

Summary

Buttermilk is one of the widely used diet article in daily life. It maintains good health and aids to fight germs and bacteria as it has acid. It is easy to digest. This traditional thirst-quenching refreshing drink with high therapeutic and nutritional properties is appetizing, cooling, rejunuvating, soothing and serves as an excellent antidote to sunstrokes during Indian peak summer times. It tones the small intestine, very light on the stomach and easy to digest unlike other dairy products like cheese and paneer. Thus buttermilk with multi value added health benefits could be considered best source as healthy diet drink for the betterment of mankind.