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POTENTIAL IMPACT OF PROBIOTICS ON HUMAN HEALTH AND DISEASES

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INTRODUCTION: Human microbiota is complicated microbial ecosystem composed of about thousand different types of 10-100 trillion symbiotic microbial cells (bacteria, yeasts and viruses). The majority are bacteria mostly lives in colon. Human microbiome refers to the total genes of human microbiota.

Gut flora is very important for human health: production of vitamin K and B, stimulation of immune system and regulation of gut integrity.

WHO in 2001 defined probiotics as live microorganisms that contribute health benefits when consumed in adequate amounts hence belongs to “good bacteria”. Most important bacterial strains belongs to *Lactobacillus spp.* and *Bifidobacterium spp.*

AIM: To define the notion of human microbiota, human microbiome, dysbiosis and probiotics. In addition, main aim is to emphasize the potential influence of probiotics use on human health and diseases caused by dysbiosis.

MATERIAL AND METHODS: Review of most recent published data on definitions and recommendations based on scientific and professional publications.

DISCUSSION: Dysbiosis (balance changes of gut microbiota) is cause of various diseases. Probiotics have substantial influence on human health protection and treatment of numerous diseases.

Probiotics influence immunological system by modulation of immunological response stimulating normal gut flora metabolism; decreasing and control of some allergic reactions; stimulation of macrophages and lymphocytes to produce and release enzymes, IgA antibodies and wide spectrum of cytokines.

Probiotics affects pathogens growths by competition, inhibition and adhesion to gut epithelium. They have important role in treatment and prevention of diarrheal diseases caused by: *Clostridium difficile*, Enterotoxigenic *Escherichia coli (ETEC)*, *Helicobacter pylori*, *Rotavirus*, patients with AIDS, chemotherapy, radiotherapy, Inflammation bowel disease (IBD) as Ulcerative colitis and Crohn's disease and lactose intolerance. Some probiotics may decrease level of cholesterol; improve gut function and decrease the risk of colorectal cancer. Some studies reported beneficial influence of probiotics on inflammations; depression and anxiety; high blood pressure; skin diseases (acne, rosacea and eczema); rebalance of vaginal flora in bacterial vaginosis; restore oral and throat microflora with probiotic lozenges.

Some patients after use of probiotics have side effects like acne, anxiety, excessive gas, constipation, flatulence, cramps, diarrhea, dizziness and flu like symptoms.

CONCLUSIONS: Numerous studies have proved many beneficial activities of probiotics use on human health protection and treatment of various diseases.

KEY WORDS: health, diseases, human microbiota, human microbiome, probiotics.