

Probiotics - A Boon to Mankind

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ABSTRACT

The WHO'S 2001 definition of probiotics is "live microorganisms which, when administered in adequate amounts, confer a health benefit on the host". Probiotics are most often used to promote digestive health. Because there are different kinds of probiotics, it is important to find the right one for the specific health benefit you seek. The most common probiotic bacteria come from two groups, *Lactobacillus* or *Bifidobacterium*, although it is important to remember that many other types of bacteria are also classified as probiotics. Probiotics have to be alive to be administered. Research into the potential health effects of supplemental probiotics included the molecular biology in the genomics of *Lactobacillus* in immune function, cancer and antibiotic associated diarrhoea, traveller's diarrhoea, Pediatric diarrhoea, inflammatory bowel disease and irritable bowel syndrome. Other potential uses for probiotics include maintaining a healthy mouth, preventing and treating certain skin conditions like eczema, promoting health in the urinary tract and vagina, and preventing allergies (especially in children). It is generally thought that most probiotics are safe. They may be taken by people without a diagnosed digestive problem. Their safety is evident since they have a long history of use in fermented foods like yogurt. Some probiotics may interfere with or interact with medications. Your doctor will be able to help you determine if probiotics are right for you based on your medical history.