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Popular Article

Camel milk – A Boon for Human Health

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Camels have unique physiological characteristics, which makes them to survive in the challenging environments of arid and semi-arid regions. Camel's milk is rich in health- beneficial substances, such as bioactive peptides, lactoferrin, zinc, and mono and polyunsaturated fatty acids. Camel milk, an emerging area of interest in nutritional science, offers a plethora of health-promoting properties owing to its unique biochemical composition. Rich in essential nutrients, camel milk boasts a balanced array of proteins, vitamins such as vitamin C and various B-complex vitamins and minerals (calcium, magnesium, potassium, and phosphorus). Moreover, it is characterized by a lower lactose content compared to bovine milk, rendering it potentially advantageous for individuals with lactose intolerance, a trait attributed to the presence of lactose-hydrolyzing bacteria in the camel's gut.

Camel milk has multifaceted health benefits, stemming from its bioactive constituents. Various studies have revealed the presence of antimicrobial peptides and proteins in camel milk which exhibit potent activity against a spectrum of pathogens, including bacteria and viruses. These antimicrobial properties underscore camel milk's potential as a natural remedy for combating infectious diseases and supporting immune function. Additionally, immunomodulatory factors such as immunoglobulins and lactoferrin contribute to bolstering the body's defense mechanisms,



enhancing resilience against microbial threats.

The glycemic profile of camel milk has gained considerable attention in the context of metabolic health. Notably, camel milk exhibits a lower glycemic index compared to cow's milk, suggesting potential benefits for individuals with diabetes or those seeking to manage blood sugar levels. Furthermore, research indicates that camel milk may possess insulin-like properties, enhancing insulin sensitivity and facilitating glucose utilization, which could hold significant implications for diabetes management and prevention.



Beyond its immunological and glycemic attributes, camel milk harbors anti-inflammatory compounds, including lactoferrin, which has garnered interest for its potential role in mitigating inflammatory conditions such as arthritis. These anti-inflammatory effects may extend to other chronic inflammatory disorders, warranting further investigation into camel milk's therapeutic applications in inflammatory diseases.

Moreover, camel milk's probiotic properties offer potential benefits for digestive health by promoting a favorable gut microbiota composition. Probiotic strains found in camel milk may confer digestive benefits, including enhanced nutrient absorption and modulation of gastrointestinal function. This aspect of camel milk aligns with the growing recognition of the gut microbiome's influence on overall health and disease susceptibility.

Beyond its internal health benefits, camel milk has found application in skincare due to its moisturizing properties. Rich in natural emollients and vitamins, camel milk-based skincare products offer hydration and nourishment to the skin, making them particularly beneficial for



individuals with sensitive or dry skin conditions such as eczema and psoriasis.

While research into the health-promoting properties of camel milk is expanding, further studies are warranted to elucidate its mechanisms of action and validate its therapeutic efficacy across various health conditions. Comprehensive clinical investigations are essential to establish evidence-based recommendations and ensure the safety and efficacy of camel milk as a dietary and therapeutic intervention.

