Physico-chemical, nutritional and Anti-oxidative properties of different colored grain genotypes of rice (Oryza sativa L.)

P Sridevi, B Krishna Veni, D Sandeep Raja and DPB Jyothula

DOI: https://doi.org/10.22271/chemi.2021.v9.i1y.11482

Abstract
The commonly consumed white rice is a highly refined staple cereal, which is lack of almost all minerals and nutrients. The pigmented rice, enriched with anthocyanin is known for its taste and health benefits. Colored rice (Oryza sativa L.) genotypes are evaluated under this study. Twenty six genotypes were studied for 8 yield components and 12 physico-chemical, nutritional and Anti-oxidative properties. Among the non-pigmented varieties, BPT 5204, BPT 2270, BPT 2595, BPT 2782 and BPT 2776 recorded the desirable quality traits with excellent cooking quality. The pigmented rice genotypes recorded high amount of total phenols, antioxidant activity and flavonoid contents than non-pigmented varieties. When compared with light brown pericarp colored rice genotypes, red and black rice genotypes possess more protein content, high Zn and Fe content also. Variability studies showing that, high GCV and PCV coupled with high heritability and high genetic advance as percent of mean were recorded for test weight and total number of grains per panicle among yield components, while among quality traits solid loss, alkali spreading value, total phenol content, total antioxidant activity, flavonoid content, zinc and iron content. It indicates that these characters are controlled by additive type of gene action, which can be improved by direct selection. The results of correlation studies revealed that total phenol content, flavonoid content, total antioxidant activity are positively associated with each other and also with protein content, Zn and Fe content, hence simultaneous improvement of all these traits is anticipated. The colored rice varieties reported in the present study recorded medium duration, high yield potential coupled with medium slender grain type and good cooking quality and may be exploited commercially. Black and red rice genotypes viz., BPT 2848, BPT 3140, BPT 3141, BPT 2858, BPT 3111 which recorded desirable physical quality traits, high antioxidant activity, high protein, Fe & Zn content can be included in daily diet for their potential bioactive compounds and nutraceutical benefits to human health.

Keywords: Colored rice, total phenol content, antioxidant activity, protein content

Introduction
Rice (Oryza sativa L.) is the predominant staple food crop for more than half of the world’s population and is playing a pivotal role in providing human nutrition, energy supply and food security of Asian countries. Rice is not only the major source of energy, but also the major source of protein and a significant source of fiber and essential micronutrients (Uphoff, 2008) [46]. Rice is the only cereal, cooked and consumed as a whole grain and quality considerations are much more important than for any other food crops (Hossain et al., 2009) [10]. Nowadays, whole grain pigmented rice has been categorized as one of the potent functional foods. The total antioxidant activity which is positively correlated with the total soluble phenolic compounds (TSPCs) are found in higher concentration in genotypes with red and black pericarp color when compared to those with a light brown pericarp color (Tian et al., 2004) [44]. Black rice powder extracted from pigmented rice bran could be used as a natural food coloring dye in the preparation of cosmetics, sodas, functional foods, nutraceutical and other healthy food products. Black and red rice bran can be an excellent ingredient to increase the nutritional value and antioxidant properties of noodles (Kong et al., 2012) [18]. Recently, rice consumers are showing great interest for colored rice varieties due to their potential health benefits. Hence, the present study was undertaken with an objective to estimate the nutritional and antioxidative properties of different colored rice genotypes and to identify rice varieties with high nutraceutical value.
Materials and Methods

Rice samples

Twenty six rice (*Oryza sativa* L.) genotypes, consisting of 7 non-pigmented (brown pericarp colored) rice (BPT 5204, BPT 2270, BPT 2295, BPT 2595, BPT 2660 and BPT 2776), nine genotypes possessing red pericarp (Aanthra, Samyuktha, Matha Triveni, Jyothi, Annapurna, Harsha, BPT 3111, BPT 3139 and BPT 2858) and 10 genotypes with black pericarp (BPT 3136, BPT 3137, BPT 3138, BPT 3140, BPT 3141, BPT 3142, BPT 3143, BPT 3144, BPT 3145 and BPT 2848) were grown during *Kharif*, 2018 at Agricultural College Farm, Bapatla, Andhra Pradesh. Among these, BPT 5204, BPT 2270, BPT 2295, BPT 2595 and BPT 2782 varieties were released in Andhra Pradesh while red rice varieties viz. Matha Triveni, Annapurna, Aathira, Harsha, Jyothi and Samyuktha were released in Kerala state. All other genotypes used in the study are advanced cultures developed at Agril. Research Station, Bapatla, Andhra Pradesh, India. Each genotype was sown under dry direct sowing method in 5 rows of 3 m length in Randomized Block Design with three replications. The crop was raised by following standard package of practices and observations were taken on 5 plants per replication for eight morphological characters viz., days to 50% flowering, plant height, number of productive tillers, panicle length, test weight, total number of grains/panicle, fertility percentage and grain yield/plant. After harvesting, the paddy was sun-dried to a moisture content of about 12%, stored in an air-tight plastic bag at room temperature for three months and then stored at 4 °C in the dark before analysis. Each sample per genotype per replication (three replicates per genotype) was dehusked and the unpolished rice was utilized for estimation of 12 physico-chemical, nutritional and Antioxidative properties during the year 2019. The calculation of L/B ratio and classification of grain type were carried out as per IIRR (2006) [10].

Determination of total phenol content (TPC): TPC was estimated by using Folin-Ciocalteu (FC) reagent (Malik C.P and Singh M.B. 1980). The results were expressed as milligrams of gallic acid equivalent per 100 gram of sample (mg GAE/100g).

Determination of Total Antioxidant Activity: The total antioxidant activity was measured using DPPH radical scavenging as described by Pathirana et al. (2005) [30]. The result was expressed as milligram of ascorbic acid equivalent per 100 gram of sample (mg AAE/100g).

Determination of total flavonoid content (TFC): TFC was estimated as suggested by Swain et al. (1959) The results were expressed as milligrams of catechin equivalent per 100 g of dry rice flour (mg CE/100 g).

Amylose content: The amylose content in test samples were estimated by following the method delineated by Juliano (1971) [14] and expressed as percentage.

Alkali spreading value: The alkali spreading value of the rice kernels were noted on a seven point scale and expressed as average of six values. Scoring was done by following the method described by Little et al. (1958) [23].

Volume Expansion Ratio and Solid loss: Volume expansion ratio and the amount of total solid lost in cooking water was determined as per Sidhu et al. (1975) [39].

Protein content: The protein content was estimated by using Lowry’s method (Lowry et al., 1951) [32]. Protein content was calculated by comparing the O.D. values of the standard with test sample and expressed as percentage.

Zn content (ppm), Iron content (ppm): The Zn and Fe content was estimated by using the energy dispersive X-ray Fluorescence Spectroscopy (XRF) by non destructive method at Indian Institute of Rice Research, Hyderabad (IIRR, 2006) [10].

Statistical analysis

Statistical analyses of experimental data were analyzed using the statistical software package of SAS 9.2 software. The data in triplicate for all the parameters was given as Mean±SD. All comparisons were subjected to two way analysis of variance (ANOVA) and statistical significance was set at *p*<0.05. The genotypic and phenotypic correlation analysis was performed with Pearson’s correlation test and statistical significance were reported at *p*<0.01.

Results and Discussion

Mean, variability (GCV, PCV), Heritability and Genetic Advance (as percent of mean)

Above genetic parameters were studied for all the characters (Table 1). The study reveals that:

Among the yield component traits test weight (PCV-22.18% GCV-21.87% Heritability-97.2% GAM-44.41) and total number of grains per panicle (PCV-24.2% GCV-20.69% Heritability-73.10% GAM-36.45) recorded high estimates for all the genetic parameters studied. These results are in agreement with the findings reported by Chowdhury et al. (2016) [9] and Sameera et al. (2016) [35]. While grain yield (Heritability-77.10% GAM-28.98) recorded high estimates for heritability and genetic advance (as percent of mean). It is in accordance with results reported by Chowdhury et al. (2016) [31].

Among physical and cooking quality parameters, the traits viz., solid loss (PCV-34.59% GCV-34.46% Heritability-99.20% GAM-70.70), alkali spreading value (PCV-28.77% GCV-24.01% Heritability-69.70% GAM-41.29), volume expansion ratio (Heritability-86.40% GAM-34.43) and amylose content (Heritability-93% GAM-21.89) manifested high estimates for the genetic parameters studied. These results are in accordance with the findings of Lakshmi et al. (2017) [39] and Mamata et al. (2018) [26].

Among nutritional quality parameters, total phenol content (PCV-43.23% GCV-43.13% Heritability-99.76% GAM-88.85), total antioxidant activity(PCV-38.92% GCV-38.82% Heritability-99.50% GAM-79.77), flavonoid content(PCV-59.12% GCV-59.03% Heritability-99.70% GAM-121.41), zinc content(PCV-21.73% GCV-20.47% Heritability-88.70% GAM-39.71), iron content(PCV-27.38% GCV-23.12% Heritability-71.30% GAM-40.21), protein content (Heritability-99.40% GAM-48.48), exhibited high estimates for the genetic parameters studied. These findings are in accordance with results reported by Devi et al. (2016) [4], Raja et al. (2013) [34] and Haritha et al. (2020) [7].

Above results suggesting that inheritance of these traits is controlled by additive gene effects. Which is fixable, it is indicating that, these characters can be improved by direct selection. The remaining traits viz., ear bearing tillers, plant height, panicle length and days to 50% flowering, L/B ratio are controlled by both additive and non additive gene effects and the improvement of these traits may not be anticipated through simple selection.
Grain Yield and Physico-chemical quality traits of different colored rice genotypes

Maximum grain yield/plant was recorded in black pericarp colored genotype BPT 3142 (58.33g) followed by Matha Triveni (red rice) and BPT 3136 (black rice). Among the non pigmented rice genotypes, BPT 2782 (47.7g) followed by BPT 2776 (40.33g) exhibited high grain yield/plant (Table 2). Due to increased health consciousness and demand for colored rice, farmers in Andhra Pradesh are growing black rice varieties like Burma black, Kalabhatt and Chakhao amudi which are popular in North eastern India. But these varieties are tall in stature, low yielding, possess bold grain and had low amylose content which are not preferred by the consumers in South India. Purwanto et al. (2018) [35] stated that only few farmers were willing to cultivate black rice, because of their longer duration and low grain yield/plant (16.8- 23.94 g grain weight/plant). Somsana et al. (2013) [40] also reported that farmers of Nepal mostly grow local genotypes of black glutinous rice with low yield potential. The black glutinous rice is mainly used for the preparation of sweet snacks and desserts in Asia which may not be included in daily diet, particularly in South India where rice consumer does not prefer the sticky nature of cooked rice. The colored rice genotypes reported in the present investigation had medium duration (102-108 days for 50% flowering), high yield potential (34.9-58.3g/plant) with medium slender grain type coupled with good cooking quality may be exploited commercially. Among the genotypes, non pigmented rice varieties possessed medium slender grain type which is preferred by the consumers of South India (Table 3). Except Matha Triveni, Annapurna, Aathira and Samyuktha (red rice with short bold grain type), all other colored rice genotypes under study recorded slender grain type. The solid loss which affects the stability of cooked rice ranged from 0.6 (BPT 3140) to 2.5% (BPT 2858). Alkali spreading value (ASV) and amylose content (AC) content are the important cooking quality traits which determine the texture of cooked rice. Li et al., (2016) [32] also stated that the amylose content of the rice variety has culinary implications because it has an influence on the organoleptic qualities of rice once cooked. Among non-pigmented rice genotypes, BPT 5204, BPT 2270, BPT 2595, BPT 2782 and BPT 2776 recorded the desirable intermediate values for both AC and ASV so that the cooked rice of these varieties will be soft and flaky. Except BPT 2858 and BPT 3111, all other red rice genotypes exhibited low values for ASV which is not desirable. Among black rice genotypes, BPT 3144, BPT 3136, BPT 3140, BPT 2848 recorded intermediate AC and ASV that gives soft and flaky texture to cooked rice. Majority of black rice varieties grown in North East Indian states are of bold & glutinous type with low amylose content. Awadesh Kumar et al., (2018) [3] and Sangeetha et al. (2012) [38] also reported that the amylose content of Kalabhatt and Chakao amubi, famous black rice varieties of North Eastern India are low (4.27% & 2.9% respectively). These bold and glutinous black rice varieties are not preferred in South India as the consumers prefer medium slender grain type with soft and flaky texture of cooked rice. During the last few decades, the people are more concerned about the natural health supplements from food resources. Hence, the colored genotypes possessing medium slender grain with desirable cooking quality (soft & flaky texture of cooked rice) may be exploited commercially and can be included in daily diet for their high bioactive compounds which has potential nutraceutical benefits to health.

Table 1: Mean, variability, heritability and genetic advance as per cent of mean for yield, yield components and grain quality parameters in rice (Oryza sativa L.)

| Character                                | Mean Range (Minimum - Maximum) | Coefficient of variation (PCV % - GCV %) | Heritability (% (broad sense) | Genetic advance as per cent of mean (5%) |
|------------------------------------------|--------------------------------|----------------------------------------|-----------------------------|----------------------------------------|
| Days to 50% flowering                    | 108.52 103.00 - 127.00         | 8.70 - 8.12                            | 39.00                       | 15.60                                  |
| Panicle length (cm)                      | 27.14 19.89 - 32.44            | 11.26 - 9.41                           | 60.70                       | 16.19                                  |
| Plant height (cm)                        | 111.37 88.40 - 123.53          | 7.34 - 6.65                            | 62.00                       | 12.41                                  |
| Ear bearing tillers per plant            | 14.67 12.33 - 18.33            | 14.91 - 8.99                           | 63.00                       | 11.18                                  |
| Grain Yield per plant (g)                | 41.09 25.00 - 58.33            | 18.24 - 16.02                          | 71.00                       | 28.98                                  |
| Test Weight (g)                          | 18.51 13.49 - 27.90            | 22.18 - 21.87                          | 97.00                       | 44.41                                  |
| Total number of grains per panicle       | 298.78 191.00 - 410.66         | 24.20 - 20.69                          | 73.10                       | 36.45                                  |
| Fertility %                              | 91.41 85.93 - 95.88            | 3.64 - 2.11                            | 34.30                       | 2.55                                   |
| SoliD Loss                               | 1.51 0.60 - 2.75               | 34.59 - 34.46                          | 99.20                       | 70.70                                  |
| Volume Expansion Ratio                   | 2.21 1.50 - 3.25               | 19.35 - 17.98                          | 86.40                       | 34.43                                  |
| Alkali Spreading Value                   | 3.42 2.00 - 5.00               | 28.77 - 24.01                          | 69.7                        | 41.29                                  |
| L/B ratio                                | 2.80 2.26 - 3.64               | 14.27 - 10.56                          | 54.80                       | 16.10                                  |
| Amylose Content (%)                      | 22.42 16.41 - 27.44            | 11.43 - 11.02                          | 93.0                        | 21.89                                  |
| Protein Content (%)                      | 10.59 6.23 - 13.55             | 6.21 - 6.18                            | 99.40                       | 48.48                                  |
| Total Phenol Content (mg/100 g)          | 96.10 48.80 - 214.34           | 43.23 - 43.13                          | 99.76                       | 88.85                                  |
| Total Antioxidant Activity (mg AAE/100 g)| 78.61 26.87 - 111.48          | 38.92 - 38.82                          | 99.50                       | 79.77                                  |
| Flavonoid Content (mg/100 g)             | 349.55 82.55 - 784.54          | 59.12 - 59.03                          | 99.70                       | 121.41                                 |
| Zn content (ppm)                         | 21.73 12.00 - 27.90            | 21.73 - 20.47                          | 88.70                       | 39.71                                  |
| Iron content (ppm)                       | 10.63 7.00 - 19.40             | 27.38 - 23.12                          | 71.30                       | 40.21                                  |

PCV = phenotypic coefficient of variation in %; GCV = genotypic coefficient of variation in %; PCV and GCV categories: 0-10% low; 10-20% medium; >20% high (Siva Subramanian and Menon, 1973) Heritability categories: 0-30% low; 30-60% moderate; >60% high (Johnson et al. 1955) GAM categories: 0-10% low; 10-20% moderate; >20% high (Johnson et al. 1955)
### Table 2: Grain yield and yield components of different colored rice (*Oryza sativa* L.) genotypes

| S. No. | Character | Days to 50% flowering | Plant height (cm) | Ear bearing tillers per plant | Panicle length (cm) | Total grains/panicle | Fertility (%) | Test weight (g) | Grain yield per plant (g) |
|--------|-----------|------------------------|-------------------|-------------------------------|---------------------|---------------------|--------------|----------------|--------------------------|
| 1      | BPT 5204  | 117±2.51               | 88.40±1.77        | 13.33±1.15                    | 19.89±0.64          | 167±1.65           | 90.5±2.03   | 14.84±0.53     | 25.00±3.60               |
| 2      | BPT 2270  | 127±1.52               | 116.67±0.30       | 15.67±2.08                    | 23.39±0.49          | 284±14.9           | 91.6±2.49   | 13.81±0.46     | 29.33±3.15               |
| 3      | BPT 2295  | 121±3.05               | 114.73±3.16       | 16.67±0.57                    | 27.02±1.23          | 294±12.3           | 89.2±1.4    | 13.30±0.31     | 33.33±1.46               |
| 4      | BPT 2595  | 116±1.15               | 104.47±3.40       | 17.00±1.0                      | 25.58±0.62          | 276±9.0            | 92.1±1.47   | 14.90±0.15     | 37.00±2.64               |
| 5      | BPT 2782  | 112±1.00               | 94.93±2.34        | 18.33±1.15                    | 25.59±1.12          | 305±12.7           | 94.0±1.21   | 15.64±0.47     | 47.70±1.34               |
| 6      | BPT 2660  | 121±1.00               | 110.53±0.50       | 16.57±0.27                    | 27.6±13.1           | 289±18.1           | 90.5±2.13   | 14.84±0.72     | 40.33±5.13               |
| 7      | BPT 2776  | 124±3.05               | 110.47±3.48       | 17.06±0.57                    | 27.35±1.5           | 297±8.1            | 93.9±2.13   | 14.40±0.72     | 40.33±5.13               |

### Table 3: Physico-chemical, nutritional and functional properties of different colored rice (*Oryza sativa* L.) genotypes

| S. No. | Designation | Length/ Breadth ratio | Grain type | Solid loss | Volume expansion ratio | Alkali spreading value | Amylose content (%) | Total Phenol (mg/100g) | Total Antioxidant Activity (mg AAE/100g) | Flavonoid content (mg/100g) | Zinc content (ppm) | Iron content (ppm) | Protein content (ppm) |
|--------|--------------|-----------------------|------------|------------|------------------------|-----------------------|--------------------|------------------------|-------------------------------|--------------------------|-------------------|-------------------|---------------------|
| 1      | BPT 5204     | 2.3±5.0               | MS         | 1.1±0.8    | 2.56±0.24              | 5.00±0.00             | 22.65±1.3           | 93.40±2.3               | 87.33±2.5                      | 34.44±1.18                 | 16.80±1.6        | 8.70±0.6          | 8.00±0.56          |
| 2      | BPT 2270     | 2.8±4.0               | MS         | 2.25±0.04  | 2.25±0.02             | 4.3±0.28             | 20.89±0.64          | 67.89±0.85             | 29.46±0.84                    | 11.38±3.2                  | 5.12±0.3         | 8.70±0.01         | 11.10±0.12         |
| 3      | BPT 2295     | 2.6±0.02              | MS         | 3.5±0.02   | 2.29±0.18             | 3.33±0.28            | 25.45±0.87          | 75.59±2.3               | 26.87±1.1                      | 28.55±1.8                 | 9.80±1.8         | 7.11±0.16         | 6.90±0.47          |
| 4      | BPT 2808     | 2.7±0.02              | MS         | 2.6±0.04   | 2.00±0.14             | 4.3±0.28             | 23.97±0.20          | 54.07±3.1              | 28.11±2.0                      | 5.91±0.12                  | 15.32±1.7        | 7.09±0.11         | 10.21±0.62        |
| 5      | BPT 2782     | 2.8±0.03              | MS         | 1.1±0.2    | 2.57±0.31             | 4.3±0.28             | 24.45±1.91          | 69.49±1.96             | 44.90±0.33                    | 12.68±0.79                 | 7.30±0.3         | 8.83±0.33         | 14.60±0.20        |
| 6      | BPT 2660     | 2.7±0.07              | MS         | 1.7±0.04   | 2.5±0.12              | 3.67±0.52            | 21.11±2.8           | 63.36±1.95              | 46.64±0.24                    | 3.24±1.8                  | 9.48±1.3         | 9.10±1.1          | 9.50±1.0           |
| 7      | BPT 2776     | 2.7±0.15              | MS         | 1.5±0.4    | 2.67±0.17             | 4.0±0.73             | 35.5±0.74           | 68.0±0.40              | 36.53±0.39                    | 4.47±0.18                  | 18.66±0.13       | 9.82±0.22         | 8.93±0.98          |

Values in bold are minimum and maximum for each character CD = Critical Difference
Anti-oxidative and nutritional quality parameters of rice genotypes

The results of present study revealed that black and red rice are rich in both micronutrients and protein content when compared with non-pigmented rice varieties. BPT 3141 (27.8 ppm) and BPT 3136 (27.0 ppm) recorded high Zn content whereas BPT 3140, BPT 2848, BPT 2858, BPT 3111, Samyuktha and Harsha are rich in Fe content. Protein is an important modulator in glucose homeostasis by increasing gluconeogenesis and preventing insulin resistance (Ke et al., 2018)\(^{15}\), hence genotypes possessing high protein content digest slowly and aids in slow release of blood glucose. In the present study, the protein content ranged from 6.23 to 13.55% and the black rice genotypes viz., BPT 3136, BPT 3140, BPT 3141, BPT 3142, BPT 3143, BPT 3144 and BPT 2848 recorded >10% protein content. Among red rice, Matha Triveni (13.54%) followed by Harsha (13.44%) and BPT 2858 (12.82%) recorded high protein content. Previously, Ahuja (2008) also reported that red and black rices are more nutritious, found to be rich in Fe, Zn, minerals and possess antioxidant properties. Chakao amudi, a famous black aromatic glutinous rice of Manipur state recorded a grain protein content of 11.07-13.20% under different organic and inorganic sources of nutrient management (Tigangam et al., 2017)\(^{45}\).

Maximum total phenol content (TPC) was exhibited by BPT 3140 (214.34 mg/100g) followed by BPT 2858 (174.48/mg/100g), BPT 3141 (156.31 mg/100g), BPT 3144 (150.82/mg/100g) and Jyothi (132.84 mg/100g). Other coloured genotypes which recorded high TPC include BPT 2848 (123.31/mg/100g), BPT 3145 (125.47/mg/100g). When both red and black varieties were compared, the black pericarp colored rice genotypes possessed high TPC values than red rice varieties. Total antioxidant activity (AOA) and total flavonoid contents (TFC) are higher in colored rice than red rice varieties even though their TPC values were lower than black pericarp colored genotypes (Fig.1&2). Finocchiaro et al., (2007) \(^{5}\) studied the radical scavenging activities of the extracts from white, black and red rice and reported that despite its less anthocyanin content, red rice contains higher antioxidant activity compared to black rice due to its proanthocyanin content. Sangeetha et al. (2012) \(^{36}\) reported that Chakao amudi (red rice) recorded higher antioxidant activity than Poreiton Chakha (purple rice) inspite of high amounts of anthocyanins in purple colored Poreiton Chakha (Fig.5). The reason could be the presence of oligomeric proanthocyanidin or condensed tannins in red rice (Oki et al., 2005)\(^{28}\). Among the non pigmented rice varieties, maximum flavonoid content was observed in BPT 2595 (153.92/mg/100g) whereas BPT 2660 (46.67/mg/100g) recorded high AOA. Black rice genotypes recorded higher values for flavonoid content than red rice genotypes. Among the black pericarp colored genotypes, BPT 2848 recorded maximum flavonoid content followed by BPT 3142 and BPT 3144. The health effects of antioxidants present in colored rice suggest potential uses of the cereal anthocyanins for positive human nutrition (Zhou, 2018)\(^{50}\) and these colored rice reduce atherosclerotic plaque by 50% more than white rice in rabbits (Ling et al., 2011)\(^{22}\).

**Table 4:** Estimates of phenotypic (P) & genotypic (G) correlation coefficients of Phenolic compounds and nutritional properties in different colored rice (*Oryza sativa* L.) genotypes

| Character            | Protein content | Total phenol content | Total antioxidant activity | Flavonoid content | Zinc content | Iron content |
|----------------------|-----------------|----------------------|---------------------------|-------------------|--------------|--------------|
|                      | P 1.000         | 0.509\(^*\)          | 0.422\(^*\)              | 0.777\(^*\)       | 0.405        | 0.282        |
|                      | G 1.000         | 0.511\(^*\)          | 0.425\(^*\)              | 0.780\(^*\)       | 0.423        | 0.338        |
| Total phenol content | P 1.000         | 0.445\(^*\)          | 0.663\(^*\)              | 0.424\(^*\)       | 0.425        |               |
|                      | G 1.000         | 0.447\(^*\)          | 0.664\(^*\)              | 0.451\(^*\)       | 0.502        |               |
| Total antioxidant    | P 1.000         | 0.475\(^*\)          | 0.694\(^*\)              | 0.456             |              |              |
| activity             | G 1.000         | 0.478\(^*\)          | 0.740\(^*\)              | 0.532             |              |              |
| Flavonoid content    | P 1.000         | 0.447\(^*\)          | 0.356                    |                   |              |              |

\( ^* \) *Statistically significant at P≤0.05
|                | G               | P               | G               | P               |
|----------------|-----------------|-----------------|-----------------|-----------------|
| Zinc content   | 1.000           | 0.478           | 0.429           |                 |
| Iron content   | 1.000           | 0.321           |                 | 0.415           |

*p values significant at <0.01*  
P: Phenotypic correlation  
G: Genotypic correlation  
The values in bold are highly correlated

**Conclusion**  
The present study reveals that colored genotypes possess high TPC, total flavonoid content and AOA. Black rice genotypes *viz.*, BPT 3140 & BPT 2848, and BPT 2858 & BPT 3111 among red rice recorded desirable physicochemical quality traits, high protein & Zn content coupled with high TPC & AOA. Hence, all these colored rice genotypes can be recommended for daily consumption in order to balance the
free radical activity and to combat the risk of lifestyle related diseases. More publicity on the relationship between antioxidants and disease risk mechanisms would increase consumption of the anthocyanin rich colored rice.

**Author’s contribution**

Research idea (BKV), experimental design (BKV, DPBJ), research material contributions (BKV), field and laboratory execution (DSR, PSD), data collection (PSD), analysis and interpretation of data (BKV, DSR, DPBJ), script preparation (BKV, DSR, DSD, DPBJ).

**Declaration**

The authors declare no conflict of interest.

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