

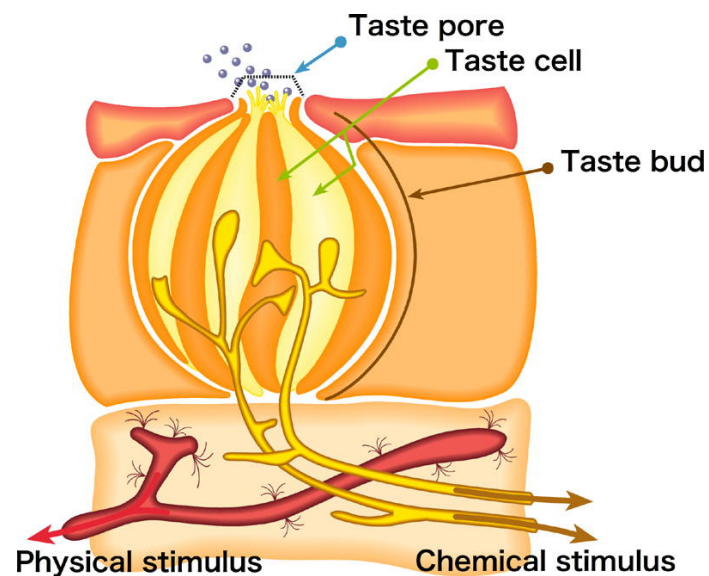
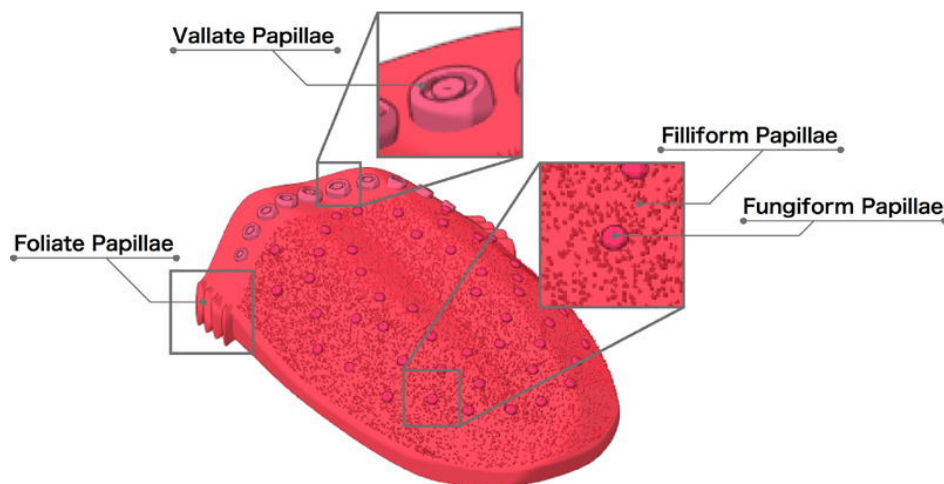
Understanding the Mechanism of Taste through Plants

- *Gymnema Sylvestre*

1. The Mechanism of how Taste is felt

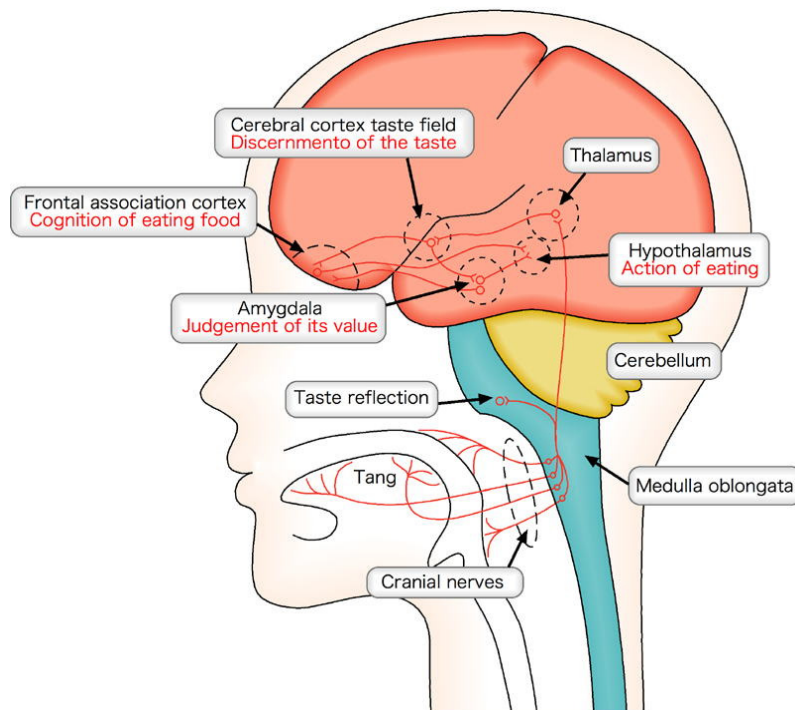
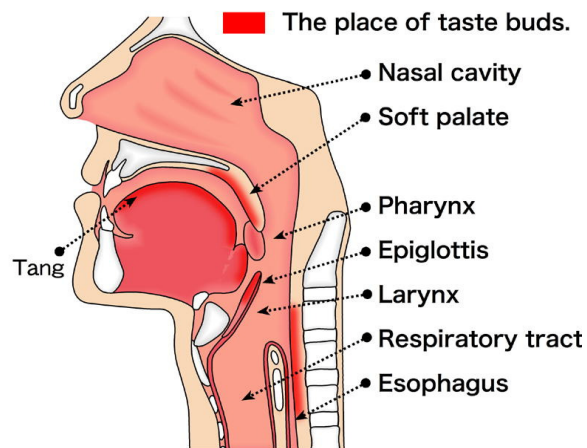
In order to taste, food must be mixed with saliva and become 'solution'. The substance 'solution' is then absorbed by papillae in the mouth, and taste is distinguished by the taste buds.

In addition, there are 4 types of papillae in the tongue; Vallate Papillae, Fungiform Papillae, Foliate Papillae and Filiform Papillae. The length of the taste bud is about 0,08 mm.

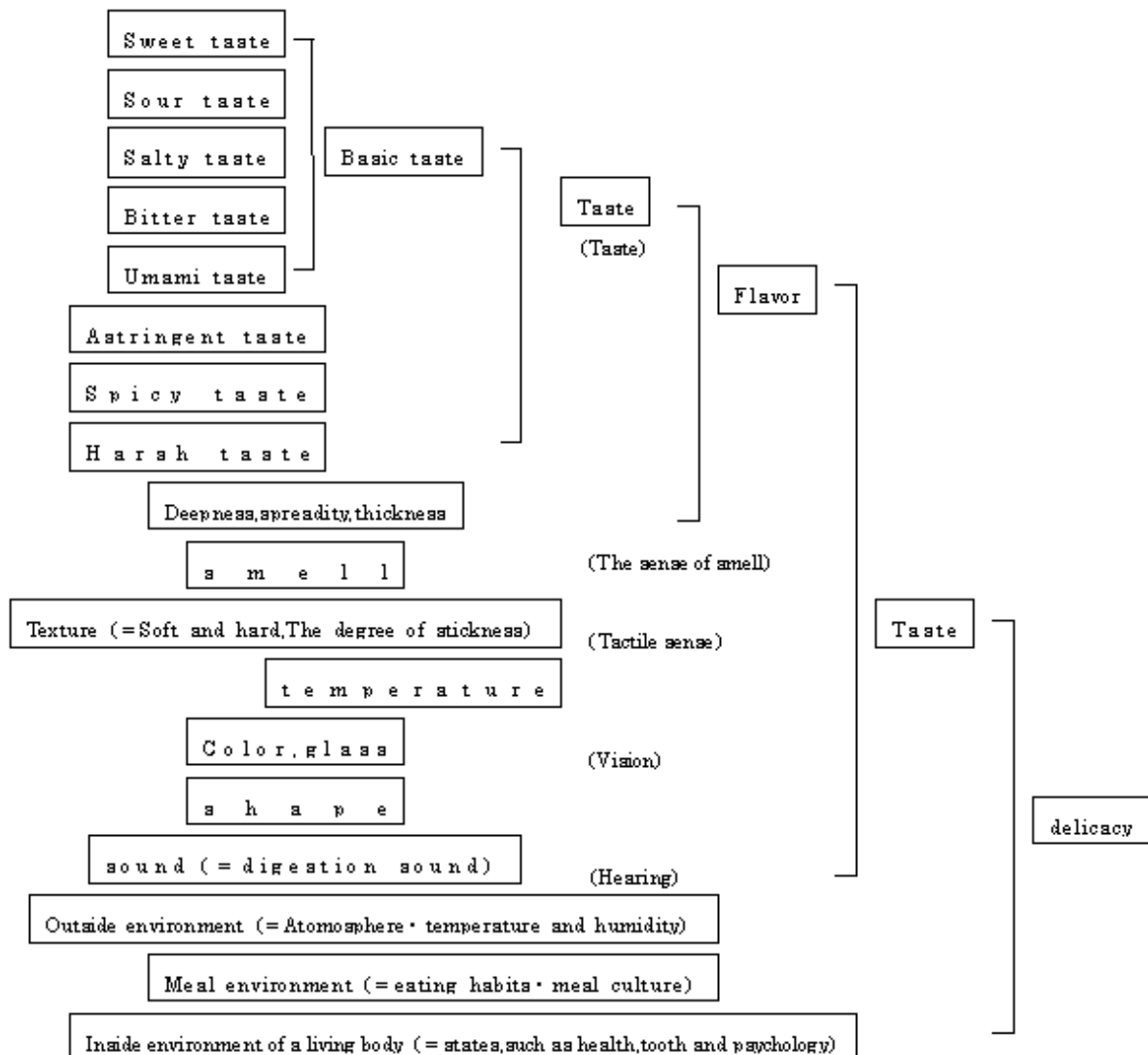


The distinction method of taste in the taste bud can be compared to the relationship between a key and a keyhole. The ingredient of food is a key and the taste bud is a keyhole. The taste of food has its own keyhole. When the hole is filled with the taste, a switch is turned and it is sent to a brain as an electric signal.

About 6,000 - 9,000 taste buds in the tongue exist for a human adult. There are 1700 taste buds for a rabbit, 2400 for a cow and no less than 100,000 for a catfish.



Structure of the cognition of the taste



The mechanism of one's likes and dislikes are:

1. First impression (Applies to both human and animals).
2. Appearance (Only in humans).
3. Experience (Only in humans).

Formation of the taste in the childhood is very important. Under the present circumstances, if the sense of taste is not formed appropriately, it may lapse into an unbalanced diet.

5. About Taste-Modifier Plants

A taste modifier is a substance which does not change the structure of the taste but works on the taste receptor to change the taste function temporarily. The taste modifier will change how the tongue interprets taste by playing a trick on it and not by changing the actual taste of the food.

6. Introduction of the Miracle Plant - *Gymnema Sylvestre*



Gymnema Sylvestre is an Indian native plant with sour leaves. When you eat something sweet after gnawing the leaf, the glycoside called Gymnemic-acid prevents the absorption of sugar and the sweet taste disappears in the mouth.

Gymnema sylvestre