

Behaviors of probiotics in aromatic carrier and essential oils and identification of therapeutic utility models in dysbiosis and small intestinal bacterial overgrowth by consuming coconut oil and trace amount of peppermint-lemon-patchouli essential oils and multiprobiotic combination

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Abstract

It is known that dysbiosis occurs with the decrease of beneficial bacteria, increase in pathogens and decrease in bacterial diversity. The microbiota in the healthy host, the homeostatic conditions of all organisms, benefit host development and health. However, some important factors such as antibiotic use or unhealthy diet can disrupt the structure of the microbial community. These disruptions can result in the loss of microorganisms that are beneficial to the host. There is increasing evidence that dysbiosis of the gut microbiota is associated with the pathogenesis of both intestinal and extra intestinal disorders. Inflammatory bowel disease, irritable bowel syndrome (IBS) and Small Intestinal Bacterial Overgrowth (SIBO) have the most important place among the intra-intestinal disorders, while metabolic disease tables such as allergy, cardiovascular disease deficiencies and obesity take place at the beginning of the extraintestinal disorders [2]. SIBO is a syndrome characterized by an increased number of abnormal bacterial species in the small intestine. It is also defined as the clinical and laboratory representation of the relationship between qualitative and/or quantitative changes of the gut microbiota and malabsorption. The duodenum and proximal jejunum normally contain less than $10E+4$ CFU per mL of microorganisms. In this study; The therapeutic effects of probiotic bacteria including *Akkermancia muciniphila* and *Lactobasillus gastricus* combined with aromatic fixed and essential oils on SIBO will be shared using the "Dysbiosis-Based Rat SIBO (Small Intestine Bacterial Overgrowth) Model".

Biography

Hulya is Co-Founder of Art de Huile Pharmacist in Aromatherapy, She was Graduated from Faculty of Pharmacy, Istanbul, Turkey. She gives training on aromatherapies in Worldwide Conferences. Physical well-being. Aromatherapy is not a new trend or practice by any stretch and in fact can be traced back 6,000 years ago in these parts. The ancient Greeks, Romans and Egyptians were all known to have used aromatic oils. The name aromatherapy in the modern era first came about in 1937 when French chemist Rene Maurice Gattefosse named the practice of using plant oils for treatment purposes. But in Turkey, the practice of using plants and their special properties for treating ailments has survived countless generations.

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