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Probiotics and Application of *Saccharomyces boulardii* As a probiotic Probiotics

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Introduction: Probiotics are beneficial bacteria in the microbial flora of the gastrointestinal tract. Literally, the root of the word probiotic is Greek, but in fact the word consists of the Latin prefix “Pro” and the ancient Greek word “bios”, a combination of the word meaning “for life”. The introduction of this concept is generally attributed to the Nobel Laureate “Alimchenikov”, who in 1907 proposed that “the dependence of intestinal microbes on food intake makes it possible to change the microbial population living in the human body and microbes “Replace harmful microbes with beneficial ones.

Introduction: “The World Health Organization refers Probiotic term as “living organisms” that, if consumed in sufficient quantities, provide “health” effects to their hosts. Probiotics can contain many different types of microorganisms, but the most common are Lactobacillus and Bifidobacterium. In addition to the mentioned groups, yeasts can also have probiotic properties. In this article, the probiotic properties of *Saccharomyces boulardii* yeast are mentioned. Henry Bollard first isolated a strain of yeast from tropical fruits and Called it *Saccharomyces boulardii*. Nowadays it is the only commercialized probiotic yeast. In the early twentieth century, probiotics were thought to improve microbial balance, intestinal and prevention of pathogenic bacteria and toxins have benefits for the host body. Detailed and documented studies are being conducted today to determine the effects Special probiotics include relief of chronic inflammatory bowel disease, colon cancer, prevention and treatment of diarrheal diseases, Urinary and genital tract infections, a group of allergies and irritable bowel syndrome include chronic intestinal inflammation.

Discussion: *Saccharomyces boulardii*, a non-pathogenic yeast when used as a probiotic, has been shown to be effective in the prevention and/or treatment of intestinal disorders, including antimicrobial- associated diarrhea, recurrent *Clostridium difficile* disease, acute diarrhea in adults and children induced by a variety of enteric pathogens, traveler’s diarrhea and relapses of Crohn’s disease or ulcerative colitis. The aim of the present study was to assess the virulence and the potential dissemination of the extensively used, commercially available strain of *S. boulardii*, when given orally in different doses in an experimental mouse model. In addition, we wanted to investigate the effects of *S. boulardii* on the gastrointestinal (GI) colonization by *C. albicans* in an established experimental model which successfully mimics the function of the human gut.

Keywords: probiotics, *Saccharomyces boulardii*, potentially probiotic yeasts, gastrointestinal (GI)

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