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Probiotics and immune modulation

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Probiotics are defined as live microorganisms that, when administered in adequate amount, confer a health benefit on the host. Different bacterial strains have been known to enhance immunity by modulating host's immune responses. Hence, use of probiotics as an effective and alternative mild strategy for the prevention and/or treatment of inflammatory and/or allergic diseases, is being strongly pursued by researchers worldwide. Animal and human studies have revealed strain-dependent immunomodulatory effects, involving stimulation and regulation of several aspects of natural and acquired immune responses. Although probiotic consumption has proven to be effective in the prevention and management of diseases such as acute gastroenteritis, diarrhea, Crohn's disease, pouchitis, cancers, diabetes, arthritis, etc., their efficacy in humans is still not well understood. Further, our knowledge is highly limited as far as the mechanism of probiotic immune modulation is concerned. Factors such as strain specificity, dosage optimization, frequency and time period of intervention/treatment required for different disease conditions among different population groups need to be thoroughly investigated for complete acceptance of probiotic therapy in routine practice. Presentation surveys the present scenario on the subject. It provides an overview of beneficial immunomodulatory effects exerted by probiotics, and possible mechanisms involved thereof.

Biography

Shobha R Dhiman is serving as UGC Research Scientist in Department of Human Genetics, Punjabi University, India. She has more than 35 research publications and 7 articles in peer reviewed journals, to her credit. She has attended and participated in more than 40 national and international conferences/seminars/symposia. She has attended 9 workshops and is Member of various committees in organized conferences/seminars/symposia. She is a Life Member of various professional/academic bodies.

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