

COW'S MILK. THE SPECIFICITY AND USEFUL PROPERTIES OF THE PRODUCT, AS WELL AS ITS CHEMICAL COMPOSITION

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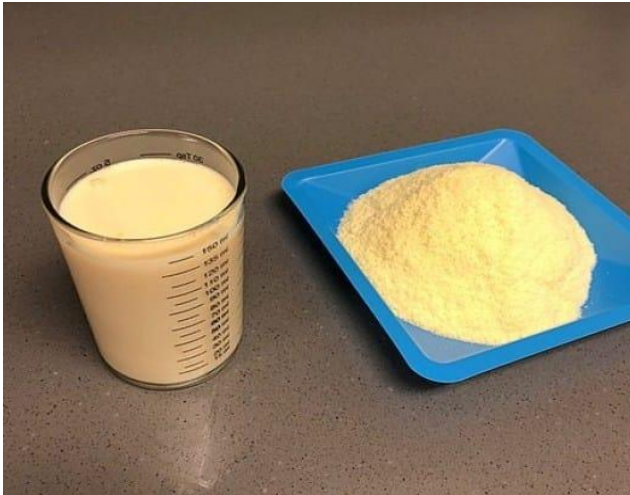
Annotation

This article is about cow's milk and its composition. Cow's milk contains many useful substances and these substances are very useful for the human body. the composition of cow's milk, its healing properties and the dosage of oral cow's milk intake.

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Introduction. Soon, colostrum was accepted by humans as a source of nutrients that have a truly healing effect on the body because it has no similarities among other animal products. This fluid is produced in the first few days after calving in cows, and this time is very important for the calf because it is a product that is suitable for the newborn organism. The article discusses the composition, benefits and harms, as well as the features of the use of oral milk. One of the main purposes of oral milk is immunomodulating function. Immune protection factors, as well as immunoglobulins effectively protect the body from bacteria and fungi that live in the stomach, bronchi, intestines. The immunomodulatory properties of cow's milk are beneficial for both calves and other mammals, so humans can use it safely. Its use has a positive effect on the weakened body with dysbacteriosis, chronic fatigue, chronic inflammatory process, diabetes, headaches and depression, Alzheimer's disease, asthma, various injuries. Useful features of the product: increase the body's defenses; normalization of gastric microflora; strengthening the nervous system, skeleton. protection from allergens; removal of toxins and slags from the body; hair improvement, nails; rejuvenation; normalization of the digestive system. The product will be useful for people of different ages, especially children, the elderly, athletes, those with difficult physical conditions. This is to avoid over-consumption of fluids, for people with problem skin, as well as for overweight if given high calorie intake. "First milk" has a unique taste and smell, because everyone can prepare it not ready, liquid, i.e. natural. They should not be abused as this creates high concentrations of various substances. If you buy it in the form of a drug (oral milk), your dose will depend on age: infants from 6 to 12 months - 10 g in the morning and evening; 1–3 years - 10–15 g twice a day; 3–6 years - 15 g twice a day; pregnant women and adults - 15 g twice a day.

The benefits and harms of cow's oral milk are directly related to its composition. Colostrum is released in very small amounts, which makes the product very valuable. It contains more protein, fat, chlorine and sodium per day than potassium and lactose. Colostrum contains substances that stimulate tissue growth and development, as well as a wide range of immunostimulants. Modern medicine has resorted to this product, on the basis of which a unique preparation was made to improve the immune system.



Main part. Cow's milk contains immunoglobulins and cytokines that have antitumor and anti-inflammatory effects. It also includes growth factors that promote tissue growth; lactoferrin with antibacterial and antiviral properties; proline of amino acids that control peptides of the immune system; taurine, which is necessary for the normal functioning of the brain; interferon, which protects cells from viruses; prebiotics, normalization of intestinal microflora, as well as vitamins, minerals, carbohydrates, proteins and fast-digesting fats.

Milk products

To feel the diversity of available oral milk supplements, I used an absolutely unscientific method to look at the shelves of two and one "alternative" pharmacy in Boulder's health food stores and walk online. I did. . I ended up sampling a total of eight brands and was amazed by the variety of things, their smell, taste and feel. Some were in capsules, some in powder form, some in lozenges. After a bit of research on what I've done, I'm looking at what I'm looking for, what I want to look for, and what I need to avoid.

First, is the oral milk supplement, which is part of the natural oral milk composition, or some parts of the oral milk (e.g., its fat) destroyed? I recommend getting sick with natural colored colostrum, which doesn't add anything or doesn't rise at all - and it accumulates within six hours after birth (calf birth). What I've discovered, and what you've also seen, is that "six-hour" colostrum looks natural and smells and tastes and feels like a vital food: a little cheese buttermilk. Oral milk is biochemically suitable for resistance to cerebral palsy, and its various healing components do not completely give way to assimilated intestines.

Ingredients	Oral milk	Milk
Watter	72	87
Dry matter	28	13
Protein	20	33
Immunoglobulins	11	0.1
Casein	5.0	2.7
Lactose	2.5	5.0
Milk fat	3.4	3.6
Minerals	1.8	0.7

1-Table: Comparison of cow's milk and oral milk

Conclusion. On the other hand, if fat is excreted, then this variable colostrum can be reduced under conditions of stomach acid. To solve this problem, colostrum producers need to add other things (e.g., bio lipids) to ensure that colostrum is once again fully bio-available. So, once again, I recommend

filling the bread with colostrum. two of the different brands of oral milk cited as examples were in terms of the overall quality of the head and shoulders: Immunity Tree and Sintertek. Both of these companies provide six hours of oral milk, which is fresh and vital and a great flavor! Oral milk from each of the two companies is unique in its flavor: The Immunity Tree is a bit richer, and Synertek is a bit subtle, with flavor - but I can say that their effect is equally good - so the two you choose are definitely just that. depends on (like choosing a wine that is a little sweeter and a little drier). Both the Immune Tree and Synertek offer the perfect oral milk powder, as well as lozenges (great for soothing the throat when you're down with a cold). Sintertek's oral milk powder is less expensive than the Immune Tree - but while the Immunity Tree offers us a 10% discount, both products come at almost the same price.

Milk fat in cow's milk averages 3.5%. This indicator is strictly controlled by farmers and raw material recipients in factories. It is this feature that affects the quality of the product: sour cream, cream, cottage cheese. Milk fat contains about 20 fatty acids. It is characterized by low melting point (25-30°C) and solidification (17-28°C). A distinctive feature of this oil is its small structure, which resembles a drop in milk.

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