

Disease Preventing Aspects of Breastmilk

ABSTRACTS : “Matridugdha Amrita Sama” is a great scientific observation in Ayurveda. Matridugdha drinking could prevent various killing and crippling diseases of the human kids. Milk is species specific, cost free, ready-to-use, with mouth soothing thermal condition. It is the only basic non-vegetarian food of the mammalian kids with the onset of birth. Human breast milk contains only non-pathogenic bacteria – *Lactobacillus Bifidus*, which is an intestinal eco-friendly bacterium, which has got many beneficial effects to maintain good health of the infants. Oligosaccharide from breast milk works as a catalyzing agent to promote the bifidogenic factor principles.