Naveen Shodh Sansar (An International Refereed / Peer Review Multidisciplinary Research Journal)
RNI No.- MPHIN/2013/60638, ISSN 2320-8767, E- ISSN 2394-3793, Scientific Journal Impact Factor (SJIF)- 8.054,
January to March 2026, E-Journal, Vol. I, Issue LIII (53), ISO 9001:2015 - E2024049304 (QMS)

Role of Buttermilk in Gut Health

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Abstract - Buttermilk, a traditional dairy product obtained either as a by-product of butter churning or through fermentation of milk with lactic acid bacteria, has long been valued for its nutritional, functional, and cultural significance. Modern research highlights its rich composition of proteins, phospholipids, and bioactive compounds that contribute to digestive health, cholesterol reduction, and improved lactose tolerance. Cultured buttermilk, in particular, serves as a natural probiotic, enhancing gut microbiota and immune function. Beyond its health benefits, buttermilk exhibits unique emulsifying and stabilizing properties, making it a versatile ingredient in bakery, confectionery, and dairy industries. In many cultures, especially in India, buttermilk (chaas) is consumed as a refreshing beverage, often spiced with herbs, and plays a role in traditional wellness practices. This paper reviews the compositional attributes, functional applications, and health-promoting potential of buttermilk, while also exploring its cultural relevance and sustainability as a dairy by-product.

Keywords- Bioactive compound, Probiotic, Electrolytes, Gut, Microbiota.

Introduction - Buttermilk is a traditional dairy product with deep cultural, nutritional, and industrial significance. Historically, it referred to the liquid left behind after churning butter from cream, but in modern contexts, it is more commonly produced by fermenting milk with lactic acid bacteria. This fermentation process imparts a tangy flavor, enhances digestibility, and enriches the product with probiotics that support gut health. Nutritionally, buttermilk is a source of proteins, vitamins, minerals, and bioactive compounds such as phospholipids, which contribute to cardiovascular and digestive wellness. Its low-fat content makes it a healthier alternative to whole milk, while its probiotic nature aids in lactose digestion and strengthens immunity.

Beyond health, buttermilk plays a vital role in food technology. Its natural emulsifying and stabilizing properties make it valuable in bakery, confectionery, and dairy industries. In many cultures, particularly in India, buttermilk (chaas) is consumed daily as a refreshing beverage, often spiced with herbs, and is considered an integral part of traditional diets and wellness practices.

Objectives - The main objectives are as given below.

1. To clean and detoxify an individuals' body naturally.
2. To save the individuals from side effects of sugar.
3. To make the people of the country healthy and wealthy.
4. To make the people of the country useful in the development of our nation.
5. To increases the economic status of the people.
6. To minimizes the intake of medicines.
7. To reduces the cost of treatment of an individual at zero level.
8. To save the time of people from unnecessary treatments.
9. To improve the overall health of an individuals.

Methodology - By observing the lifestyle of an individual.

Health Benefit of Buttermilk

Digestive Health - Buttermilk contains live cultures such as Lactobacillus acidophilus and Lactococcus lactis. These probiotics help maintain a healthy balance of gut bacteria, which is essential for smooth digestion and nutrient absorption. Regular intake can reduce bloating, indigestion, and constipation by improving gut motility. By fostering a balanced gut microbiome, buttermilk enhances the body's ability to absorb vitamins and minerals from food. This means nutrients like calcium, iron, and B vitamins are more effectively utilized. Buttermilk has a natural cooling and alkaline effect, which helps neutralize stomach acid. It's often recommended after spicy or heavy meals to soothe the stomach lining and prevent acid reflux. Its electrolyte content (potassium, calcium) not only hydrates but also supports digestive enzyme activity. This makes it particularly useful in hot climates where dehydration can worsen digestive discomfort.

Cooling Effect - Buttermilk is about 90% water, which hydrates the body more effectively than plain water because it also replenishes electrolytes like potassium, sodium, and calcium lost through sweat. Compared to curd, buttermilk is thinner and easier on the stomach. Ayurveda notes that

it has a "cold potency," making it suitable for all body types and helping reduce internal heat. Its alkaline nature helps neutralize excess stomach acid, soothing the gut after spicy or heavy meals. Traditionally consumed after meals, it prevents heaviness and provides a refreshing sense of balance.

Weight Managements - Despite its name, buttermilk is not high in fat. It's lighter than milk or curd, making it a satisfying yet low-calorie drink. The protein content helps keep you fuller for longer, reducing unnecessary snacking. The probiotics (lactic acid bacteria) improve gut health, which in turn enhances metabolism and supports fat breakdown. Gastroenterologists note that this microbial activity helps regulate weight more effectively. Its high water and electrolyte content keeps the body hydrated, while the tangy taste provides satiety without excess calories. Consuming buttermilk after meals can curb cravings for sugary or heavy foods, aiding portion control. By preventing bloating and indigestion, it helps maintain a healthy digestive rhythm, which is crucial for sustainable weight loss.

Nutrients–Rich- Nutritional Profile (per 1 cup, ~245 g) Calories: ~98 kcal (low compared to milk or curd) Protein: ~8 g – supports muscle repair and satiety. Carbohydrates: ~12 g – mostly lactose, providing quick energy Fat: ~2 g – very low, making it suitable for weight management. Calcium: ~28% of daily requirement – strengthens bones and teeth. Vitamin B12: Supports red blood cell formation and nervous system health. Riboflavin (B2): Helps convert food into energy and supports skin health. Potassium: Maintains electrolyte balance and supports heart function. Probiotics: Beneficial bacteria that aid digestion and gut health.

Detoxifying- Its high-water content and probiotics help regulate digestion and act as a mild natural laxative, supporting the removal of waste and toxins from the gut. Buttermilk's alkaline nature helps neutralize excess stomach acid, creating a healthier internal environment less prone to toxin buildup. Ayurveda prescribes buttermilk in structured detox regimens to pacify aggravated Kapha and Pitta doshas, reignite digestive fire (Agni), and eliminate accumulated toxins (Ama). By replenishing electrolytes like potassium and calcium, buttermilk supports kidney function and natural detoxification pathways.

Anti-aging Properties- Helps remove dead skin cells, promoting smoother, brighter skin and reducing fine lines. A healthy gut often reflects in healthier skin. Probiotics in buttermilk may support a balanced skin microbiome, reducing inflammation and premature aging. Its high-water content and cooling nature keep skin hydrated, preventing dryness and irritation that accelerate aging. Calcium, potassium, and B vitamins contribute to overall cellular health, supporting skin elasticity and resilience. Buttermilk contains compounds that help fight free radicals, which are a major cause of skin aging.

Hydration & Electrolytes - Buttermilk is mostly water, making it a natural way to replenish fluids. Its light consistency and alkaline nature soothe the body, preventing dehydration-related discomfort. Helps regulate fluid balance, nerve signals, and muscle contractions. Supports bone health and also plays a role in muscle function. Restores salts lost through sweating, especially in summer. Aids in enzyme activity and energy production.

Discussion - Probiotics in buttermilk balance gut flora, reduce bloating, and improve nutrient absorption. Its high-water content and electrolytes (potassium, calcium) make it a natural summer drink. Low in calories and fat, yet filling—ideal for replacing sugary beverages. Provides calcium, B vitamins, and protein, supporting bones, metabolism, and energy. Helps flush toxins and neutralize stomach acidity. Lactic acid and antioxidants promote skin health and slow cellular damage.

Findings :

1. Maintain ideal weight.
2. Eat a healthy diet.
3. Maintain calorie intake.
4. Buttermilk can be intake after 30 minutes of breakfast, lunch and dinner.
5. Buttermilk is bioactive compound.

Suggestion :

1. Avoid soft and sugary drink.
2. Stop smoking and drinking.
3. Avoid excess sugar.
4. Eat natural sugar.
5. Avoid added sugar.
6. Drink homemade fresh buttermilk.
7. Avoid sour buttermilk

Conclusion - It is old says that "Health is Wealth". If health is well then, all things is in our hand. But being author of this paper, I want to aware the people of our country to minimize the intake of sugary drinks and by adopting developing healthy active lifestyle. it is advisable to pay special attention to what you eat. avoid junk food simple carb as much as possible and avoid intake of medicines for the little reason. Make a healthy routine by adopting buttermilks in your life.

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