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Intestinal microbiome and its role in health and disease**Mohammed Ashraf Puthiyachirakkal**
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Human being harbors 100 trillions of microbes in the gastrointestinal tract, which is very diverse and dynamic. The microbiota starts to develop even in the fetal state and continue to develop to reach the adult level by 2-3 years of life. There are various factors involved in the colonization of these bacteria. These microbiota have role in the metabolism, immunologic development, epigenetic effects, act as energy sources, help in synthesis of vitamins, amino acid, have antimicrobial properties and detoxification effects. Alteration in the microbiota, dysbiosis is believed to be responsible for the development of allergic diseases, late onset sepsis, NEC, obesity and type-1 diabetes. It is very crucial to understand the colonization process and the factors modulating the microbiota so that we can prevent the intestinal dysbiosis and future developments of the physical and behavioral problems.

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