

## COMPOSITION, USEFUL AND THERAPEUTIC PROPERTIES OF CAMEL MILK

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### Summary

This article provides information on the development of camel breeding, the value of camel milk, the composition, useful and medicinal properties, and the study of ochenka in comparison with cow's milk.

**Keywords:** camel milk, vitamin, natural healing medicine, amino acids, protein, cholesterol, carbohydrates, diabetes, tuberculosis, liver cirrhosis, cancer, stress, insomnia, stomach ulcer, fatigue, iron, calcium, potassium, cobalt, glucose, lactose.

It is known that the 2022-2026 program for the development of the livestock sector and its industries in the Republic of Uzbekistan is aimed at setting priority goals and objectives for the rapid development of the livestock industry and its industries, stable supply of the population of the republic with food products, and expansion of production opportunities. In providing the population with basic food products, including meat, milk, eggs, poultry, and other products, taking into account the increase in consumer demand and the increase in real incomes, the volume of production of livestock products is increased. In this decision, the tasks of increasing the number of subjects engaged in animal husbandry, increasing the number of livestock products, increasing the competitiveness of domestic and foreign markets, adapting local products to international quality requirements, strengthening the food base in animal husbandry and its branches, and planting fodder crops are defined.

One of the main problems of the transition to a market economy in the Republic of Karakalpakstan in the years of independence is to meet the needs of the population for livestock products, which requires further development of the livestock industry. Our republic has wide opportunities to develop camel breeding. Due to our climatic conditions, that is, it is cold in winter and hot in summer, the development of camel breeding gives good results. It is necessary to organize camel farmers, farmers and business entities in the northern zones of our republic, mainly in the districts of Moynaq, Kunghirov, Bozatov, Karaozak, Kegeili, Takhtakopir, Chimboy. There are pastures and opportunities for grazing camels in Ustirt and Kyzil-Kum zones, that is, in the territory of this district. If camel breeding farmers, farmers and business entities are organized in these areas, the ground would be created to meet the needs of camel milk for the health of the population.

The great representative of medicine, Abu Ali Ibn Sina, also wrote about the healing properties of camel milk in his book "Laws of Medicine". Our medical grandfather said, "All herbs useful for human organs grow in rice." The camel animal eats all kinds of food from walking on the

sand. People call freshly milked milk - shubat, a fermented type of milk - kumron. Scientists have said that camel milk is a cure for 100 diseases.

Camel milk is considered healing for the human body and has the ability to inoculate against various diseases. It has been found that camel milk contains 40% less cholesterol than cow's milk, and more vitamin C than cow's milk. Camel milk is a traditional drink of eastern countries, which is not only tasty, but also rich in nutrients. The taste is sweet, but it directly depends on the quality of the water and suction given to the camel. Also, among its characteristic features, it can be distinguished that it foams easily when poured and is thicker than other animal milks.

Camel's milk can keep its quality for a long time, which allows it to be transported over long distances. In general, camel milk is not very fat (no more than 5 percent). Double-humped camels are often bred because their milk is fattier than that of single-humped camels. Also, camel milk is considered more useful than cow's milk. In addition, due to fatty acids, this product can be frozen. After thawing, its serum does not separate. Camel milk can be used to make qimiz, laban (a taste reminiscent of yogurt), labneh (cheese balls dipped in olive oil and served in sauces and salads), sari-yog, melted sari-yog, milk shakes, ice cream, and cheese. In addition, camel milk can be mixed with the milk of other animals to obtain fermented milk products, such as yogurt, buttermilk (chalop), suzma, and worm.

**Useful features** - Camel milk is said to quench thirst, satisfy hunger, quench thirst, and nourish the body, because camel milk can replace water and all other food. Scientists have found that camel milk can replace fruits and vegetables. The benefits of camel milk depend on the presence of unique substances in its composition. This product contains trace element iron, which improves blood composition and participates in metabolic processes in cells. In addition, it contains amino acids that activate the formation of red blood cells, which is why camel milk is especially recommended for those suffering from anemia. Due to the effect of phosphorus and calcium, bone regeneration is activated and their strength increases. The presence of a large amount of ascorbic acid helps to strengthen immunity and improve the protective functions of the body. Taking into account the presence of vitamin D, this product reduces the risk of osteoporosis and rickets in children. And group B vitamins normalize the activity of the nervous system and help to get rid of stress, insomnia and fatigue. Due to the presence of a large amount of sodium, camel milk quickly quenches thirst, which is especially important during desert travel. Among the remaining trace elements, there is cobalt, which is a part of cell enzymes, and potassium, which improves the functioning of the cardiovascular system. As for its caloric value, this indicator is not high (82 kcal), so it is not recommended to eat it in small quantities during weight loss and not to spoil the figure.

**Treatment with camel milk:** Yogurt made from camel milk is called shubat. Shubat is an ancient, natural and healing drink of nomadic peoples. Shubat is curative in tuberculosis, duodenal ulcer. According to doctors' recommendations, yogurt made from camel's milk is also a cure for diarrhea. In addition, camel milk cleans and improves the blood. It has been scientifically proven that camel milk helps in the treatment of cancer and leukaemia. Perhaps this feature is due to the presence of substances in its composition that help remove substances that promote the development of cancer. In addition, camel milk is used in the treatment of tuberculosis, stomach ulcers and other problems related to the gastrointestinal tract. It is recommended to take this product when there are problems with the pancreas, liver and intestines. Camel milk can be consumed by diabetic patients to maintain blood sugar levels. In the treatment of diabetes, it is noteworthy that the insulin hormone produced by the pancreas ensures that sugar does not increase in the blood. Camel milk is a unique antibacterial and antiviral liquid. Doctors do not recommend increasing the daily amount from 500 milliliters. Camel milk is widely used in medicine. For example, liver cirrhosis is prescribed to be treated with camel milk. For this, a mixture of six teaspoons of well-crushed cumin is prepared for 1 liter of milk. 100 ml per day is taken for 21 days. It is not recommended to eat or drink any liquid for two hours after taking milk. After the course of treatment, you need to take a break, and then you can repeat it. It helps patients with Alzheimer's disease to improve memory, sleep better, and increase physical activity. In autism, the level of antioxidant enzymes and similar substances in the body is changed, and it is seen against the consequences of oxidative stress. Camel milk helps in the initial stages of the disease. If you do not have enough information about the effectiveness of camel milk in non-traditional treatment, it is better to consult a doctor for advice and medical examination. Camel milk is also used in cosmetology. On the basis of this product, you can make a nihob that protects the skin from the negative effects of bright sunlight. In addition, camel milk helps in the treatment of many skin diseases. It is moisturizing. has nourishing and rejuvenating properties. Camel milk prevents wrinkles and restores skin tone. To do this, it is recommended to apply milk on clean face skin and wash it off after 5 minutes. For more mature skin, you can prepare a mask as follows: in a small bowl, mix equal amounts of white flower, camel milk, perfume oil and natural honey. Prepared nihob is applied to clean face skin. After five minutes, the face is washed first with warm and then with cold water. Also, camel milk is included in many cosmetic face creams. In addition, you can find shampoos with camel milk on store shelves. It is enough to add a few glasses of camel milk to the water while taking a bath so that the skin of the whole body is smooth and soft. This practice can be done once a week. Camel milk can harm people with individual intolerance to its components. It is indicated against allergic patients. Camel milk contains lactose, which breaks down into galactose and glucose when ingested. Galactose is poorly absorbed by the body and therefore can accumulate in the joints, accumulate under the skin in the form of fat, and lead to cellulite. Not recommended for patients with allergies.

**Admission rules** - experts recommend drinking milk in the morning one hour before breakfast and one hour after meals. Daily norm - 500 ml. Boiling is not recommended, because camel milk quickly separates the whey and turns into curds.

Camel milk is alkaline, but it can turn sour quickly in a very short time. Its taste can be sweet or salty. It contains protein components (from 4% to 25%), solids (10-15%), fats (2-3 at the beginning of milking), sugars, especially lactose (3-6%), sodium chloride (14- 27%), as well as minerals such as iron, calcium, phosphorus and vitamins V2, C.

**Composition of camel milk: Nutritional value** - proteins-4g; carbohydrates - 5.1 g; fats - 4.9 g; **Vitamins** - Vitamin V 12- 0.16mg; Vitamin V2-0.02mg; Vitamin V1-0.08mg; Vitamin C- 7.7mg; Vitamin A-40mg; **Mineral substances** -

Zinc-0.4mg; Cobalt-5mg; Iron-0.1mg; Sodium-70mg; Calcium-121mg; Potassium-180mg; These amounts reflect the percentage of 100 grams of product.

### **Comparative indicators of the chemical composition of milk from different animals in the conditions of the Republic of Karakalpakstan.**

(table 1)

<b>№</b>	<b>Animal species</b>	<b>Dry matter</b>	<b>Fat</b>	<b>Protein</b>	<b>Casein</b>	<b>Milk sugar</b>	<b>Calories kcal</b>
1.	A camel	12,0	5,7	4,14	1,8	3,2	88,5
2.	A cow	13,0	3.5	2.9	2,8	4,8	62,0
3.	Goat	13.4	3,3	3.6	3,0	4,5	68,0
4.	Biya	10.0	1,9	2,1	1,2	6,4	50,0
5.	Northern steam	33,8	18,7	10,0	8.7	3,6	106,0

### **Conclusion**

1. Camel milk is considered a healing product for the human body and a product with the property of vaccination against various diseases.
2. It has been scientifically proven that camel milk helps in the treatment of cancer, tuberculosis, cirrhosis of the liver, diabetes, gastric ulcer and white blood disease.
3. Experts recommend drinking camel milk in the morning one hour before breakfast and one hour after meals, the daily norm is 500 ml.
4. The benefits of camel milk are its protein and carbohydrates. One of the beneficial properties of organisms is the presence of rare substances such as fats, vitamins, micro- and macroelements.
5. Camel milk treatment helps liver diseases (cirrhosis, hepatitis V, C), diabetes, gastrointestinal, kidney diseases (pyelonephritis), cardiovascular, nervous system diseases.

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