

## Miraculous Properties of Camel Milk

**Faran Khan\***

*Food Science and Human Nutrition, University of Veterinary and Animal Sciences, Pakistan*

**\*Corresponding Author:** Faran Khan, Food Science and Human Nutrition, University of Veterinary and Animal Sciences, Pakistan.

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Milk is considered as nature's most complete biological fluid required for growth and nourishment and a complete diet beneficial for individuals of all age groups. It has a considerable role in human's nutrition for the reason that it is an excellent source of various nutrients. Milk diet has been recommended in managing various diseases, particularly camel milk has some outstanding characteristics nutritionally as well as economically it is an excellent source of vitamins and minerals additionally the low cholesterol and high concentration of insulin makes it more beneficial. It contains a good amount of minerals like Iron and calcium. Camel milk contains higher amount of trace minerals.

Camel milk has been known as a nutritional therapy for the treatment of various medical concerns such as allergy and viral diseases. A bioactive component in camel milk is present which helps in lowering body weight and fat. High number of amino acids e.g. leucine, isoleucine and valine are present in camel milk which helps in building of muscle mass. Health benefits of camel's milk including boosts immune system, helps to prevent anemia, aid in preventing diabetes, prevents autoimmune disorders, beneficial in increasing blood circulation in body, lowers risk of atherosclerosis, heart attacks and strokes, helps in reducing allergic reaction such as lactose intolerance, stimulates growth and development of bones (camel milk calcium is more absorbable than that found in other milks). Camel milk controls starvation and easier for the body to digest. Lactoferrin, lacto-peroxidase, immunoglobulins and lysozyme are important compounds in camel's milk. Camel milk have antiviral, antibacterial, antifungal activity and reduce autism symptoms in children. Lactoferrin has ability to inhibit the

proliferation of cancer cell. Camel milk act as antiulcer due to high levels of zinc and magnesium.

Camel milk has also been recognized for its hypoglycemic effect. Camel milk has a modulatory effect same as insulin, on pancreas. Natural insulin present in camel milk is safer and improving the glycemic control. It has insulin like activity, regulatory and immunomodulatory functions on beta cells and so it has hypoglycemic effect which is due to insulin or insulin like protein in it. Camel milk being a very nutritious food but camel milk has some outstanding characteristics nutritionally as well as economically. Among different foods camel milk has some extraordinary characteristics for which it use as functional food for the cure of number of diseases especially diabetes, dyslipidemia, hepatitis and hypertension.

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