

## عنوان مقاله:

Camels Milk: Nutrition and Health Perspectives Iranian Traditional Medicine

## محل انتشار:

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## نویسندگان:

Seyyd Musa al-Reza Hosseini - Assistant Professor, Department of Medicine Internal, Gastroenterology, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Said Zibaee - Assistant Professor, Department of Microbiology, Iranian Camel s Association, Razi Vaccine and Serum Research Institute of Mashhad, Iran

Mahdi Yousefi - Assistant Professor, Department of Persian Traditional Medicine, School of Complementary and Traditional Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Ali Taghipour - Assistant Professor, Department of Epidemiology; Faculty of Health; Mashhad University of Medical Sciences, Iran

## خلاصه مقاله:

Background: Camel milk is the closest to human mother's milk. In the references on Iranian traditional medicine, camel's milk has been represented as the one having numerous nutritious and medical properties. Objectives: In this article, the nutritive and therapeutic effects of camel's milk have been examined from the view point of Iranian traditional medicine. Materials and Methods: The present study is a qualitative one, which was carried out, based on certain criteria, through purposeful search of certain keywords in the written references of Iranian traditional medicine. Results: Numerous pharmacological functions and therapeutic effects of camel's milk on patients suffering from liver, kidney, bladder, spleen, stomach and intestines, uterus, skin, lungs, and brain diseases have been mentioned. Camel's milk seems to be an appropriate alternative/supplement to nourish infants and children. Conclusions: Animal resources, such as camel's milk and its various products, have comprehensively been dealt with regarding their nutritive and therapeutic effects. Its compatibility with and similarity to mother's milk have led to its application in pediatrics; thus, offering valid information to pediatricians on camel's milk can further enhance the consumption of this natural product.

## کلمات کلیدی:

Camel's Milk, Laban Al-Leghah, Iranian Traditional Medicine, Nutrition

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