

## Camel Milk and its Medicinal Benefits for Human Health – A Review

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### SUMMARY

Camel milk is the closest to a human mother's milk. Camel milk is different from other milks, however, having low sugar and cholesterol, high minerals (sodium, potassium, iron, copper, zinc and magnesium, and vitamin C). The milk is considered have medicinal characteristics as well. This systematic review is aimed at determining and reporting nutritional values and medicinal characteristics of camel milk in children. The health benefits of camel milk as compared to traditional forms of milk from cattle, buffalo, goat, etc., there has been a major increase in camel milk farming.

### INTRODUCTION

Camel milk, white gold of the desert is more similar to human milk. It differs from other mammals milk as its chemical composition is low cholesterol, low sugar, high minerals, high vitamin C and higher protective proteins like lactoferrin, lactoperoxidase, immunoglobulins and lysozyme, lacks B-lactoglobulin.  $\beta$ -lactoglobulin camel milk is unique in terms of antioxidative factors, antibacterial, antiviral, antifungal, anti-hepatitis, anti arthritis, treatment for paratuberculosis, preventies aging, remedy for autoimmune diseases and it has cosmetic values. Insulin in camel milk is safe and efficacious in improving long-term glycemic control in diabetic patient. The important health benefits of camel milk include its ability to prevent diabetes, improve the immune system, stimulate circulation, treat autism, lessen allergic reactions, promote growth and development, protect against certain autoimmune diseases, and boost heart health (Jilo and Tegegne, 2016).

### Average Milk Composition per 1 Kg of Milk

Sr. No.	Component	Nutritional Value
1	Fat, g	45
2	Protein, g	35
3	Lactose, g	44
4	Minerals, g	7
5	Solids-non-fat, g	86
6	Total solids, g	128
7	Cholesterol, mg	370
8	Calcium, g	1.43
9	Phosphorus, g	1.16
10	Saturated FA, g	24
11	Monounsaturated FA, g	14
12	Polyunsaturated FA, g	5

(Source- Nikkhah, 2011)

### Medicinal Values of Camel Milk

Health benefit potentials of camel milk are obtained through a number of bioactive components in camel milk. These components were reported to exist naturally in camel milk or derived from camel milk proteins using probiotic strains. Camel milk has special medicinal properties, especially for dropsy, jaundice and conditions affecting the lungs and spleen (Asresie 2014). Camel milk have been acknowledged for a long time in different parts of the world to provide a potential treatment for a series of diseases such as dropsy, jaundice, tuberculosis, asthma, and leishmaniasis or kala-azar. Also revealed that several studies have shown that milk is an important nutritional and functional source and could provide particular health benefits due to the presence of bioactive substances in milk (Sharma, 2014).

Camel milk contains peptides and proteins that exhibit its biological activities that have beneficial effect on many bioprocesses as digestion, absorption, growth and immunity (YASSIN, 2015).

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