



Production of milk over the world

Mohamed MI Helal*

Department of Biotechnology, National University of Rosario, Argentina

*Corresponding author. E-mail: mohamedmh@gmail.com

Received 05 August 2021; Accepted 19 August 2021; Published 26 August 2021

INTRODUCTION

Global journal of dairy farming and milk production is a peer reviewed journal and publishes all kind of articles regarding milk, dairy farming, etc. as we all know dairy products are nothing but milk and its milk products some of the examples are cheese, yogurt, butter, ice cream etc. moreover cow's milk is widely used all over the world and some of the other milks that are consumed by humans are buffaloes milk goats milk and sheep's milk. Milk is made up of water ,sugar ,fat, proteins and salts etc. milk that is taken by humans are first heated up because raw milk may contain pathogens which makes the human body sick so milk is pasteurized so that all the pathogens present In the milk gets destroyed it is used for drinking by the humans. Now a days we can see many flavoured milk examples of this flavoured milk are almond milk, soymilk, coconut milk nut derived milk etc. these are not actually produced by the female animal mammary glands but they look white in colour and it also contains high proteins so some of the people use this milk instead of animal's milk. The major benefits of consuming hot milk are following drinking hot milk before going to bed is very good for sleep and it is best medicine for common cold mixing hit milk with some honey is a permanent and excellent home remedy to cure common cold it also helps to lose the weight and hot milk regains bone strength in women by drinking the cold milk during the day or summer it is more beneficial it makes the body cool from inside and decreases the heat in your body but during winters hot milk keeps the body warm and

protects the body from cold.

Milk should not be taken in empty stomach because it forms hydraulic acid and it kills lactic acid bacteria that are present in the stomach so one should take milk after eating any soli material. Researches told that drinking milk more than 3 times a day makes the bone damage in women though it is not clinically approved it is said that after getting an adult age one should avoid consuming more milk. Milk is also used to help the skin from UV rays because it contains vitamin D anti-inflammatory effects and also an anti-aging vitamin. The major disadvantages of having milk during cough times it makes the phlegm thicker and may irritate your throat and this may lead to breathing difficulties and the cough may increases.

The major side effects of drinking milk is gas, bloating, diarrhoea so too much of consuming may lead to problems. But as all we know milk is used as major ingredient in United States because all the milkshakes, thick shakes, smoothies sweets are prepared with milk they use it on their daily bases. There are more advantages compared to disadvantages to the human body and it is very useful for pregnant women and adults to gain more energy.

ACKNOWLEDGEMENT

I thank my professor for his support in my study.

CONFLICT OF INTEREST

Author declares there is no conflict of interest.