbarum</i> - and <i>G.mangostana</i> - yogurts on changes of pH and TTA in yogurt..... | 47 |
| 4.2 Growth of bacteria in medium suspension..... | 49 |
| 4.2.1 Effects of plant water extract on <i>Lactobacillus spp.</i> in MRS growth medium..... | 49 |
| 4.2.2 Effects of plant water extract on <i>S. thermophilus</i> growth in peptone buffer..... | 52 |
| 4.3 Comparison of <i>Lactobacillus spp.</i> and <i>S. thermophilus</i> density at 3% plant water extract..... | 55 |
| 4.4 Enumeration of yogurt bacteria in yogurts..... | 57 |
| 4.5 Exopolysaccharide content in yogurts..... | 58 |
| 4.6 Physicochemical properties of plain- and herbal-yogurts..... | 59 |
| 4.7 Correlation between acidification changes and EPS content with Syneresis and WHC..... | 59 |
| | |
| CHAPTER 5: DISCUSSION | 60 |
| 5.0 DISCUSSION..... | 60 |
| 5.1 Effects of <i>M. grosvenori</i> , <i>P. guajava</i> , <i>L. barbarum</i> and <i>G. mangostana</i> on the acidification of yogurt..... | 60 |
| 5.2 Effects of plants water extract on the growth of <i>Lactobacillus ssp.</i> and <i>S.</i> <i>thermophilus</i> | 61 |

| | |
|---|------------|
| 5.2.1 Measurement of yogurt bacteria cell mass by turbidity measurement... | 61 |
| 5.2.2 Measurement of yogurt bacteria cell numbers by indirect viable cell count..... | 62 |
| 5.3 Effects of plant water extracts on EPS production by yogurt bacteria..... | 64 |
| 5.4 Effects of plant extracts on physicochemical properties of yogurt..... | 66 |
| CONCLUSION..... | 70 |
| REFERENCES..... | 71 |
| APPENDICES..... | 109 |

LIST OF ABBREVIATIONS

% = percentage

°C = Degree Celcius

& = and

etc = et cetera

i.e = for example

vs = versus

min = minute(s)

mg = milligram(s)

L = liter (s)

ml = milliliter(s)

μl = microliter(s)

g = gram (s)

μg = microgram(s)

m = meter

nm = nanometer

Da = Dalton

Wt = weight

V = volume (s)

N = normality (s)

Min = minute (s)

Hr = hour (s)

EPS = exopolysaccharides

LAB = lactic acid bacteria

dH₂O = distilled water

TCA = trichloroacetic acid

HCl = hydrochloric acid

NaOH = sodium hydroxide

TTA = Titratable Acidity

WHC = water holding capacity

CFU = Colony forming unit

OD = optical density

Tr cell = T regulatory cell

Th cell = T helper cell

TNF = Tumor necrosis factor

IL-6 = Interleukin-6

SD rats = Sprague Dawley rats

SSUV = solar-simulated Ultraviolet

GML = *Garcinia mangostana* Linn

DMH = 1,2-dimethylhydrazine

S. thermophilus = *Streptococcus thermophilus*

G. mangostana = *Garcinia mangostana*

L. barbarum = *Lycium barbarum*

M. grosvenori = *Momordica grosvenori*

P. guajava = *Psidium guajava*

LIST OF FIGURES

| | |
|--|----|
| Figure 2.1: Structures of sweet glycosides isolated from the fruits of <i>M. grosvenori</i> | 5 |
| Figure 2.2: Xanthone nucleus with IUPAC numbers of carbons and chemical structure of the most studied xanthenes..... | 17 |
| Figure. 2.3: Exopolysaccharide of <i>S. thermophilus</i> | 22 |
| Figure 2.4: Exopolysaccharide of <i>L. delberueckii bulgaricus</i> | 23 |
| Figure 2.5: Structure of exopolysaccharide was produced by <i>Lactobacillus acidophilus</i> | 23 |
| Figure 4.1: pH changes in yogurts during the first 4 hours of yogurt fermentation at 41°C..... | 47 |
| Figure 4.2: TA% changes in yogurts during the first 4 hours of fermentation at 41°C..... | 48 |
| Figure 4.3: Effects of different concentration of <i>L. barbarum</i> on the changes in optical density (OD) of <i>Lactobacillus spp.</i> growing in MRS broth..... | 50 |
| Figure 4.4: Effects of different concentration of <i>P. guajava</i> on the changes in optical density (OD) of <i>Lactobacillus spp.</i> growing in MRS broth..... | 51 |
| Figure 4.5: Effects of different concentration of <i>M. grosvenori</i> on the changes in optical density (OD) of <i>Lactobacillus spp.</i> growing in MRS broth..... | 51 |
| Figure 4.6: Effects of different concentration of <i>G. mangostana</i> on the changes in optical density (OD) of <i>Lactobacillus spp.</i> growing in MRS broth..... | 52 |
| Figure 4.7: Effects of different concentration of <i>L. barbarum</i> on the changes in optical density (OD) of <i>S. thermophilus</i> growing in peptone buffer..... | 53 |

| | |
|---|----|
| Figure 4.8: Effects of different concentration of <i>P. guajava</i> water extract on the changes in optical density (OD) of <i>S. thermophilus</i> growing in peptone buffer..... | 53 |
| Figure 4.9: Effects of different concentration of <i>M. grosvenori</i> on the changes in optical density (OD) of <i>S. thermophilus</i> growing in peptone buffer..... | 54 |
| Figure 4.10: Effects of different concentration of <i>G. mangostana</i> on the changes in optical density (OD) of <i>S. thermophilus</i> growing in peptone buffer..... | 55 |
| Figure 4.11: Changes in the optical density (OD) ratio with time for <i>Lactobacillus spp.</i> grown in 3% plant water extracts in relation to their respective control..... | 56 |
| Figure 4.12: Changes in the density (OD) ratio with time for <i>S. thermophilus</i> grown in 3% plant water extracts in relation to their respective control..... | 57 |

LIST OF TABLES

| | |
|---|---------|
| Table 2.1: Antitumoral properties of xanthones isolated from <i>Garcinia mangostana</i> | 18 |
| Table 2.2: Anti-inflammatory effects of GML..... | 19 & 20 |
| Table 4.1: Colony forming unit (CFU) of <i>Lactobacillus spp.</i> and <i>S. thermophilus</i> from plain- and herbal- yogurts..... | 58 |
| Table 4.2: Purified exopolysaccharide from plain- and herbal-yogurts..... | 58 |
| Table 4.3: Syneresis, water holding capacity (WHC) and total solids of plain- and herbal-yogurts..... | 59 |
| Table 4.4: Effects of plant water extracts on the physicochemical properties and EPS production | 59 |
| Table 5.1. The acidification of yogurt and the yogurt bacteria counts in herbal- and plain-yogurts at pH=4.5..... | 63 |
| Table 5.2. Relationship between acidification and EPS content on syneresis and water holding capacity of yogurt..... | 68 |

LIST OF PICTURES

| | |
|---|----|
| Picture 2.1: <i>M. grosvenori</i> fruits..... | 6 |
| Picture 2.2: Leaves and fruit of <i>P. guajava</i> | 11 |
| Picture 2.3: <i>L. barbarum</i> fruits..... | 15 |
| Picture 2.4: <i>G. mangostana</i> fruit..... | 21 |
| Picture 2.5: Form of <i>S. thermophilus</i> in yogurt..... | 27 |
| Picture 2.6: <i>Lactobacillus spp.</i> forms in yogurt..... | 28 |