



Synbiotics- A Miracle for Human Health

Neha Goyal, Pratiksha Rajput, Smriti Gaur *

Department of Biotechnology, Jaypee Institute of Information Technology, A-10, Sector-62, Noida -201307, Uttar Pradesh, India

Address for Correspondance: Smriti Gaur, smriti.gaur@jiit.ac.in

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ABSTRACT: Probiotics are defined as "Non-pathogenic microorganisms which when ingested, exert a positive influence on host's health or physiology". They are used in form of yogurt, dairy products and as supplements for various health benefits. They are living microbes in our bodies, which are responsible for well-being of their host. Probiotics exhibit strong bio-activity and the ingestion of prebiotics has been shown to reduce the rate of infection and restore health in sick and postoperative patients. There are distinctive differences between probiotics and prebiotics such as prebiotics are dietary fiber that acts as fertilizer for the good microbes in our gut while probiotics are live microbes and exert health benefits. Prebiotics are non-digestible carbohydrates that act as food for probiotics. Synbiotics are the synergistic combination of pre- and probiotics. Synbiotic treatment has cutting-edge results from studies of severe acute pancreatitis, chronic hepatitis and liver transplantation offer great hope for the future. Many studies results showed symbiotic foods associate in many progressive health related issues such as significant increase in adiponectin - hormone important for regulation of insulin sensitivity, expressive decrease in insulin level and improves level of HDL-cholesterol and increase in glutathione and uric acid. Such thorough comparative studies will allow intelligent choices in incorporating synbiotics into functional foods that will allow healthy diet among consumers. © 2016 iGlobal Research and Publishing Foundation. All rights reserved.

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