

## Camels are a Therapeutic, Nutritional and Inspirational Stock

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### Abstract

Many people describe the countries of the Middle East as deserts and arid lands with no water, no vegetation, no life, and that is why they drop them from the calculations and agendas of development, also ecologist, and biologists stand silent about this marginalization and licensing of the value of the deserts, perhaps because they did not go deeper into their studies, even they did not publish the results of their researches to The official and the citizen on its treasures and secrets.

**Keywords:** Camel; Civilization; Ecologist

The fact is that the plants and animals species of the desert are with amazing anatomical, physiological and behavioral features and contain huge treasures of acknowledgement, for scientific research and great discoveries that are in the interest of man and the development of his civilization.

Not a single article, not even an encyclopedia, accommodates the secrets and wealth of the desert, but in this article we will be exposed to the miracles enjoyed by camels, one of the most famous and largest creatures of deserts and arid areas and their relationship to the desert environment in terms of the intensity of high temperature, drought and unique poor and scattered vegetation.

Most of the information I'm going to provide later is the product of Environmental field research in Jordanian deserts which continued for few years. This research culminated in a field study on Social heritage [2] about food and medicine in Jordan, which included meetings with older villagers and Bedouins who spoke to me in detail about their dietary pattern and ways of treating them

their diseases, etc., the focus was on Bedouin communities in Badia and in the Jordanian desert. It is known that Camels from Larger animals tighten it up. With their lives In terms of food and mobility as the most adapt with harsh environmental conditions, Camel milk, meat and some desert plants such as al shih (*Artemisia* sp) were a source of their food and medicine, And Interestingly, they didn't mention diseases of this age, such as diabetes, stress, obesity, cancer, ulcer and others.

So as not to prolong the conversation, I put before you the following scientific facts related to camels, milk and fat.

### All elegance milk benefits

#### Milk ingredients:

Nook milk is a rich source of [3,6] proteins, vitamins, mineral elements and antioxidants necessary for various vital processes in the body as vitamin B complex and vitamin C are ten times higher than cow's milk, potassium magnesium, zinc and iron salts

are 10 times the amount found in cows and sheep's milk, and the amount of fat and cholesterol is 10 times lower than that found in cow sheep's milk, so it is a good alternative for patients with high incidences of cholesterol and triglycerides that may be the cause of other illness and do not cause allergies to patients with lactose intolerance because it does not contain allergens.

### Among the benefits of Nog (The female of camel) milk are:

#### Prevention of diabetes

Camel milk contains many important substances and nutrients [6] such as mineral elements such as selenium and zinc, and proteins similar to insulin, and balancing insulin and glucose in the body is important for preventing diabetes by reducing cell resistance to Insulin resistance and preventing blood sugar breakdown where it acts as an organizer.

#### Enhancing body immunity

And that By increasing capacity [3,5]. Natural bacteria or Normal flora, It acts as a catalyst for their reproduction and balance in the intestines, and that Because of unique containment of the milk. Milk rich in Protein and others compounds work as Anti-inflammatory, It is known that intestinal infections caused by the immune system or pathogenic bacteria produce a leaky bowel syndrome called Gut syndrome Leaky resulting many disease, such as neuropathy and skin diseases and acute infections In many body parts.

#### Liver protection

Nutrients and antioxidants found in camel milk may help resist viruses that cause cirrhosis and fibrosis.

Camel milk has also been found to be effective in reducing the high levels of certain liver enzymes, which is a sign of improved liver health, and we will later mention antioxidants responsible for resistance to various liver diseases and the plants containing them, and camel milk helps reduce the symptoms of crohn's disease with symptoms of abdominal pain diarrhea or constipation and sometimes accompanied with blood, mucus, weight loss and sores on the mouth and intestines.

#### Helping to heal cancer

In Jordan, it is believed that Nook milk cures some cancers and because of the high demand for Nog milk, camel breeders have created workshops on the main ways to sell it. researchers believed

that, the efficient antioxidants in camel milk and urine in addition to high availability of vitamins and minerals such as zinc and selenium are important factors in the fight against tumors and cancerous cells [2,3], and the research of Dr. Fatten Khurshd has shown the presence of a factor called Pmf701 kills tumors and cancerous tumors by preventing blood from reaching it.

The FAO scientists' report showed that Nok milk is rich in group B vitamins, iron and elements and compounds capable of neutralizing and eliminating cancer cells, particularly those causing breast and colon cancer, due to the fact that nook milk contains abundant amounts of lactoferrin, with a study indicating that Nok milk contains 0.23 mg. Milliliters of lactoferrin this amount varies according to the seasons of the year and peaks in the spring.

After birth, the ratio rises to 1.4 mg/milliliter. This milk is also useful in the treatment of many diseases including AIDS, Alzheimer's and hepatitis C and also has benefits in promoting growth, especially bone growth, preventing osteoporosis, as well as strengthening the heart muscle.

#### Help with autism

High concentrations of important nutrients in camel milk, especially omega-3 fatty acid and Alfa- Lipoic acid (ALA), which are particularly beneficial to the nervous system and may contribute to the protection against certain autoimmune diseases [6].

Several studies and some individual experiments have shown that camel milk has the ability to alleviate symptoms of autism, which are represented by agitation and nervousness. Taking into account the time to take it regularly.

#### Relieve symptoms of psoriasis

Psoriasis is not a skin disease but is a symptom of an immune system defect and there are popular experiments that many have benefited to hide the symptoms of psoriasis [8] by putting on the infected places with a mixture of camel hump fat with Sheeh (*Artemisia sp*) plant extract.

#### Promoting heart health

Camel milk contains high levels of healthy fatty acids such as omega-3, which helps improve cholesterol and triglyceride levels in the blood [7], raises levels of beneficial fatty acids HDL and enhances brain and nerve functioning.

However, these therapeutic characteristics are hidden for many people, as many medicinal plants and alternative treatments, and the reason for this ignorance is that science is going through the stage of experimentation and testing, and this approach is imposed by the superior Western civilization, and the experiment is meant that things are subject to experimental studies before they are adopted and worked on, and since western civilization imposes methods of research and investigation, we are looking at its orbit and influenced by its results. If we market this perception, it does not mean that we are against it, but that we are strong supporters of it.

If Beholder in food Sentences Find Consists from herbs and the bushes. Wild which Sprout in Home Desert and this grass and the bushes have very strong materials effective Antioxidants which It's not found in wet rain-in-the-region plants which eventually reaches the milk of elegance and stores in its hump. And her liver. And when she feeds. Camels with herbs and grains served to cows. Camels lose a lot of antioxidants.

Perhaps one of the most prominent desert plants that form the main food of camels, are several types of spinal plants such as, especially Milk Thistle, which contains a large percentage of the antioxidant Silymarin, which resists liver damage and fibrosis due to viruses and poisonings resulting from medications, food and environmental pollution, as well as milk thistle contains a high percentage of antioxidant called Glutathione. Glutathione is extremely important for protecting the liver from hepatitis virus, liver fibrosis and cirrhosis and protects other vital organs, and is recommended as capsules for the following cases:

- Anemia
- Parkinson's disease
- Atherosclerosis
- Diabetes
- Cancer.
- Chronic fatigue syndrome
- Fibromyalgia

Fibromyalgia is a very disturbing and painful condition and suffers from chronic pain in many places in the body, and its symptoms can be alleviated by exercising, relaxing and taking glutathione capsules as a dietary supplement.

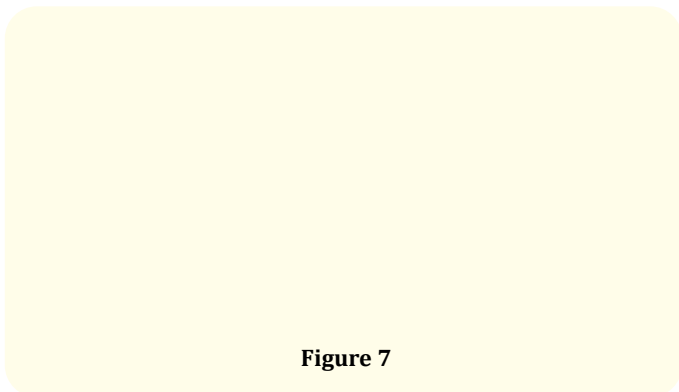
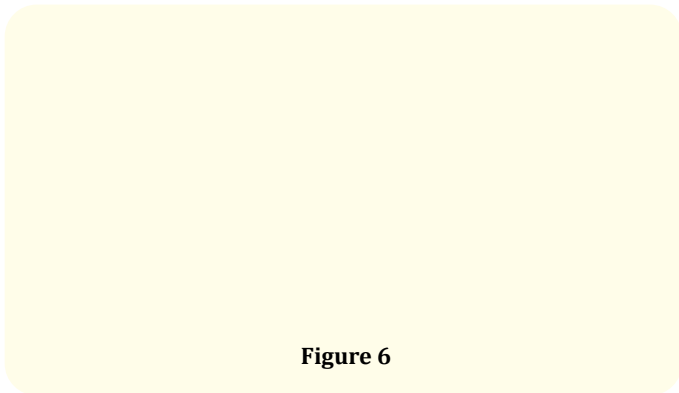
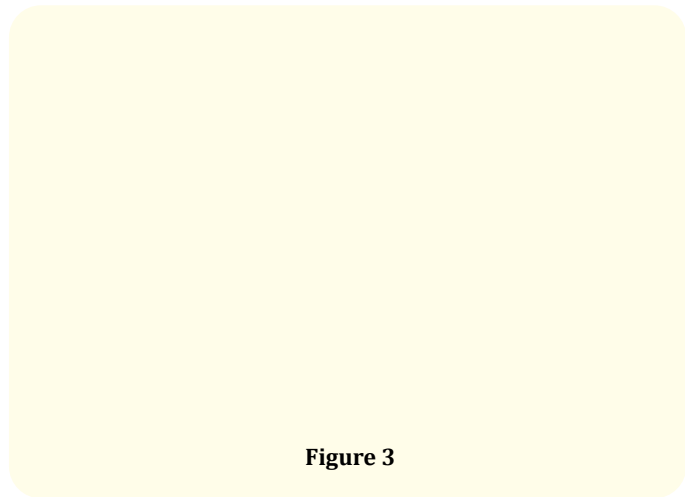
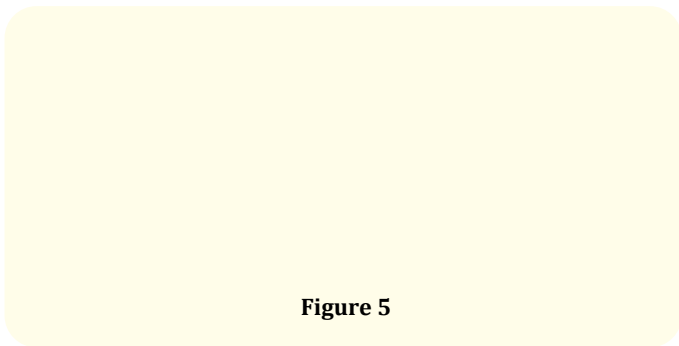
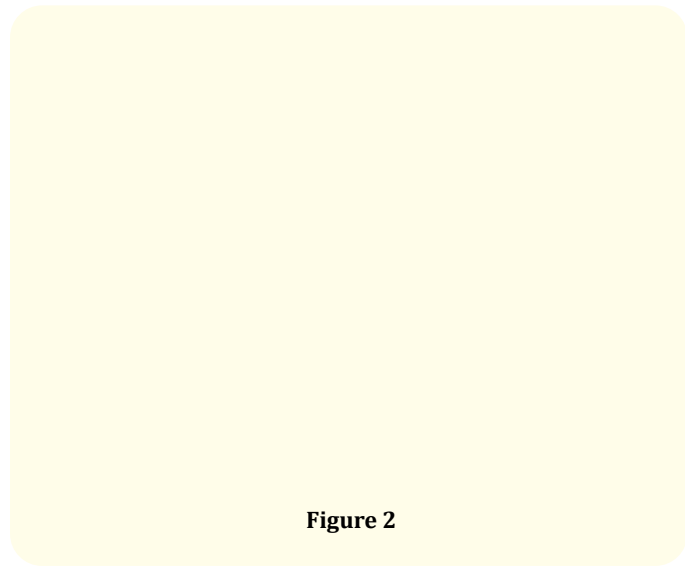
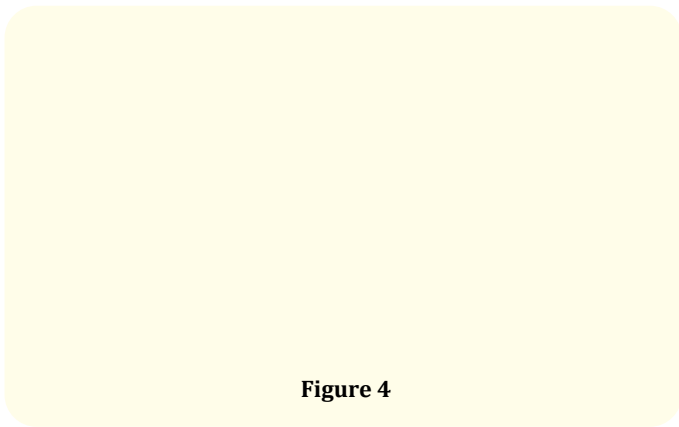
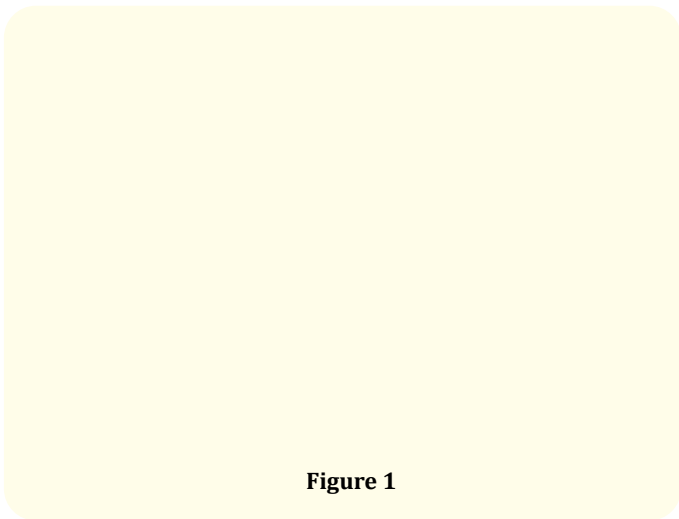
Not only the milk thistle containing the aforementioned antioxidants, but other wild plants such as Echinacea, Tail orache, Juniper, Acacia and many more.

In view of the scientific research that dealt with Nook milk, attention has moved to new heights, in the United States of America, for example, Dr. Henkel (2012) obtained a license to distribute nook milk and established a factory to produce and distribute it in all states under health conditions supervised by the U.S. Food and Drug Administration, including the sale of pasteurized milk only, which has the same properties as fresh milk, and its manufacturer performs a health procedure Scientific to develop the product and spread its benefits to the public and we find on the company's website: [<http://www.camelmilkusa.com>] benefits and use of Nog (The female of camel) milk and summaries of his scientific research that has been conducted previously and is currently under way.

#### Camel hump:

Camel humps are fats consisting of dissolved hydrogen bonds in mono-synthetic water, and are therefore considered healthy fats beneficial to human health.

The fat of camel hump is prevented from developing respiratory diseases and maintains cardiovascular health, and is prevented from developing clots and atherosclerosis, where it is free of low density LDL cholesterol, as well as treats camel hump fat external and internal hemorrhoids with the fat of a after heating and dissolving, and in popular hump, [<https://read.opensooq.com/%D9%81%D9%88%D8%A7%D8%A6%D8%AF-%D8%AF%D9%87%D9%86-%D8%B3%D9%86%D8%A7%D9%85-%D8%A7%D9%84%D8%AC%D9%85%D9%84>] after heating and dissolving, and in popular experiments add a summary Some herbs such as sage, mint and garlic to fat and put the mixture on hemorrhoids more than once a day. Taking camel hump fat increases men's sexual capacity, promotes fertility of women and men, and addresses ED problems. Camel hump fat is used to get rid of parasites in the intestines, and also kills harmful germs and repairs damaged intestines, and it is used externally to moisturize the skin and elbows and treats dry flatness of feet and tightens the sagging skin after weight loss or after birth, strengthens hair, nourishes its follicles, helps grow new follicles and prevents hair loss.



## Conclusion

The above on the benefits of camels is only a short introduction that is only intended to introduce the benefits of camels and their uses and the importance of arid lands and deserts, which are habitats for wild plants and animals species, and this introduction may also serve as an incentive for researchers and scholars to conduct further research with the aim of discovering the secrets of this unique being in which Allah said: Don't they look at camels how they were created/Al Ghashiyeh:17.

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