Probiotic properties of a sour-milk product: Shubat from the camel milk

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Abstract: Camel breeding is traditional branch of animal breeding coming from the ancient times. It was developed on the territory of Kazakhstan as a result of natural, ethnic and nomadic traditions. Kazaks always consumed camel products such as meat, milk and wool. Fermentative treatment of camel milk is a part of ethnic traditions of Central Asia people. In Kazakhstan fermented camel milk is called shubat.

Chemical compound of camel milk is remarkably different from cows and other milks. Moreover, qualitative compound differs from the camel milk of African and Arabic camels. Fat consist in Kazakhstan camel milk is 4,5% in average with ranges 2,5-8% dependently on season and camel species. High fat concentration gives tender smooth consistent and specific taste. Existing data on vitamin and mineral composition and energy value differ from international data which is explained by difference in natural conditions and also by the different methodic of study.

Specific micro flora originates in shubat producing and the composition of this micro flora depends on raw milk, ferment and fermenting conditions. Complicated biochemical processes occur during fermentation of camel milk. These are milk sugar degradation and synthesis of new compound such as milk acid, alcohol and hydrocarbon and amino acids, increase of concentration of vitamins B-1(2), B, C. It was shown that shubat has bactericidal activity to pathogenic bacteria of intestinal group. Shubat is stimulator of activation of stomach secretions, it causes intensive gastric juices separation, has higher digestive properties and acidity than kefir and milk.

Lactic bacteria are probiotiques and they set friendly conditions for growth and stable existence of gut micro flora and also, in contrast to antibiotics, do not cause negative influence on normal gut microflora. Probiotiques have very important property to increase anti-infection resistance of organisms, in some cases they act as anti-allergic compounds and also act for regulating and stimulating digestion processes.

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