

## Probiotics as Therapeutic Agents in the Treatment of Various Diseases: A Literature Review

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**Abstract :** Introduction: Gastrointestinal (GI) tract has a number of microorganisms (microbiota) that influences the host's health. The imbalance in the gut microbiota, which is also called as gut dysbiosis, affects human health which causes various metabolic, inflammatory, and infectious diseases. Probiotics play an important role in reinstating the gut balance. Probiotics are involved in the maintenance of healthier gut microbiota and have also been identified as effective adjuvants in insulin resistance therapies. Methods: This paper systematically reviews different randomized, controlled, blinded trials of probiotics for the treatment of various diseases along with the therapeutic or prophylactic properties of probiotic bacteria in different metabolic, inflammatory, infectious and anxiety-related disorders. Conclusion: The present review summarises that probiotics have some considerable effect in the management of various diseases, however, the benefits are strain specific, although more clinical trials are need to be carried out with different probiotic and symbiotic combinations as some probiotics have broad spectrum of benefits and few with specific activity

**Keywords :** life style diseases, cognition, health, gut dysbiosis, probiotics

**Conference Title :** ICPFF 2020 : International Conference on Probiotics and Functional Foods

**Conference Location :** Miami, United States

**Conference Dates :** March 12-13, 2020