

Anti-Allergic Properties of Kabilian Goat Milk

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Abstract:

Goat's milk is gaining popularity due to its unique nutritional and functional properties. Research has shown that goat's milk has several health benefits, including immunomodulatory effects, allergy management, anti-inflammatory, and antioxidant effects, as well as antimicrobial and anticancer properties. To further understand its potential anti-allergic effects, a study was conducted in a rat model of allergic rhinitis. We hypothesized that consumption of this goat's milk early during development, could reduce the occurrence of allergy in adulthood. Rats were fed goat's milk from weaning to adulthood and then exposed to an allergen. The results indicated that the rats tolerated goat's milk well and exhibited normal growth. Moreover, the consumption of goat's milk resulted in a decrease in white blood cells, particularly in granulocytes, and myeloperoxidase levels. These findings support the claim that goat's milk has anti-allergic properties. Overall, this study highlights the potential of goat's milk as a natural remedy for allergic conditions.

Keywords:

Goat milk, allergy, kabylia goat milk, allergic rhinitis.