

The Role of Probiotics in Periodontics for Better Oral Health

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DESCRIPTION

Probiotics are described by the World Health Organization as "Living microorganisms which is, when provided in adequate levels, confer a health advantage on the host." Probiotics have been intensively researched for their health-promoting effects on the gastrointestinal tract, with promising results. Probiotics, on the other hand, have recently been employed in dental health and have showed promising effects in the treatment of gastrointestinal tract infections. Probiotics like clinical circumstances, multicenter or randomized, controlled human studies are needed before they can be suggested as prophylaxis caries or periodontal disease preventive. Periodontitis is a prominent chronic inflammatory disorder that affects the gums. The pathogenesis is obviously bacterial, and a variety of plausible bacterial infections. More than 700 species have been found in the human mouth and an individual's resident microbiota can range from 30 to >100 species. A wide variety of oral sites have been heavily colonized. Supragingival and sublingual plaque are formed by sequential and specific adhesive interactions that lead to a complex climax community. The tongue is highly colonized and the micro-organisms in the dorsum of the tongue are the reservoirs for the supragingival and sublingual plaque and the salivary microbial population. Many oral bacteria, especially streptococci, also live in buccal epithelial cells.

Probiotics are foods that contain beneficial bacteria or yeast. Probiotics are live microorganisms that are thought to be beneficial to the host organism and, when administered in appropriate amounts, provide a health benefit to the host. The most frequent types of microorganisms used as probiotics are lactic acid bacteria and bifidobacteria. Probiotics strengthen the immune system to fight off allergies, stress, toxins and other diseases. There have been reports of its use being useful in HIV infections and malignancies. These products serve to promote oral health by stimulating the flora and preventing pathogenic migration and disease spread. Probiotics can be bacteria, moulds, or yeast, although bacteria are the most common. The use of probiotics in maintaining excellent dental health and treating oral infections has sparked a lot of attention in recent years. There hasn't been any research done on their use in pre-malignant and malignant oral illnesses.

Periodontitis is a multifactorial disease characterized by hard and soft tissue, microbial migration (with or without invasion), inflammatory responses, and positive immune responses. The complexity of local tissue components, including bacteria and/or their products and almost all aspects of host response mechanisms, has complicated our ability to describe key protective functions in tissues and has provided constant evidence of the potential for host destructive factors. Probiotics mechanism of action in the oral cavity has been established. They are related to a reduction in the number of counting colony forming units of cariogenic pathogens as well as the inhibition of periodontal pathogens. In addition to that they also create lactic acid, hydrogen peroxide, and bacteriocins, which influence the inflammatory response humoral and cellular (antimicrobial agents produced by lactic acid bacteria, whose action provides them of the probiotic effect).

Gingivitis and periodontitis are the two kinds of periodontal disease. Periodontitis is a progressive, destructive disease that affects all supporting tissues of the teeth, including the alveolar bone. Gingivitis is characterized by inflammation limited to the gingiva, whereas periodontitis is a progressive, destructive disease that affects all supporting tissues of the teeth, including the alveolar bone, *treponema denticola*, *tannerella forsythus*, and *aggregatibacter actinomycetemcomitans* are the primary pathogenic pathogens linked to periodontitis. These bacteria possess a number of pathogenic features that enable them to colonies sub gingival locations, evade the host's defense system, and cause tissue damage. The endurance of the host's immunological response is also a determining element in the disease's progression.

The use of epidemiological data to analyses the association between periodontal health and the consumption of dairy products such as cheese, milk, and yoghurt was recently demonstrated in research. Individuals who ingested yoghurt or beverages containing lactic acid on a regular basis, particularly nonsmokers, had lower probing depths and less loss of clinical attachment than those who consumed similar dairy items infrequently, according to the investigators. Milk and cheese did not have a similar effect. The positive effects of lactic acid

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bacteria found in yoghurt could be attributed in part to their ability to limit the growth of periodontitis-causing infections.

CONCLUSION

Probiotics are rapidly to become an important place of oral medicine. This notion opens up a whole new world of possibilities when it comes to the relation between nutrition and oral health. The use of probiotics in dental care products is

gaining popularity. There's more and more evidence that using existing probiotic strains can improve oral health. Prebiotics' ability to sustain and increase the benefits supplied by the resident oral micro biota will also be examined. Regardless of whether probiotics or prebiotics are being considered, it will be critical to gain a better understanding of the broad ecological changes generated in the mouth by their ingestion, as well as the long-term effects of their use on oral health diseases.