KOUMISS – A MILK WINE

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Abstract:

Fermented milk in human nutrition is well documented and the virtues of these products were known to man even during the ancient days of civilization.

However, the scientific community gave impetus to these beliefs i.e., beneficial properties of fermented milk products in 1910,when Eli Methnikoff suggested that consumption of fermented milk products prolongs the life.

The first known reference to Koumis was written by William Rubruck,Flemish Franciscan Missionary and explorer who kept a Journal of his travel to Karakorum, at that time the seat of Great Khan Mongke in 1254.

Traditionally, Koumis is a homemade beverage produced by spontaneous fermentation of raw mare's milk for 2 or 3 days depending upon room temperature and milk producers. The product of this fermentation is low alcoholic (1-2%), creamy and sparkling beverage, with a slight degree of sourness. It is stored at about 4-10 degree Celsius and consumed within 3 days.

The mare's milk is filtered through a fine sheet of muslin and is placed in a leather bag and hanged. It is churned traditionally for 1000 times. Natural flora leads fermentation that creates a mild alcoholic "liquidy" yoghurt style drink. Traditionally when a guest arrives they are asked to churn the milk in the leather bag. After a few days, the Koumis is filtered again,and is ready to drink.

GROUP	MICRO-ORGANISMS
Lactobacilli	*Lb.casei,Lb.fermentum,*
	Lb.delbrueckii subsp. *bulgaricus, Lb.helveticus,*
	Lb.salivarus, Lb.buchneri
Lactose-fermenting yeasts	*Kluveromyces lactis*
	Saccharomyces lactis,Torula koumiss
Nonlactose-fermenting yeast	*Saccharomyces unisporus*

People use Koumis during, after exhausting diseases and after mal-nutrition. Modern medicine recommends Koumis in diseases of pulmonary and cardiovascular systems,gastro-intestinal tract,beri-beri,anemia,immunodeficiency,allergies, to strengthen the nervous system.

Therapeutic effect of Koumis for patients with tuberculosis was overt a long time ago. Its also a potential sources of probiotics, protective against cancer, stimulate expression of growth factors and also have antimicrobial property.

Professional Biography:

Shivaraj Shivashimpar has completed his B.Tech (Dairy Technology) at the age of 23 years from Karnataka Veterinary Animal and Fisheries Science University Bidar, India and Pursuing Masters in Dairy Microbiology, Karnataka Veterinary Animal and Fisheries Science University Bidar, India. He is working on a research "Microbiological characterization of Koumis prepared from Cow's milk. He has undergone FSMS Lead Auditor Training Course based on ISO 2200:2005 and ISO/TS 22002-1:2009 required for FSSC Certification.



Photograph

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Any Comments:

- It will be great if my abstract has been selected for publishing.