

Summary

India has attained the first rank in milk production in the world. India produces 13.1% of the total milk production in the world market. Fresh milk will spoil within few hours at room temperature. Some part of the fresh milk can be maintained by preserving them in the form of fermented products. The fermentation process increases the shelf-life of the product, while enhancing the taste and improving the digestibility of milk. There is evidence that fermented milk products have been produced since 10,000 BC. A range of different *Lactobacilli* strains has been grown in laboratories a wide range of cultured milk products with different tastes. Milk has been used to produce fermented milk products as far back as 10,000 B.C, in different regions all over the world. The benefits of fermented milk products include enhanced digestibility, new and unique flavors, added probiotics, vitamins and minerals, and preservation products for a food that normally has a very short shelf life.