



An investigation of the challenges cow milk consumption in traditional and modern medicine

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Abstract

Cow's milk has the most valuable micronutrients and has been a source of human energy since the Stone (Neolithic) Age. It has been described as the most nutritionally complete food in scientific texts. However, in recent years, there have been perceptions of threats of milk consumption. In this review study, the viewpoints of Iranian traditional medicine regarding cow milk and a comparative study with modern studies have been discussed. In traditional medicine, cow's milk has a moderate to warm nature (*Mizaj*) and is composed of three cheesy, fatty and watery components. It is the most suitable milk for human nutrition, especially children and the elderly. It is beneficial for intestinal and internal wounds and used in the treatment of some diseases such as constipation and skin diseases, lung diseases, obsession, forgetfulness and brain atrophy. Relieving pain and treating infertility are other uses of this food. Today, many studies have demonstrated the effects of consuming cow's milk in prevention of cardiovascular diseases, metabolic diseases and diabetes, as well as osteoporosis and even some cancers. The results of this study showed that the compounds and some preventive and therapeutic properties of cow's milk, which have been proven in modern studies, have also been mentioned in traditional medicine texts. On the other hand, it seems that the reason for many perceptions about threats of cow milk consumption is lack of attention to genetic differences and physiological and social needs of humans and the balance and interaction between nutrients.

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