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Role of probiotics as biotherapeutic agents for health benefits.

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Abstract:

In the 21st Century Probiotics are treated as a solution or remedy for all types of difficulties or diseases due to its remedial potential to protect the body from gastrointestinal dysbiosis, systematic metabolic diseases up to complicated neurodegenerative disorders. Probiotics work as biotherapeutic agents and are very much effective in growth promotion of animals, protection of host from intestinal infections, alleviation of lactose intolerance, relief of constipation, anticarcinogenic effect, anticholesterolaemic effects, nutrient synthesis and bioavailability, prevention of genital and urinary tract infections, immunostimulatory effects and many more.

Due to several advantages over traditional treatment therapies, probiotics are much popular as "Bio-therapy" which increased their application in food and medicine. The therapeutic potential of probiotic is the outcome of emerging field of biotechnology. Advancement in the biotechnology field offer a great choice to deliver a marvellous health advantages.

In last decades, several research has been published related to the potential health benefits of probiotic and prebiotic ingredients. Also, the therapeutic potential of probiotics has been assessed through various preclinical and clinical studies. These studies indicating the potential role of probiotics in several health benefits. Therefore, Food and Nutraceuticals Industries employs probiotics as functional and Nutraceuticals ingredients to enhance the nutritional value of food products in terms of increased health benefits.

However, efficacy of probiotics still needs an in-depth understanding of systematic mechanisms and factors supporting the healthy actions. Also need to develop Probiotics containing foods products and supplements with the cooperation of legal bodies to ensure the safety of the consumers.

Key words:

Probiotics, Synbiotics, Therapeutic, gut microbiota, dysbiosis

BIOGRAPHY:

Dr. Mithilesh Jaiswal obtained his MSc (Bioscience) and PhD (Microbiology) from the University of Jabalpur (India). He is currently working on Probiotic cultures and development of synbiotic products for various Human and animal health application. His Ph.D. research was based on the Mycoherbicidal potential of different fungi for the biological control of hazardous weed like Parthenium. His area of interest is Probiotics, Starter cultures and Biofertilizers. He has published various papers in peer reviewed journals.

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