

加味四物湯之製備及其抗氧化性之研究

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摘要

加味四物湯是以當歸、熟地黃、白芍、川芎、大棗、龍眼肉、枸杞子、甘草、桂枝片、山楂等10種藥材，以水為溶劑，進行煎煮而成。基於傳統煎劑費時費力且不方便，煎出的藥液不易保存，本研究乃為提供消費者飲用的方便性，利用不同的加工用水(地下水、自來水及逆滲透水)製備成瓶裝加味四物湯，並分析其抗氧化性及進行色澤、感官品評及微量元素分析，以作為加工之參考。另外，亦針對其產品之包材與未來可能以保溫型態販賣，選擇經處理過之地下水萃取製備加味四物湯，進行溫度(常溫及55)與光照(照光及未照光)二種因子對於180天儲存期間其總酚類含量、色澤及抗氧化安定性之影響研究。結果顯示，不同水質之pH值及金屬離子會影響加工成品之品質，其中以地下水製成者色澤較深紅；微量元素的溶出量較高；感官品評以逆滲透水製成者呈現的香氣較佳，但整體接受性則無顯著差異；抗氧化性方面，其自由基及超氧離子的清除能力表現以地下水製成者較佳。儲存安定性方面，以未照光之樣品其色澤變化較為緩和，且產品於55 長時間儲存下會加速多酚類化合物的氧化，而降低總酚含量。在55 下儲存對DPPH自由基清除能力具提升作用及緩和儲存初期超氧離子清除能力之降低，但也會加速初期還原力與總抗氧化力的下降，而照光與未照光儲存對其抗氧化性影響不顯著。

關鍵詞：抗氧化性、加味四物湯、儲藏、水質

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