

**Short Communication****Effect Of Synbiotics On Human Health**

**E.Bhuvanewari, T.Arulmozhi, K.Tamilarasi, Soundharya Thiyagarajan,  
Dr.A.N.Uma\***

School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute,  
Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

**INTRODUCTION**

The human intestinal tract has been colonized by thousands of species of bacteria during the coevolution of man and microbes. Evidence for various beneficial roles of the intestinal microbiota in human health and disease is expanding rapidly. The health benefits imparted by the synbiotics have been the subject of extensive research in the past few decades. A synbiotic product beneficially affects the host in improving the survival and implantation of live microbial dietary supplements in the gastrointestinal tract by selectively stimulating the growth and activating the metabolism of one or a limited number of health-promoting bacteria.

**Proposed Interventions**

We must understand that it's important to provide a review of available information on the effects of synbiotics on human health. It is also necessary to summarise the current knowledge on the effects of synbiotics on human health, which might help us with better understanding.

**Discussion**

The use of probiotics for use in oral care applications is gaining momentum. There is increasing evidence that the use of existing probiotic strains can deliver oral health benefits. Further work will be needed to fully optimise and quantify the extent of this benefit. In parallel the potential of prebiotics to maintain and enhance the benefits provided by the resident oral microbiota will be investigated. However, whether considering prebiotics or probiotics, it will be essential to develop an understanding of the broad ecological changes induced in the mouth by their ingestion and the long-term consequences of their use on oral health and disease.

**Keywords:** Synbiotics, gastrointestinal tract, intestinal microbita, human health

---

**\*Address for correspondence: Dr.AN Uma,** Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: [umaan@mgmcri.ac.in](mailto:umaan@mgmcri.ac.in)