

Current review on Probiotics health benefits

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Abstract : Humans are a unique reservoir of group of microorganism, and serve as a home to over 100–1000 species of micro-organisms, effecting the internal environment of the humans and thereby, play an important role in maintaining the health. The functional foods have become a part of an everyday diet and are exhibiting potential health benefits beyond the widely accepted nutritional effects. Currently, the most important and frequently used functional food compounds are probiotics. The dairy products has been an important resource for developing nutritious foods which could beneficially affect the host by improving the survival and balance of live microbial dietary supplements in the gastrointestinal flora. In current scenario the microbiota has developed resistance and tolerance to existing conventional drugs and antibiotics that has decreased the efficacy of the drug. Supplementation with probiotics, has shown to be effective against various enteric pathogens due to their ability to compete with the pathogenic microbiota for their adhesion sites, to isolate pathogens or to modulate and regulate the immune response of the host by initiating the activation of specific genes of the host intestinal tract. Henceforth, a simple, low-cost, favourable and essential approach to achieve health benefits is vital in the present time. The purpose of this paper is to focus on the possible beneficial properties of probiotic bacteria like in diarrhoea, anticancer property, development of brain ,allergic reactions , and their possible mode of action.

Keywords : Probiotics, Dairy Products, Adhesion Sites, Intestinal Tract, Health Benefits.

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