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A Study of Nutritional Value of Milk Products for Medicinal Herbs

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ABSTRACT

Milk and its products are excellent sources of high-quality protein, calcium, vitamins (such as B12 and D), and essential fatty acids. When medicinal herbs are added to milk products, their nutritional and therapeutic values are significantly enhanced. Medicinal herbs like tulsi, ashwagandha, turmeric, giloy, and aloe vera are rich in bioactive compounds such as flavonoids, alkaloids, saponins, and phenolic acids, which have antioxidant, anti-inflammatory, antimicrobial, and immunity-boosting properties. The fusion of these herbs with milk products not only maintains the base nutrients of dairy (like casein protein, calcium, phosphorus, and riboflavin) but also enriches the product with phytochemicals that support digestion, immunity, and metabolic health. For example, turmeric-fortified milk offers curcumin, which helps reduce inflammation, while tulsi in curd or paneer enhances respiratory and immune function. Ashwagandha-enriched dairy products may help in reducing stress and boosting stamina. These fortified products can serve as functional foods, especially beneficial for individuals with lifestyle-related disorders such as diabetes, obesity, and hypertension. Thus, milk products combined with medicinal herbs represent a synergistic blend of nutrition and natural healing, contributing to overall health, wellness, and preventive nutrition in both traditional and modern dietary systems.