



The Traditional Use of Camel Milk in Liver Diseases got Scientific Validations

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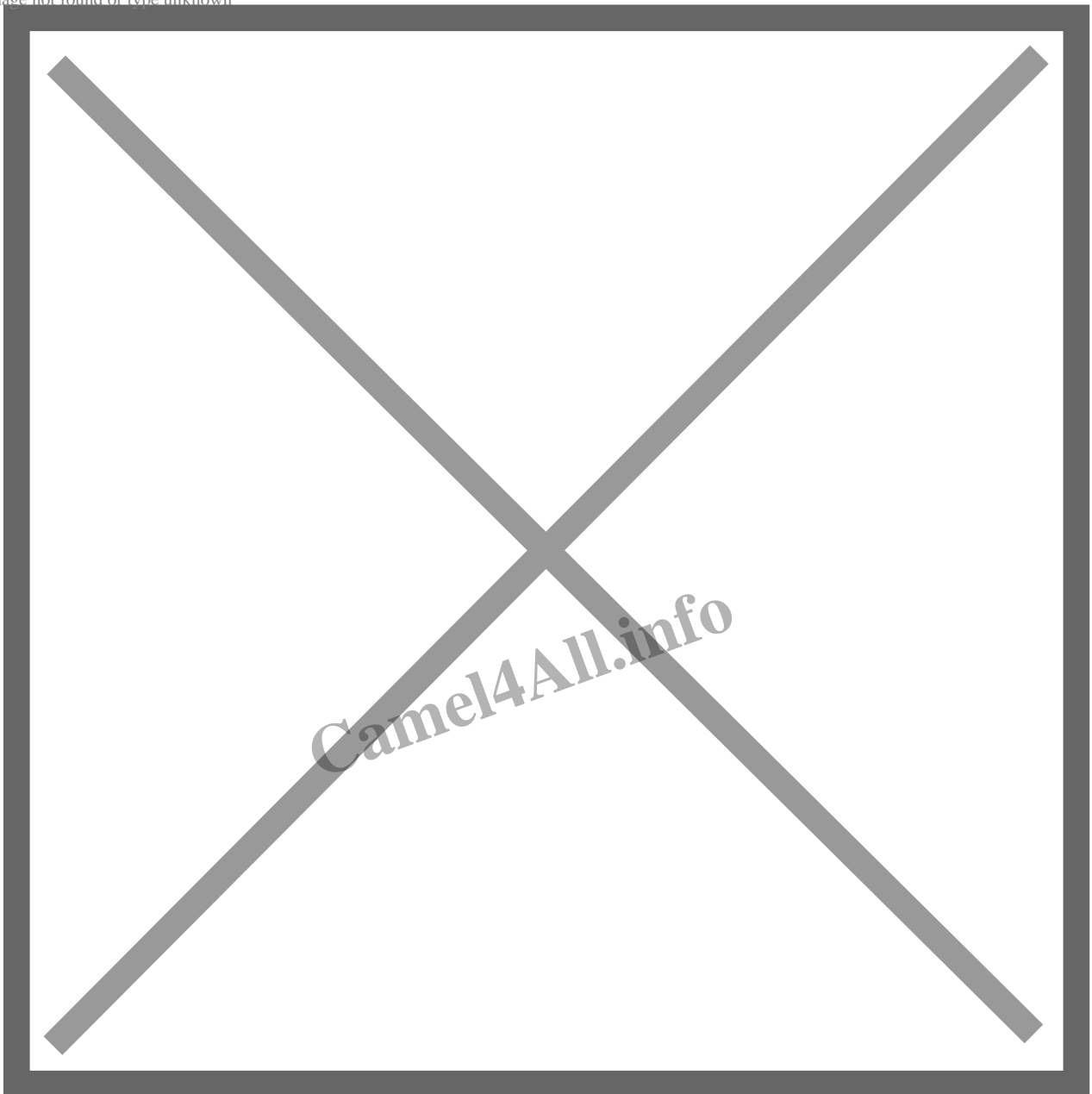
A Natural Pharmacy

Camel milk is well known as a natural pharmacy and alternative medicine since unknown times. The traditional knowledge, the holy books, and the quotes of the distinguished personalities, all had had praised the healing power of the camel milk (CaM). <https://camel4milk.wordpress.com/2014/10/31/5/>

Modern Science Validates the Traditional Knowledge

The healing power of CaM recently proved and appreciated by the modern scientific findings. Many scientific studies have revealed that CaM is rich in vitamin C, protective proteins (lactoferrin, lactoperoxidase, immunoglobulins), micro microminerals and lysozyme, making it a super healing agent. Being rich with such noble nutrients, CaM is extraordinary in terms of antioxidative agents, antibacterial, antiviral, antifungal, making it a natural pharmacy for the complicated ailments, especially hepatitis (liver ailments)

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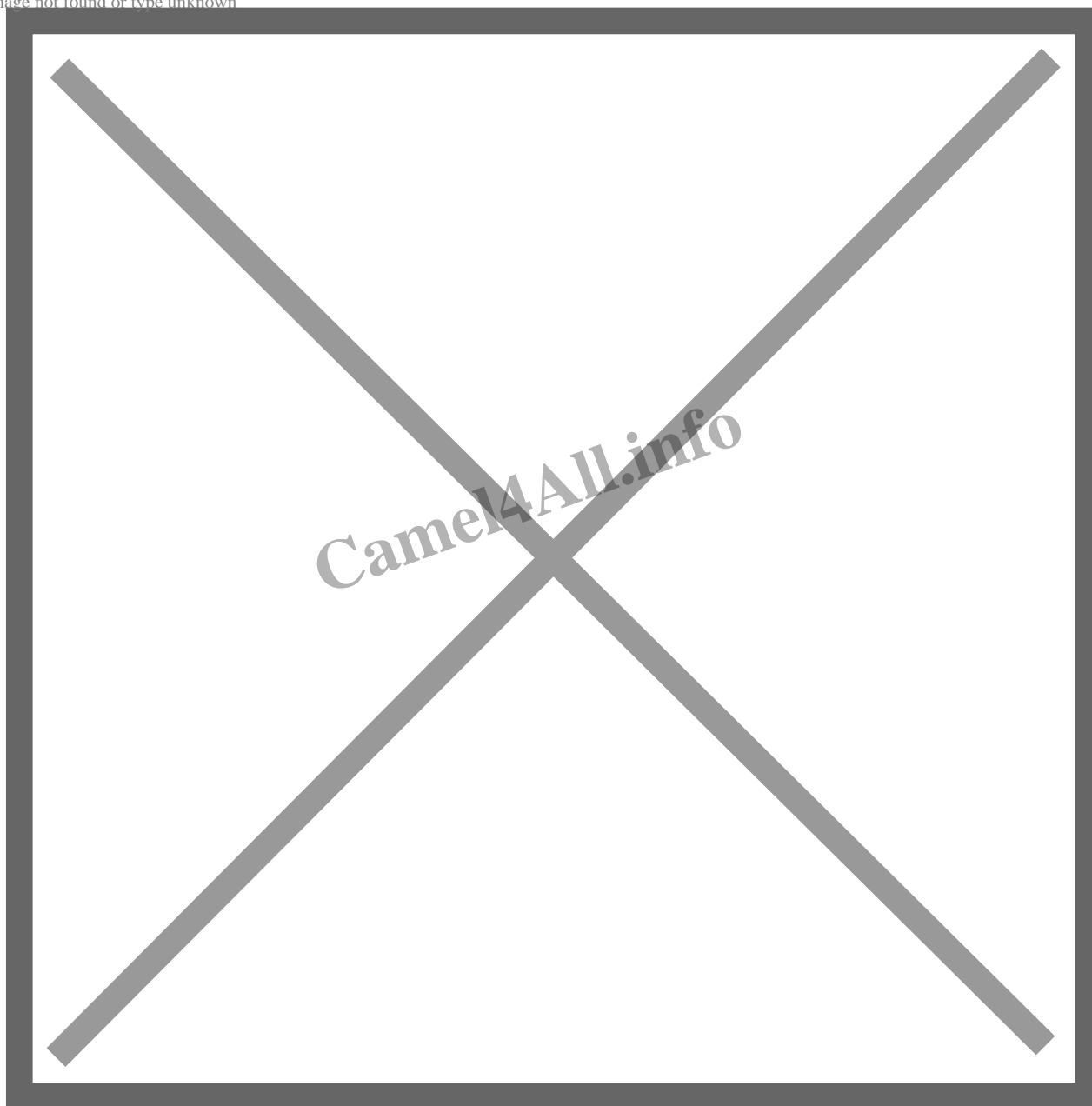


A specific study (Alla et al, 2011) conducted to understand the function of camel milk in liver physiology revealed that CaM can be used as an herbal remedy for the treatment of alcoholism and other liver diseases which affect the hepatic enzymes as well as the liver tissues.

CaM Neutralizes Viral Activity in the Liver

The viruses causing hepatitis are neutralized by CaM, blocking out their enzyme activity, and the antibodies are effective inhibitors of hepatitis enzymes system (Yagil, 2004). Other studies conducted by Middle Eastern Scientists on the role of camel milk, revealed that camel lactoferrin was demonstrated a remarked in-vitro ability to completely inhibit the Hepatitis C Virus (HCP) entry into PBMC, hepG2, and replication inside those cells system (Esmail,2008). It means that the CaM heals the liver diseases caused by hepatitis and other infections.

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The camel keepers have strong belief that the CaM can heal the *NASOOR* (traditional term for malignant tumor) of the liver. The very active antibodies found in CaM bind onto the tumors, killing the tumor cells without damaging healthy tissue (Lvy and Yagil, 2013). It is also revealed that anti-tumor properties of camel milk are due to strong antimicrobial and anti-oxidative activities that help in reduction of liver inflammation and camel milk is rich with nutrients that are required for healthy liver function. Conversely, camel milk also shown to have potential thrombolytic action, as it causes inhibition of coagulation and fibrin formation which in turn hinders the

spread and growth of metastatic tumour cells (Musa et al, 2013).

The challenging environmental conditions, food contaminations, and high stress levels resulting in a disturbed gut microbiome, leading to Metabolic syndrome (MetS). Metabolic syndrome (MetS) has several health consequences, liver enzymes elevation is one among them. According to the observed favorable effects of fermented camel milk on liver enzymes, its consumption may be considered as a functional food supplement in related circumstances (Zahra et al, 2018).

In a reviewed work, Jalil et al (2018) concluded that CaM is used to treat hepatitis C. The camel's milk immunoglobulin has no light chain and is known as a nanobody. Nanobody, due to the ability to detect unusual and hidden antigens as well as the ability to convert to multi-treatment therapeutic proteins has been considered as a good tool in designing novel immunotherapy strategies for the treatment of cancer, inflammatory and infectious diseases. These immunoglobulins can be transmitted through the CaM.

CaM is a Silver lining in the Clouds

The CM is a silver lining in the clouds for those who face liver dis-functioning and other health ailments. The scientific findings (CMs' potential healing power) is an additional satisfaction which helps in convincing people with urban and academic backgrounds, asking for scientific proves. It is now pretty sure that CaM can efficiently health the liver complications. I hereby suggest to those who have liver ailments and other complications to using camel milk for better health and a happy life.

References

- Alla et al; 2011. Sudanese Journal of Public Health, Vol 6 (4) Esmail; 2008. Hepatitis Monthly; 8(2) 101-109
- Yagil; 2004. Camel Milk and Autoimmune Disease. Historical Medicine
- Zahra et al; 2018. Positive Effect of Fermented Camel Milk on Liver Enzymes of Adolescents with Metabolic Syndrome: a Double Blind, Randomized, Cross-over Trial.
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- Levy A, SteinerL, Yagil R (2013) Camel milk: disease control and dietary laws. Journal of Health Science 1: 48-53
- Musaad AM; Faye B, Al-Mutairi, Sallal E (2013) Seasonal and physiological variation of gross composition of camel milk in Saudi Arabia. Emirates Journal of Food and Agriculture 618-624 .
- Jalil et al; 2018. Natural Products for the Treatment of Hepatitis C. <https://www.jrmds.in/articles/natural-products-for-the-treatment-of-hepatitis-c.pdf>

Further Studies

- https://www.researchgate.net/publication/332870087_Compositional_and_Therapeutic_Properties_of_Camel
- Review <https://clinmedjournals.org/articles/jfmdp/journal-of-family-medicine-and-disease-prevention-jfmdp-5-095.php>
- <http://www.peertechz.com/articles/IJVSR-2-109.php>
<https://link.springer.com/article/10.1007/s40003-017-0284-4>
- <https://www.jrmds.in/articles/natural-products-for-the-treatment-of-hepatitis-c.pdf>

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