

## 'Doogh' the Hero Probiotic for Chickens of Kitchens

Akbar Nikkhah\*

Chief Highly Distinguished Professor, Department of Animal Sciences, Faculty of Agricultural Sciences, University of Zanjan, Zanjan, Iran

\*Corresponding author: Akbar Nikkhah, Chief Highly Distinguished Professor, Department of Animal Sciences, Faculty of Agricultural Sciences, University of Zanjan, Zanjan, Iran, Tel: +98-24-33052801; Fax: +98-24-33053202; E-mail: [anikkha@yahoo.com](mailto:anikkha@yahoo.com)

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### Editorial

The objective of this editorial is to introduce and highlight the biological significance of 'doogh' as a most natural probiotic for nutrition and health of human and food-producing commercial poultry. The term 'doogh' is a Persian name to describe a greatly savory and nutritious food/beverage. In essence, doogh is a mixture of yogurt and water complemented with mint or pennyroyal, and salt. Diced cucumbers can also be added to produce a less watery food for summer times when the human body needs to overcome heat stress and cool down. What makes doogh exceptionally important is its probiotic nature. Doogh provides crucial gut health-improving microbial culture (e.g., *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus thermophilus* bacteria), minerals, and modest amounts of essential amino acids and fats. This ancient discovery has long been made and consumed in Iran, Afghanistan, Armenia, Iraq and Syria [1-3].

Doogh carries yogurt that contains irreplaceable probiotics for sustaining gut health and preventing and combating many devastating diseases such as various types of cancer [4-6]. Commercial probiotics have extensively been investigated and discussed for use in commercial poultry diets to improve gastrointestinal health and feed efficiency, overcome environmental stresses, and optimize chicken taste and production economics [7]. However, what has often been overlooked is the rule that the most complex problems may always be solved with the simplest approaches. This is what the quality industry of the new times demands.

This policy-making article helps to construct and expand a feasible but globally untraveled scientific highway to optimizing commercial poultry health, industrial and environmental sustainability, and human

food safety and security. The freeway requires industrializing doogh nutrition for food-producing avian production. This is a natural, economical, healthy, practicable, meat market-friendly and global approach. The healthy chickens will reflect in healthy kitchens for which the man must strive.

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