

Research Article

Quality assessment of apricot jam supplemented with *Sea buckthorn* pulp

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Abstract

This study was conducted to assess the quality of apricot jam supplemented with sea-buckthorn pulp. The treatments were AS₀ (Whole apricot), AS₁ (90% apricot and 10% sea buckthorn), AS₂ (80% apricot and 20% sea buckthorn), AS₃ (70% apricot and 30% sea-buckthorn) and AS₄ (50% apricot and 50% sea buckthorn). Physicochemical, sensory and microbial analysis was conducted at an interval of 15 days for two months storage. The ascorbic acid content was declined during storage from 51.65 to 43.53 mg/100g, the lowest decrease was noted in AS₄ (6.58%) while maximum reduction was in AS₀ (54.82%). The pH was declined during storage from 3.62 to 3.39. Total soluble contents were increased during storage from 66.88 to 67.30 °Brix. Titratable acidity also increased during storage from 0.65 to 1.09 %. Total reducing sugar content was increased during storage from 32.66 to 34.66%. The lowest non reducing sugar content was recorded in AS₄ (10.64%) while maximum in AS₀ (17.22%). Total phenolic content also declined during storage from 442.98 to 256.01 mgGAE/g, where minimum decreases was noted in AS₄ (39.20%) while maximum in AS₀ (43.86%). The color score given by the panel of judges was decreased from 8.0 to 4.96. The flavor score decreased from 7.86 to 4.78. The overall acceptability was decreased from 7.76 to 4.7, and minimum loss in score was noticed in AS₄(16.31%) and the highest in AS₀ (79.30%). On the base of physico-chemical and sensory evaluation; treatment AS₄ (apricot pulp 50% + sea-buckthorn 50%) found to be good as compared to others treatments.

Keywords: Apricot; Gilgit-Baltistan; Jam; Phenolic contents *Seabuckthorn*; Supplementation

Introduction

Apricot botanically known as *Prunus armeniaca* is an important member of the family Rosaceae. "Khubani" is commonly used as local name for apricot in Pakistan. Apricot is considered as an important and vital fruit that is grown around the world. The worldwide production of apricots is about 38,31883 tones and the total area under apricot cultivation is 5,20455 hectares [1]. Globally Pakistan stands on third spot when it comes to the production

of apricot and annual fresh production volume [2, 3]. The main apricot producing regions in Pakistan include Gilgit-Baltistan, Malakand division of Khyber Pakhtunkhwa (KPK), and the upper parts of Balochistan [4]. Apricots are considered as the most delightful temperate fruit. Apricot fruit is a good source of glucose, sucrose, and fructose. It also good source of various mineral, vitamins and phenolic compounds [5, 6]. The imminence of vitamin C, E, carotenes, polyphenols and flavonoids

additionally add to the cancer prevention agent action of this fruit. Due to its natural antioxidant activity, apricot shows prominent defense and guard against malignancy (cancer) and coronary diseases like heart disease [7]. Apricot is also utilized as drug in the treatment of skin illnesses, parasitic infections and diseases. The fruit is considered as antipyretic, emetic, antiseptic and ophthalmic [8].

Sea-buckthorn botanically known as *Hippophae rhamnoides* is referred as a distinctive remedial, medicinal, and fragrant plant. It is an important member of the family Elaeagnaceae. Sea-buck thorn is an middling and average sized and minor deciduous tree and an outside shrub of 2.5-6 meter tall. The major stalk has a broad and bumpy woof or bark. Immature twigs or branches stay smooth and even whereas from color point of view grey and light ash in color with piercing spines and thorns [9]. Sea buckthorn bears yellow or orange red color berries [10]. In Pakistan sea buckthorn (*Hippophae rhamnoides*), is scattered in Northern regions like Kurram Agency, Chitral, upper Swat, Utror-Gabral, Gilgit, Astore, Ganche, Baltistan, Ladak and everywhere throughout the Northern regions from elevation of 1219 to 4266 m [11]. In general, the major components of the seabuck thorn seeds or berries are vitamin C, flavonoids, carotenoids, vitamin E, fatty acids, triacylglycerol, phytosterols, organic acids, phenolic compounds and proanthocyanins. Sea-buckthorn does not consist of anthocyanins usually for red and blue berries, and only very slight amounts of ellagitannins (hydrolysable tannins) have been detected [12]. The flesh or pulp of seabuck thorn carries a considerable superior quality oil that is very much important in health and therapeutic value [13]. Maximum sum of seed/kernel oil is 17.8% in *Hippophae rhamnoides* sub spp. tibetana and lowest one is 7.8% in *Hippophae neurocarpa* [14]. In these days,

it is well-known that sea buckthorn is affluent in bioactive compounds, and their health effects are studied precisely. A significant number of studies have been carried out in China, Russia, and other Asian countries [15]. Other fruit pulps were mixed with seabuckthorn berry's pulp to present a product with enhanced nutritional quality and complex amounts of carotenoids, vitamin E and antioxidants. This value-added invention could play an important role in human nutrition [16]. Keeping in view the above mentioned facts, this study was conducted to develop nutritionally rich apricot jam blended with sea-buckthorn pulp and evaluate the quality of jam among different treatments.

Materials and Methods

This study was conducted at Institute of Food and Nutritional Sciences, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi, Pakistan.

Collection of raw materials

The raw materials like apricot and sea buckthorn for jam preparation was collected from Gilgit-Baltistan a province of Pakistan with the help of Agriculture Department Skardu Baltistan.

Preparation of samples

The apricot and sea buckthorn sample were cleaned and washed properly for pulp preparation. The pulp was prepared by using pulpier machine and all the required samples were prepared accurately keeping in mind the treatment ratios. The treatment formulation is given in (Table 1).

Physicochemical analysis

Different physic-chemical parameters like ascorbic acid, total soluble solids, titratable acidity of the pH, reducing sugar and non-reducing sugar of blended jam prepared from apricot and sea buckthorn was determined by the standard method [17]. Total phenolic content of sample was determined by Folin-Ciocalteiu reagent method [18].

Table 1. Supplementations ratio of Sea-buckthorn pulp with Apricort

Code	Treatments
AS ₀	Whole Apricot
AS ₁	90:10 (Apricot: Sea buckthorn)
AS ₂	80:20 (Apricot: Sea buckthorn)
AS ₃	70:30 (Apricot: Sea buckthorn)
AS ₄	50:50 (Apricot: Sea buckthorn)

Sensory evaluation

In order to examine the overall acceptability and quality of blended jam; sensory evaluation was carried out by a panel of trained judges. Jam samples were scored for quality parameters like color, flavor, taste and overall acceptability, according to the method [19].

Statistical analysis

All analytical parameters were tested in triplicates and the obtained data were calculated statistically by using Complete Randomized Design (CRD) two factor factorial experiment and means were compared by LSD test as followed [20].

Results and Discussion

pH

Apricot sea-buckthorn blended jam samples were analyzed for pH at every 15

days intervals during two months of storage. During storage pH value of the samples were decreased with the passage of time. As initially pH of apricot sea buckthorn blended jam samples (AS₀ to AS₄) were 3.80, 3.65, 3.60, 3.55 and 3.50, which is decreased up to 3.44, 3.37, 3.39, 3.38 and 3.41 respectively. Significantly pH values of the samples were decreased from 3.62 to 3.39 during storage. The revealed that maximum mean value (3.61) observed in AS₀ while minimum (3.50) in AS₁. Decreases in pH may cause due to the formation and production of acidic compounds. The pH value of jam sample may also be change due to conversion of pectin into pectic acid (Table 2) [21].

Table 2. Effect of storage period and treatments on pH of apricot *Sea buckthorn* mixed jam

Treatments	Storage interval (days)						Means
	0 Day	15 Days	30 Days	45 days	60 Days	% decrease	
AS ₀	3.80	3.71	3.6	3.53	3.44	9.47	3.61a
AS ₁	3.65	3.58	3.5	3.44	3.37	7.67	3.50b
AS ₂	3.60	3.55	3.51	3.44	3.39	5.83	3.49b
AS ₃	3.55	3.51	3.47	3.43	3.38	4.78	3.46b
AS ₄	3.50	3.48	3.45	3.43	3.41	2.57	3.45b
Means	3.62a	3.56a	3.50b	3.45b	3.39c		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Total soluble solids

Apricot sea-buckthorn blended jam samples were analyzed for total soluble solids at every 15 days intervals during two months of storage. During storage total soluble solids of the samples were increased

with the passage of time. At initial stage the TSS of apricotsea-buckthorn blended jam (AS₀ to AS₄) were 65.53, 65.98, 66.51, 67.64 and 68.75 °Brix which is increased up to 66.25, 66.50, 66.93, 67.92 and 68.90°Brix respectively. The revealed that

maximum mean value (68.83) observed in AS₄ while minimum in AS₀. The results are close conformity with Durrani et al, (2008) who reported that TSS contents of apple and pear mixed fruit jam increased during

storage with the passage of time. TSS contents in jam samples may be increased during storage due to the conversion of sucrose into glucose and fructose (Table 3) [22].

Table 3. Effect of storage time and treatments on TSS (⁰Brix) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0 Day	15 Days	30 Days	45 days	60 Days	% decrease	
AS ₀	65.53	65.71	65.89	66.07	66.25	1.08	65.89e
AS ₁	65.98	66.11	66.24	66.38	66.50	0.78	66.24d
AS ₂	66.51	66.69	66.71	66.80	66.93	0.62	66.72c
AS ₃	67.64	67.71	67.78	76.85	67.92	0.41	67.78b
AS ₄	68.75	68.79	68.82	68.89	68.90	0.21	68.83a
Means	66.88d	67.00c	67.08bc	67.19ab	67.30a		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Titratable acidity

Apricot sea-buckthorn blended jam samples were analyzed for titratable acidity at every 15 days intervals during two months of storage. During storage titratable acidity value of the samples were increased with the passage of time. As initially titratable acidity of apricot sea buckthorn blended jam samples (AS₀ to AS₄) were 0.60, 0.65, 0.67, 0.69 and 0.68 % which is

increased up to 1.10, 1.10, 1.12, 1.10 and 1.07 % respectively. Treatment AS₃ (0.89) obtained highest mean value among all other treatments, followed by AS₄ (0.87). On the other hand, the lowest mean value was recorded in the treatment AS₀ (0.83) nearby AS₁ (0.85). The titratable acidity of jam samples was increased due to hydrolysis of pectin into pectic acid (Table 4) [23-25].

Table 4. Effect of storage period and treatments on the titratable acidity (%) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0 day	15 Days	30 Days	45 days	60 Days	% decrease	
AS ₀	0.60	0.71	0.83	0.91	1.1	45.45	0.83c
AS ₁	0.65	0.74	0.84	0.95	1.1	40.90	0.85b
AS ₂	0.67	0.78	0.89	0.98	1.12	40.17	0.88a
AS ₃	0.69	0.79	0.88	0.99	1.1	37.27	0.89a
AS ₄	0.68	0.77	0.87	0.99	1.07	36.44	0.87ab
Means	0.65e	0.75d	0.86c	0.96b	1.09a		

AS₀= (Whole apricot), AS₁= (90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Reducing sugar

Sugars are referred as crucial and vital constituent of all fruit based products due to their flavor contribution and natural preservative property. Apricot sea-buckthorn blended jam samples were

analyzed for reducing sugar at every 15 days intervals during two months of storage. During storage reducing sugar value of the samples were increased significantly ($p < 0.05$) from 27.21 to 38.88 %. The greater reducing sugar content was

noted in AS₀ (10.80%) whereas lowest value found AS₁ (6.50%). During storage hydrolysis of sugar may be occurred

therefore the reducing sugar content of the sample may be increased (Table 5) [26].

Table 5. Effect of storage time and treatments on reducing sugar content (%) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0-Day	15 Days	30 Days	45 days	60 Days	% decrease	
AS ₀	32.20	32.60	32.80	33.45	36.10	10.80	33.43a
AS ₁	32.50	33.20	33.60	34.10	34.76	6.50	33.63a
AS ₂	33.10	33.40	33.75	34.22	34.65	4.47	33.82a
AS ₃	32.00	32.10	32.50	32.80	33.30	3.90	32.62b
AS ₄	33.50	33.80	33.90	34.30	34.51	2.92	34.00a
Means	32.66c	33.02bc	33.31b	33.70c	34.66a		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Non-reducing sugar

Apricot sea-buckthorn blended jam samples were analyzed for non-reducing sugar at every 15 days intervals during two months of storage. During storage non-reducing sugar value of the samples were decreased with the passage of time. As initially non-reducing sugar of apricot sea buckthorn blended jam samples (AS₀ to

AS₄) were 41.50, 43.30, 42.79, 42.33 and 43.57% which is declined up to 34.35, 35.94, 37.55, 38.43 and 38.93 % respectively. The sugar content reduced from 42.67 to 37.04 significantly. In the treatment AS₄ (41.25) maximum mean value was noted, go after treatment AS₃ (40.83) (Table 6).

Table 6. Effect of storage period and treatments on non-reducing sugar content (%) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0-day	15 Days	30 Days	45 Days	60 Days	% decrease	
AS ₀	41.50	39.71	37.92	36.13	34.35	17.22	37.92d
AS ₁	42.30	40.70	39.11	37.53	35.94	15.03	39.11c
AS ₂	42.79	41.48	40.17	38.86	37.55	12.24	40.17b
AS ₃	43.23	42.03	40.83	39.63	38.43	11.10	40.83a
AS ₄	43.57	42.41	41.25	40.09	38.93	10.64	41.25a
Means	42.67a	41.26b	39.85c	38.44d	37.04e		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Ascorbic Acid

Apricot sea-buckthorn blended jam samples were analyzed for ascorbic acid at every 15 days intervals during two months of storage. During storage ascorbic acid value of the samples were decreased with the passage of time. As initially ascorbic acid of apricot sea buckthorn blended jam samples (AS₀ to AS₄) were 16.80, 32.62,

48.44, 64.26 and 96.15 mg/100g which is subsequently declined up to 7.59, 23.77, 39.92, 56.58 and 89.32 mg/100g respectively. The ascorbic acid content was reduced significantly ($p < 0.05$) from 51.65 to 43.53mg/100g. The treatment AS₄ (92.99) demonstrated the maximum mean value followed by AS₃ (60.43), as well as the lowest mean value was noted in AS₀

(12.19). The degradation of the ascorbic acid might proceed anaerobically when once the devoured oxygen has been devoured by the chemical reactions; to form furfural ascorbic acid worsens by several steps

under the anaerobic conditions [27, 28] also studied that in a strawberry jam there was a considerable decrease in the ascorbic acid content (Table 7).

Table 7. Effect of storage period and treatments on the ascorbic acid content (mg/100g) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0 Day	15 days	30 Days	45 Days	60 Days	% decrease	
AS ₀	16.80	14.50	12.20	9.89	7.59	54.82	12.19e
AS ₁	32.62	30.40	28.19	25.98	23.77	27.13	28.19d
AS ₂	48.44	46.31	44.18	42.05	39.92	17.58	44.18c
AS ₃	64.26	62.34	60.42	58.58	56.58	11.95	60.43b
AS ₄	96.15	94.59	93.00	91.41	89.82	6.58	92.99a
Means	51.65a	49.62b	47.59c	45.58d	43.53e		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Total phenolic content

Apricot sea-buckthorn blended jam samples were analyzed for total phenolic contents at every 15 days intervals during two months of storage. During storage total phenolic contents of the samples were decreased with the passage of time. As initially total phenolic contents of sea-buckthorn blended jam samples (AS₀ to AS₄) were 514, 485.3, 456.6, 427.9 and 331.11 mg

GAE/100g which is decreased upto 288.52, 275.3, 263.8, 251.14 and 201.3 mg GAE/100g. In term of percentage reduction of total phenolic content, highest increase was noted in AS₀ (43.86%) go after treatment AS₁ (43.27%). Rababah *et al.* [29] also reported that total phenolic content of apricot jam reduced during storage. Our results also close conformity with the findings (Table 8) [30].

Table 8. Effect of storage period and treatments the on total phenolic content (mg GAE/100g) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0- Day	15 Days	30 Days	45 days	60 Days	% decrease	
AS ₀	514.0	457.63	401.26	344.89	288.52	43.86	401.26a
AS ₁	485.3	432.8	380.3	327.8	275.3	43.27	380.3b
AS ₂	456.6	408.4	360.2	312	263.8	42.22	360.2c
AS ₃	427.9	383.71	339.52	295.33	251.14	41.30	339.52d
AS ₄	331.11	291.72	252.33	212.94	201.3	39.20	257.88e
Means	442.98a	394.85b	346.72c	298.59d	256.01e		

AS₀= (Whole apricot), AS₁=(90:10 (Apricot: *Sea buckthorn*), AS₂=(80:20 (Apricot: *Sea buckthorn*), AS₃=(70:30 (Apricot: *Sea buckthorn*), AS₄=(50:50 (Apricot: *Sea buckthorn*))

Sensory evaluation

Color

Apricot sea-buckthorn blended jam samples were analyzed for color score at every 15 days intervals during two months of storage. During storage color score of the samples

were decreased with the passage of time. As initially color score of sea-buckthorn blended jam samples (AS₀ to AS₄) were 7.50, 7.80., 8.0, 8.20 and 8.50, which reduced up to 2.12, 4.80, 5.16, 6.12 and 6.64. Highest mean value was observed in

AS₄ (7.51) while lowest was noted in AS₁ (6.30). [31] reported the reduction in color score (7.55 to 6.6) in apricot apple blended jam. Our results also closely related to the

results of Chauhan et al, (2013) who also reported the declining tendency of color of coconut jam during storage time (Table 9).

Table 9. Effect of storage time and treatments on color (score rate) of apricot sea buckthorn mixed jam

Treatments	Storage interval (days)						Means
	0-Day	15 Days	30 Days	45 days	60 days	% decrease	
AS ₀	7.50	6.13	4.77	3.47	2.12	71.73	4.79d
AS ₁	7.80	7.05	6.30	5.56	4.80	38.46	6.30c
AS ₂	8.0	7.29	6.58	5.87	5.16	35.50	6.58bc
AS ₃	8.20	7.68	7.16	6.64	6.12	25.36	7.16c
AS ₄	8.50	7.99	7.48	6.97	6.64	21.88	7.51d
Means	8.0a	7.22b	6.45c	5.70d	4.96d		

AS₀= (Whole apricot), AS₁= (90:10 (Apricot: *Sea buckthorn*), AS₂= (80:20 (Apricot: *Sea buckthorn*), AS₃= (70:30 (Apricot: *Sea buckthorn*), AS₄= (50:50 (Apricot: *Sea buckthorn*))

Flavor

The aroma and the taste of any food substance collectively essential to form the flavor. Apricot sea-buckthorn blended jam samples were analyzed for flavor at every 15 days intervals during two months of storage. During storage flavor of the samples were decreased with the passage of time. As initially flavor score of sea-buckthorn blended jam samples (AS₀ to

AS₄) were 7.0, 7.40, 8.01, 8.30 and 8.60, which is declined up to 1.32, 4.15, 5.09, 6.34 and 7.04 respectively. The highest means value was found in AS₄ (7.82) while lowest value observed in AS₁ (7.32). During storage interval the loss of volatile aromatic compounds and substances might be one of the basic reasons due to which the flavor was decreased (Table 10) [32].

Table 10. Effect of treatments and storage period on flavor (score rate) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0-Day	15 days	30 Days	45 days	60 Days	% decrease	
AS ₀	7.0	5.58	4.17	2.74	1.32	81.14	4.16d
AS ₁	7.4	6.59	5.78	4.98	4.15	43.91	5.78c
AS ₂	8.01	7.28	6.55	5.82	5.09	36.45	6.55bc
AS ₃	8.30	7.81	7.32	6.83	6.34	23.61	7.32ab
AS ₄	8.60	8.21	7.82	7.43	7.04	18.13	7.82a
Means	7.86a	7.32ab	6.32bc	5.56c	4.78d		

AS₀= (Whole apricot), AS₁= (90:10 (Apricot: *Sea buckthorn*), AS₂= (80:20 (Apricot: *Sea buckthorn*), AS₃= (70:30 (Apricot: *Sea buckthorn*), AS₄= (50:50 (Apricot: *Sea buckthorn*))

Overall acceptability

Apricot sea-buckthorn blended jam samples were analyzed for overall acceptability at every 15 days intervals during two months of storage. During storage overall acceptability of the samples were decreased with the passage of time. As

initially overall acceptability of sea-buckthorn blended jam samples (AS₀ to AS₄) were marked by judges as 8.02, 7.90, 7.50, 7.80 and 7.60 that subsequently declined up to 1.66, 4.34, 5.06, 6.08 and 6.36 respectively. The mean value of overall acceptability was declined

significantly ($p < 0.05$) from 7.76 to 4.7. As the color and flavor of jam samples were also decreased during storage period, so these collective changes also declined the

overall acceptability of the jam samples (Table 11). Decrease in overall acceptability was also reported by [31].

Table 11. Effect of treatments and storage period on overall acceptability (score rate) of apricot sea buckthorn blended jam

Treatments	Storage interval (days)						Means
	0 Day	15 days	30 Days	45 Days	60 Days	% decrease	
AS ₀	8.02	6.43	4.84	3.25	1.66	79.30	4.84b
AS ₁	7.90	7.01	6.12	5.23	4.34	45.06	6.12a
AS ₂	7.50	6.89	6.28	5.67	5.06	32.53	6.28a
AS ₃	7.80	7.37	6.94	6.51	6.08	22.05	6.94a
AS ₄	7.60	7.29	6.98	6.67	6.36	16.31	6.98a
Means	7.76a	6.99ab	6.23bc	5.46cd	4.7d		

AS₀= (Whole apricot), AS₁= (90:10 (Apricot: *Sea buckthorn*), AS₂= (80:20 (Apricot: *Sea buckthorn*), AS₃= (70:30 (Apricot: *Sea buckthorn*), AS₄= (50:50 (Apricot: *Sea buckthorn*))

Conclusion

Results revealed that the treatments and the storage time have a significant effect and impact on all parameters. On the base of physico-chemical and sensory evaluation treatment AS₄ (apricot pulp 50% + sea buckthorn 50%) found to be good as compare to others treatments.

Authors' contributions

Conceived and designed the experiments: Z Abbas & A Sohail, Performed the experiments: Z Abbas, M Mazahir & A Mehdi, Analyzed the data: M Mazahir, W Ali & M Asim, Contributed materials/ analysis/ tools: A Sohail & Azher Mehdi, Wrote the paper: Muhammad, S Bashir & M Mazahir.

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