

# Effects of Coatings Based on Extracts of *Allium sativum*, *Zingiber officinale* and *Spirulina platensis* on Conservation of Fresh Mangoes

## ABSTRACT

Mango is one of the main fruits grown in Chad. However, it is prone to high post-harvest losses due to lack of adequate distribution networks, appropriate harvesting and conservation methods. The objective of this study was to test the effectiveness of coatings based on extracts of *Allium sativum*, *Zingiber officinale* and *Spirulina platensis* on their conservation. Shelf life, weight loss, firmness, pH and total soluble solids content of mangoes were evaluated. The mangoes coated with extract of *Z. officinale* reached a shelf life of 25 days. This shelf life was significantly higher than that of mangoes coated with other types of extracts and control mangoes. The coating with *Z. officinale* extract slowed considerably the ripening of mangoes. It can be recommended for conservation of mangoes in fresh.

**Key words :** Mangoes, coating, *Allium sativum*, *Zingiber officinale*, *Spirulina platensis*, conservation in fresh.

## Introduction

Mango is the fifth most produced fruit in the world with 43.9 million tons produced in 2013 [1]. According to the statistics of the Intergovernmental Group on Banana and Tropical Fruits of the FAO [2], the production of mangoes by Chad estimated at about 32600 tons in 2010 represents 2% of the production of the countries of ECOWAS. Mango is considered as one of the best fruits in the world thanks to its attractive color, delicious flavor and excellent nutritional characteristics [3]. It is a fruit rich in carbohydrate,  $\beta$ -carotene, vitamins C, B1, B2 and is an important source of polyphenols [4]. Indeed, mango *Mangifera indica* is a plant of Indo-Burmese origin belonging to the family Anacardiaceae [5]. In Chad, mango is grown mainly in the Sudanese Zone characterized by a dry tropical climate. Mango production generally starts in Chad in January and ends in July-August. This production, hitherto almost exclusively for local consumption, reached its peak in March, April and May [6]. During this period of high production, mangoes abound in orchards and markets of producing regions. The slump in sales of mangoes in the producing regions leads to huge post-harvest losses and an inestimable loss of profit for producers. Much of this production is lost due to lack of distribution networks, appropriate processing structures and methods of conservation in fresh. The main method of conservation mango used in Chad is the artisanal drying practiced by the women of producers. This process is considered like a feminine and accessory activity [6]. Indeed, most tropical agricultural products suffer from significant post-harvest losses for several reasons, including poor harvesting technical, pest attacks, product depreciation under the influence of microbiological agents, storage difficulties in the absence of appropriate infrastructure and the low technical achievement of the most appropriate [7]. In particular, post-harvest losses of mangoes are estimated at around 80% worldwide [8]. To limit post-harvest losses and dispose of mangoes during a long period, the development of simple technical that slow down the ripening process and extend the shelf life of mangoes is essential. The objective of this work was to test the efficacy of edible coatings based on *Allium sativum*, *Zingiber officinale* and *Spirulina platensis* extracts on some mango conservation characteristics.

## Material and methods

### Plant material

The study was conducted on mango varieties grown in the Sudanese Zone of Chad. There were four varieties of local mangoes (Bangui, Kassai, Maiduguri and Mangotine) and nine varieties of improved mangoes (Cœur de Bœuf, Davis Haden, Eldon, Jose Tchad, Julie Kassawa, Keitt,

Kent, Palmer, Smith and Valencia.). Mixtures containing extracts of *Allium sativum*, *Zingiber officinale* and *Spirulina platensis* and gum arabic were used to coat these varieties of mangoes.

## Methods

### Preparation of extracts

To prepare the extracts, 1 kg each of *Allium sativum* L. of *Zingiber officinale* Roscoe and of *Spirulina platensis* were respectively macerated in a mixture of 500 ml of water and 500 ml of ethanol (95%) according to the method of Aghofack et al. [9]. The different mixtures were allowed to stand for 2 hours and then filtered with a polythene bags. The residues from the first filtration were then macerated in a mixture consisting of 250 ml of water and 250 ml of ethanol. For the formulation of the coating based on extracts of *A. sativum*, *Z. officinale* and *S. platensis*. gum arabic (10%) and bleach (230 µl /l) were added to the different filtrates obtained. The dose of bleach recommended for consumption was used to disinfect the mixture. Gum arabic was used as a coating matrix to thicken the extracts and form an adhesive and transparent film on the surface of mangoes.

**Table 1** : Composition of the coatings used.

Plante used	Matrix	Solvent	Composition of coatings
<i>A. sativum</i>	Gum arabic	Water + Ethanol	1550 ml of <i>A. sativum</i> extract +155 g of gum arabic (10%) +356,5µl of bleach
<i>Z. officinale</i>	Gum arabic	Water + Ethanol	1800 ml of <i>Z. officinale</i> extract +180 g of gum arabic (10%) +414µl of bleach
<i>S. platensis</i>	Gum arabic	Water + Ethanol	1050 ml of <i>S. platensis</i> extract +105 g of gum arabic (10%) +241,5µl of bleach

### Coating of mangoes

Five mature mango fruits per variety were soaked during 5 minutes in the different coatings. For the controls, five fruits of each variety were immersed in water/ethanol (1/1, v/v) mixture containing 10% gum arabic and 0,023% sodium hypochlorite. Four batches of mangos were constituted: The controls, the mangoes treated with extract of *A. sativum*, the mango treated with extract of *Z. officinale* and the mango treated with extract of *S. platensis*. Each batch consisted of 65 mangoes, or 5 fruits per variety. The fruits thus coated were then dried at room temperature. The mean temperature and mean relative humidity measured during this conservation test were 24.97 ° C and 75.28%, respectively.

### **Evaluation of the effect of coatings**

The effect of the coatings was evaluated by determining the shelf life, the loss of mass, the variation of the firmness, of the pH and of the total soluble solids content (TSSC) of the mangoes.

#### **Mass loss**

Mangoes were weighed every 5 days. Mass loss was determined using the formula of Lepengue et al. [10] :  $M (\%) = [ (M_i - M_t) / M_t ] \times 100$

where  $M_i$  corresponds to the initial mass of the mango and  $M_t$ , to the mass of the mango at the definite time.

#### **Shelf life of mangoes**

The shelf life of mangoes was defined as the time between the first day of coating and the day when the first symptoms of tissue necrosis appeared.

#### **Firmness of the mango pulp**

The firmness of fruits was measured using a GY-2 SAUTER GmbH type penetrometer every 5 days. It consisted of evaluating the penetration resistance of the cylindrical tip of the instrument inside the fruit according to the method used by Mehinagic et al. [11]. A disc of peel of about 2 cm<sup>2</sup> was preleved from three places in the equatorial part of the fruit for this purpose. The firmness of the pulp was expressed in kilogram-force (kgf) or newtons (N) (1 kgf = 9.80665 N).

#### **pH of mango pulp**

The determination of the pH of the mango pulp was made using a Consort C533 pH meter every 5 days. The pH sensor was immersed in the undiluted mango juice obtained after grinding the pulp and filtration using a polythene bacs.

#### **Determination of the total soluble solids content of mango pulp**

The total soluble solids content (TSSC) was determined every 5 days using the Navarre & Navarre method [12]. One or two drops of mango juice free of bubbles and floating particles were deposited on the prism of a ATC brand refractometer and the reading was made in the presence of a incadescent lamp. The TSSC was determined in degree Brix, one of which corresponds to 1g/100 g of sample [13].

## Statistical analysis

The statistical analysis of the data was performed using the XLSTAT 2014.5.03 software (Kovach Computing Services, United Kingdom). The data obtained were subjected to analysis of variances (ANOVA) and the means of shelf life, physical and biochemical characteristics were compared to using the Student-Newmann-keuls test at a probability threshold set at < 5%.

## Results and discussion

### Effects of coatings based on extracts of *A. sativum*, *Z. officinale* and *S. platensis* on the conservation of mangoes at ambient temperatures

The appearance of coated mangoes was considerably improved by the three types of coating used compared to control mangoes (Figure 1). The coated mangoes had excellent brilliance. The best brilliance of mangoes was observed after application of a coating based on extract of *A. sativum* (Figure 1B) followed respectively by coatings based on extracts of *Z. officinale* (Figure 1C) and *S. platensis* (Figure 1D). The appearance of the fruits is essential, because the visual quality is a determining criterion to attract the consumer and constitutes one of the organoleptic qualities of the fruits. This brilliance resulted obviously from the activities of gum arabic and extracts used. It could be due on the one hand to the action of the main constituent of gum arabicogalactan and on the other hand to the action of allicin and gingerol which are respectively the constituents of *A. sativum*, *S. platensis* and *Z. officinale*. The adhesive, gelling, thickening and whipping properties of gum arabic ultimately improve the texture of food products [14].

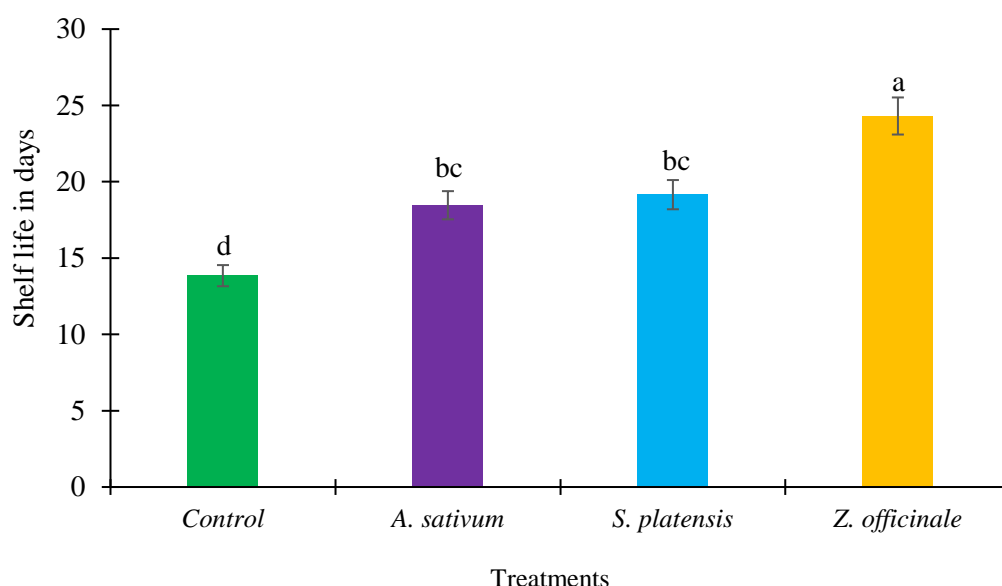


**Figure 1:** Brilliance of control mangoes (A) and mangoes treated by applications of coatings based on extracts from *A. sativum* (B), *Z. officinale* (C) and *S. platensis* (D).

### Effects of coatings on the shelf life of mangoes

The effects of different coatings on the shelf life of coated mangoes are presented in Figure 2. Examination of these results showed that the coatings used increased the average shelf life of mangoes. The coatings based on the extracts of *A. sativum*, *S. platensis* and *Z. officinale* increased respectively the means shelf life of mangoes to 18, 19 and 24 days. On the other hand, the mean shelf life of control mangoes was 14 days. The shelf life of *Z. officinale*-coated mangoes was significantly higher. These results corroborate, with regard to the *Z. officinale*

extract coating, those of Thaithi [15] which had obtained a shelf life of mangoes of 24 days. Generally, the ripening process of mangoes after harvest lasts 9 to 12 days [16]. This short period seriously limits its long-distance marketing [17]. The shelf life of fruits is related to their ripening speed. Maturing brings together a set of irreversible and inevitable physiological processes that modify the composition of the fruit [18]. The ripening of control mangos is revealed by the change of colors, because during this process the chlorophyll content decreases, while the concentration of carotenoid increases [19]. It appeared from the present work that the coatings used retarded the degradation of chlorophylls and limited the speed of ripening. The content of pigments such as chlorophyll is one of the main signatures of the physiological state of the fruits [20]. The increase in shelf life was probably a result of the action of the active biological compounds contained in *Z. officinale* including gingerol.

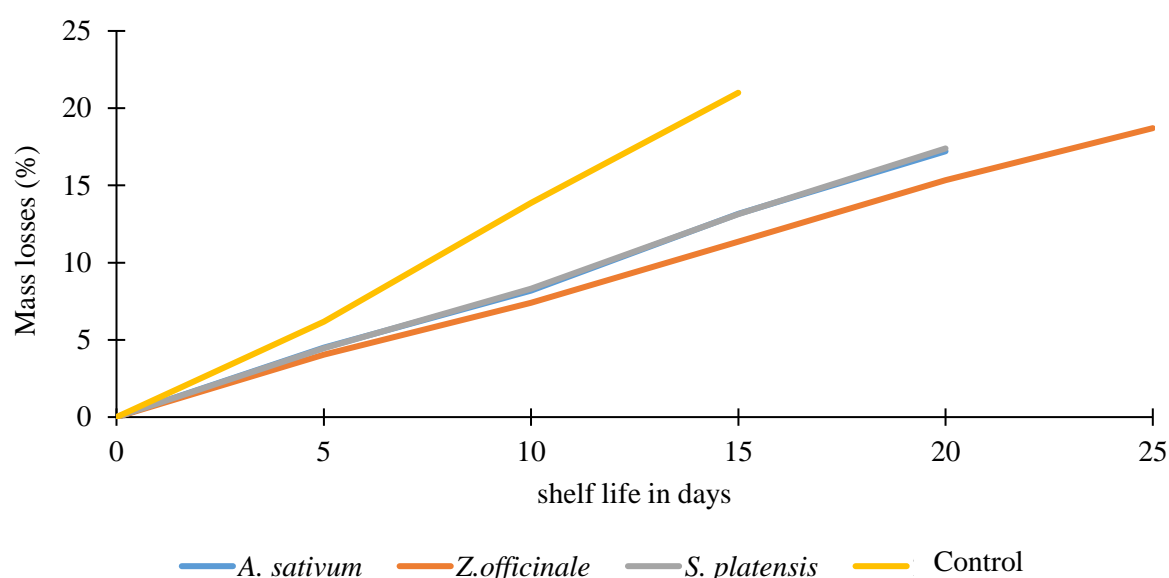


**Figure 2:** Means shelf life of control mangoes and mangoes treated by applications of coatings based on extracts of *A. sativum*, *S. platensis* and *Z. officinale* (Bars followed by the same letters don't differ significantly at the 5% threshold).

### Effects of coatings on the loss of mass of mangoes

The results of weight loss of control mangos and coated mangoes are presented in figure 3. These results showed that the mass losses of the mangoes coated using mixture containing extracts of *A. sativum* and *S. platensis* were almost identical, that's why their curves are confused. Mass losses of control mangoes were significantly higher than those of coated mangoes. *Z. officinale*-based coating significantly reduced the loss of mango mass. On the 15th day of conservation, weight losses were 21% for control mangoes while they were 13% for mangoes coated using mixture containing extracts of *A. sativum* and *S. platensis* and 11% for mangoes coated with *Z. officinale*. *Z. officinale*-based coating significantly reduced mass losses

during storage. It was more effective than the other two types of coating for the reduction of mass loss. These weight losses of coated mangoes were similar to those of Thaithi [15], but lower than those obtained by Lepengue et al. [10] with coated eggplant (30 to 80%). In addition, the loss of mango mass increased with the shelf life regardless of the treatment, as also shown by Cissé [21]. The decrease in mass is due to a loss of water by transpiration, and causes a change in cell metabolism due to water stress [22]. However, the low weight loss of coated fruit can be attributed to the barrier properties to water loss of coatings [23] and in particular to the action of active biological compounds contained in gum arabic and *Z. officinale*. Several studies have shown that excessive losses of water cause the product to soften, reduce its shelf life and may lead to a significant degradation of the commercial quality of the fruit [15].

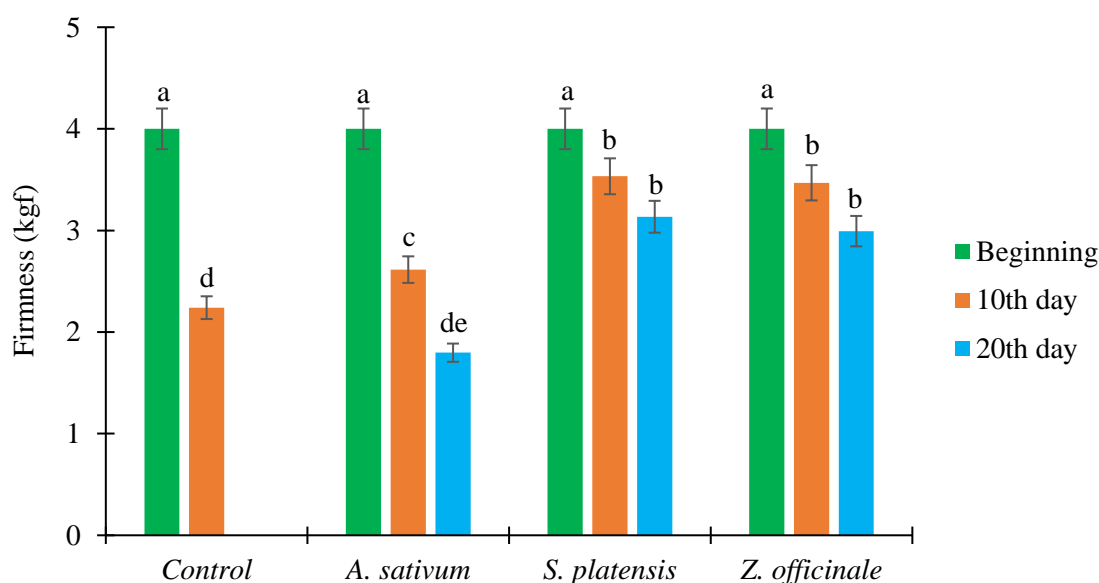


**Figure 3:** Evolution of mass losses of control and coated mangoes during conservation.

### Effects of coatings on the firmness of mangoes

Figure 4 shows the effect of coatings based on extracts of *A. sativum*, *S. platensis* and *Z. officinale* on the firmness of mangoes during storage. These results showed significant differences between the firmness values of the control and coated fruits. Similarly, there were significant differences between the firmness values of fruits coated by a mixture containing *A. sativum* extract and those coated with extracts of *S. platensis* and *Z. officinale*. Coatings based on extracts of *Z. officinale* and *S. platensis* had statistically comparable effects on the firmness of mangoes but significantly higher than those of *A. sativum* extracts and controls after the 10th day (Figure 5). The coatings based on the extracts of *Z. officinale* and *S. platensis* thus made it

possible to stabilize the firmness during conservation. These coatings helped stabilize the firmness of mangoes. They therefore slowed the ripening process and consequently increased the shelf life. Reduced breathing and decreased water loss may be responsible for maintaining firmness. These factors minimize cell turgor loss and slow down the activity of lysing enzymes including polygalacturonase, pectic galactanase and beta-galactosidase in fruit during conservation [24]. Indeed, changes in the cell wall involve polygalacturonases and cellulases that decrease the cohesion between cells. In this way, the wall becomes less rigid, resulting in changes in the texture of the flesh, which becomes melting [25]. Coatings based on *Z. officinale* and *S. platensis* extracts have stabilizing properties which would slow down the activity of the lysis enzymes and thus ensure the maintenance of firmness.



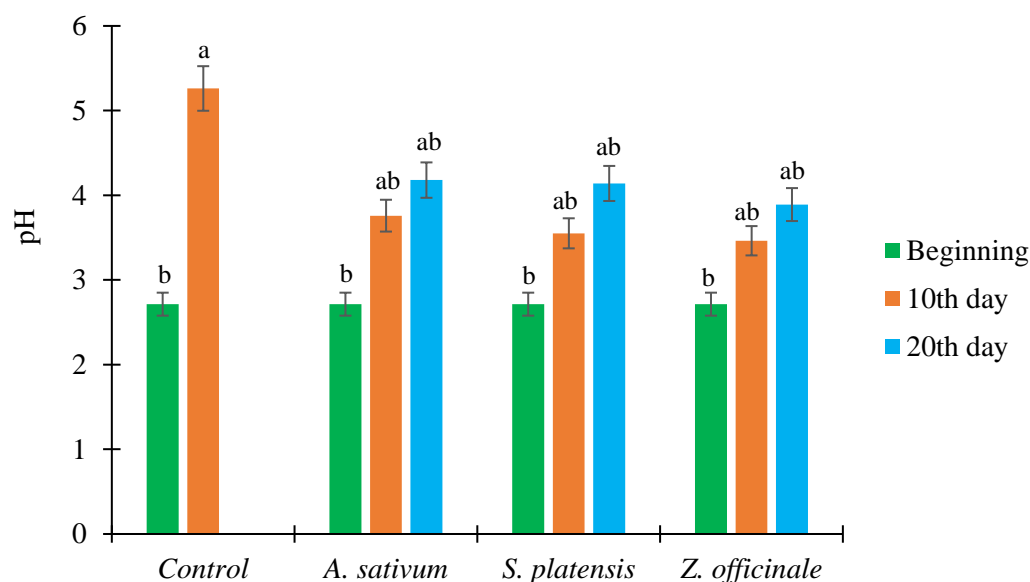
**Figure 4 :** Variation in the firmness of control and mangoes coated during conservation (Bars followed by the same letters don't differ significantly at the 5% threshold).

### Effects of coatings on the pH of mangoes

Figure 5 shows the evolution of the pH of control mangoes and mangoes coated with extracts of *A. sativum*, *S. platensis* and *Z. officinale*. Overall, the pH values of control mangoes were significantly higher than those of mango varieties coated before storage. The pH of mangoes coated by mixture containing extracts of *A. sativum*, *S. platensis* and *Z. officinale* evolved moderately. The pH values of coated mangoes were statistically comparable. However, the pH values of control mangoes were significantly higher than that of coated mangoes. The pH increase in control mangoes was significantly higher and faster than that of coated mangoes. The pH of coated mangoes showed the smallest increases. Coatings based on extracts from *A. sativum*, *S. platensis* and *Z. officinale* thus significantly slowed the pH evolution in mangoes



(Figure 5). During fruits ripening, the pH increases and the acidity decreases due to conversion of acids to salts, the rapid loss of citric acid associated with a slight decrease in the amount of malic acid [26; 27]. The coatings used would have a moderating effect on the pH increase by slowing the conversion and loss of organic acids.

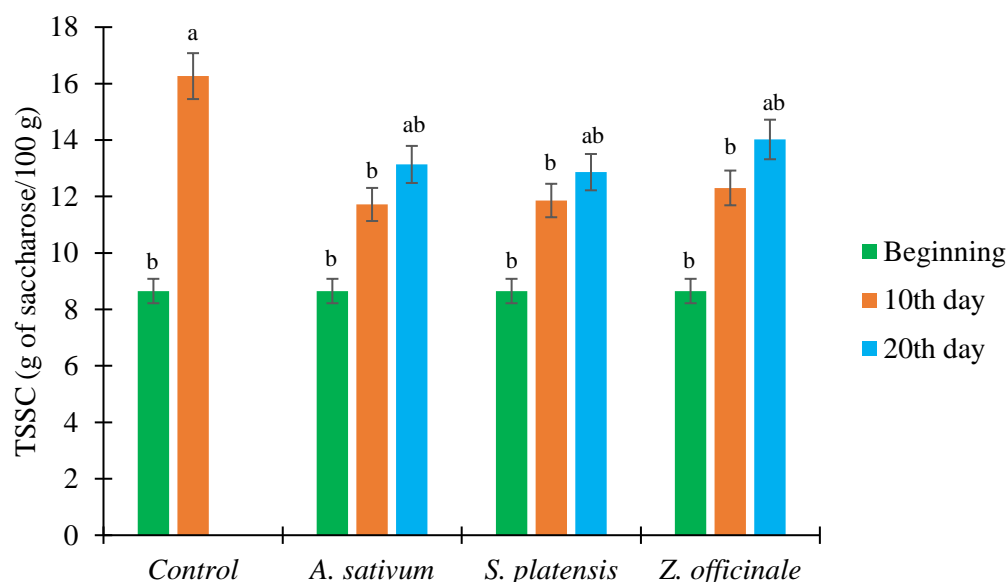


**Figure 5 :** pH variation of control and coated mangoes during conservation (Bars followed by the same letters don't differ significantly at the 5% threshold).

### Effects of coatings on the total soluble solids content of mangoes

Figure 6 shows the evolution of total soluble solids content (TSSC) of control mangoes and mangoes coated with extracts of *A. sativum*, *S. platensis* and *Z. officinale*. These results showed that there were significant differences between the total soluble solids content (TSSC) values of control mangoes and those of mangoes coated with extracts of *A. sativum*, *S. platensis* and *Z. officinale*. The total soluble solids content (TSSC) values of control mangoes were significantly higher than those of mangoes coated with *A. sativum* extract at day 10. In contrast, TSSC values of mangoes coated using mixture containing extract of *A. sativum*, *S. platensis* and *Z. officinale* did not show significant differences during storage. The ESS values of control mangoes evolved significantly from the beginning to the 10th day of conservation, thus translating faster ripening, whereas those of mangoes coated with extract of *A. sativum*, *S. platensis* and *Z. officinale* evolved slowly resulting in slow maturing of coated mangoes (Figure 6). Total soluble solids content increased sharply and more rapidly in control mangoes between days 1 and 10 and decreased towards the end of conservation. On the other hand, it increased slowly in coated mangoes during conservation. This showed that preformed sugars in coated fruit were reduced at a slower rate than in controls as Cissé [21] also suggested with Senegal

mangoes. The total soluble solids content increased during ripening due to the degradation of the polysaccharides present in the fruits. During ripening, the hydrolysis of the starch into maltose and glucose naturally results in an increase in the soluble sugar content and a decrease in starch content in mangoes [21]. The coatings used would have slowed the hydrolysis of the starch to glucose and maltose in treated mangoes.

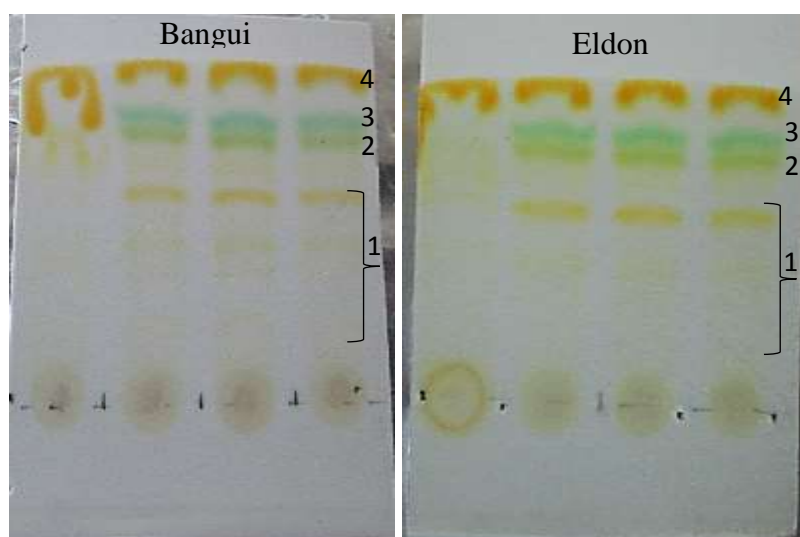


**Figure 6 :** Variation of total soluble solids content (TSSC) of control and coated mangoes during conservation (Bars followed by the same letters don't differ significantly at the 5% threshold).

### Effects of coatings on chromatographic profiles of peel pigments

The analysis of the thin layer chromatographic profiles of the peel pigments of control mangoes (T) and mangoes coated with extracts of *A sativum* (A), *Z. officinale* (Z) and *S. platensis* (S) on day 10 after treatment showed that chlorophylls were absent from the peel of control mangoes whereas they were still present in the peel of coated mangoes. In the peel of control mangoes, there were only carotenoids (Figure 7). The coatings used therefore retarded the degradation of chlorophylls a and b in the peel of mangoes between the beginning and the 10th day of storage. In the peel of control mangoes, there were only orange and pink pigments ( $\beta$ -carotene and lycopene). Specific enzymatic activities are involved in the modification of the color of the fruit. Two mechanisms are involved simultaneously: chlorophyllase catalysed chlorophyll degradation [28] and neo-synthesis of colored pigments, mainly carotenoids phytoene synthase being one of the key enzymes that catalyse this process [29]. During fruit ripening, chloroplasts are transformed into chromoplasts, with concomitant degradation of chlorophylls and synthesis

of carotenoids [30]. The coatings used would have therefore retarded chlorophyll degradation by chlorophyllases.



**Figure 7:** Thin layer chromatographic profiles of pigment from the peel of control mangoes (T) and mangoes coated with extracts of *A. sativum* (A), *Z. officinale* (Z) and *S. platensis* (S) on the 10th day of storage. 1: Xanthophylls, 2: Chlorophyll b, 3: Chlorophyll a and 4: Carotenes.

## CONCLUSION

The purpose of this work was to develop bio-based coatings for the improvement of the shelf life of mangoes. Coatings based on extracts of *A. sativum*, *Z. officinale* and *S. platensis* positively affected the ripening process of mangoes by slowing the loss of mass, the transformation of starch and pectic compounds, the conversion of acids and degradation of chlorophylls. The coating with *Z. officinale* extracts had the most significant effects and increased the shelf life of mangoes to 25 days. The coating with *Z. officinale* extracts can thus be used to prolong the shelf life of fresh mangoes. It is a simple and less expensive technique using local plant material.

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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