



THE FUNCTIONAL CHARACTERISTICS OF THE VITAL ACTIVE COMPOUNDS VITAL IN CAMEL MILK AND ITS ROLE IN HEALTH PROMOTION

[7]

Etab S.A. Alghamdi

Community Nutrition Dept., Faculty of Home Economics, King Abd El-Aziz Univ.,
Kingdom of Saudi Arabia

*Corresponding author, email: Dr.etab65@gmail.com

Keywords: Camel milk, Vital active compound, Functional characteristic, Health promotion

ABSTRACT

Milk is considered as a rich food source since it contains essential nutrients which are necessary for natural and biological impact, and no other food items can be compared with milk which has high nutritional value and plays an important role in building and strengthening the bones of children and prevention of elderly osteoporosis. Calcium in milk plays an important role in reducing the rate of absorption of cholesterol and controlling body weight and blood pressure. Milk contains the basic components that consist of lipid, proteins, sugars and mineral salts in addition to a range of vitamins and enzymes.

Results of researches indicate that amino acids structure in the camel milk is similar to the structure of insulin, and contains many amino acids such as Methionine, Phenylalanine, Arginine, Lysine, Valine and contains high concentration of Albumin and Globulin.

The most important characteristic of camel's milk compared to the other dairy animals is that it contains natural protein compounds such as anti-poising bacteria, anti-lysozyme and anticoagulants. In addition, camel's milk retains its quality and strength for 12 days at 4°C, and more than 48 hours at room temperature because it contains substances that reducing the fermented bacteria activity of lactose sugar, it is noted that the reduction of the acidity rate of camel's milk. Arabian's used camel milk as a medicine of many diseases such as anemia, tuberculosis, diseases of aging, fragile bones and rickets in children. Camel's milk is also used as a laxative. It has a role in the treatment of influenza, fever, hepatitis C, the drop-sy and respiratory diseases such as tuberculosis and asthma as well as digestive diseases besides lowering the level of blood sugar and regulating heartbeat.

The goal of the research is to

1. Identify the benefits of camel milk and comfort active compounds vital vitamins and minerals.
2. Highlight the main role of biologically active compounds to improve and stimulate the immune system.

(Received 3 October, 2015)
(Revised 15 December, 2015)
(Accepted 24 February, 2016)

تحكيم: أ.د. زكريا محمد رزق
أ.د. منى سامي حليبي