

Nutritional and Health Benefits Of Prebiotics, Probiotics and Synbiotics-A Review

Aamena Zaidi, Assistant Professor, Department of Human Nutrition, University Institute of Health Sciences, CSJM University, Kanpur, aamenazaidi@csjmu.ac.in

ABSTRACT

In the last few decades, a lot of study has been done on the health benefits that prebiotics, probiotics, and synbiotics offer. Functional foods are food supplements that have been shown to change, adapt, and restore the body's natural gut flora. They also support the intestinal environment's efficient operations. The probiotic strains *Bifidobacterium*, *Lactobacilli*, *S. boulardii*, and *B. coagulans* that are most frequently utilized. The most widely utilized prebiotics include fructans, inulin, GOS, FOS and XOS. These fibres are known as synbiotics when they are combined with probiotics to increase the viability of the probiotics. The focus of the current review is on the components and functions of probiotics, prebiotics, and synbiotics in human health.

Additionally, numerous health benefits including immune-modulation, cancer prevention, inflammatory bowel disease, etc. are also covered.

Keywords- Prebiotics, Probiotics, Synbiotics, cancer prevention

INTRODUCTION

"The first wealth is health."— Ralph Waldo Emerson

The basic principle of modern health is the famous R.W. Emerson quotation among aware population. Eli Metchnikoff, a Russian Nobel laureate, was the first to identify the advantageous effects of certain bacteria on the human gastrointestinal tract. The *Theory of Longevity* by Metchnikoff was afterwards linked to prolonged youth and a healthy old age, which were primarily witnessed among Balkan peasants at the time who consumed cultured milks (**Kaufmann 2008**). Since then, researchers have continued to explore how certain food minerals and ingredients can improve health or fight off chronic diseases. The study conducted in this field has shown a plethora of new products that have an abundance of health benefits and these products are known as functional foods (**Webb GP 2011**).

The idea of "functional foods" emphasizes that, in addition to being necessary for survival, food also helps prevent and lower risk factors for a number of diseases and can improve some important physiological processes. The body receives the necessary amounts of vitamins, lipids, proteins, carbohydrates, and other nutrients from functional foods (**Cencic and Chingwaru 2010**).

PREBIOTICS

According to (**DeVreese & Schrezenmeir 2008**), prebiotics, which are largely fibres and non-digestible dietary components, preferentially stimulate the growth and/or activity of some genera of microorganisms in the colon, typically *lactobacilli* and *bifido bacteria*. A prebiotic should have the following qualities:

1. Resistance to the effects of stomach acids, bile salts, and other hydrolyzing enzymes in the intestine.
2. The upper gastrointestinal tract shouldn't absorb it.
- 3) Be simply able to ferment by gut microorganisms. (**Kuo 2013**).

According to the FAO/WHO, Prebiotics are non-viable food components that offer the host health benefits through modifying the microbiota. In terms of their origin, fermentation characteristics, and dosage requirements for health effects, prebiotics constitute a diverse collection of carbohydrate compounds. Breast milk, soybeans, inulin sources such as chicory roots, etc.), raw oats, unrefined wheat, unrefined barley, non-digestible carbohydrates, and in particular non-digestible oligosaccharides are some of the sources of prebiotics. Only bifidogenic, non-digestible oligosaccharides—in particular, inulin, its hydrolysis product

oligofructose, and (trans) galacto-oligosaccharides (GOS)—fulfill all prebiotic classification specifications (**Pokusaeva et al. 2011**).

Prebiotics like inulin and pectin have been shown to provide a number of health advantages, including a decrease in the duration and frequency of diarrhea, relief from inflammation and other intestinal bowel problem symptoms, and preventive benefits against colon cancer (**Peña 2007**). They have also been associated in reducing various cardiovascular disease risk factors, improving the bioavailability and uptake of minerals, and increasing satiety and weight reduction to combat obesity (**Pokusaeva et al. 2011**). Table 1.1 lists some of the key oligosaccharide characteristics as well as the names of the most popular prebiotics (**Swennen et al. 2006**).

Table 1.1 Properties of Prebiotics

Desirable qualities	Properties of oligosaccharides
Active at low dosage	Selectively and efficiently metabolized by <i>Bifido bacterium</i> and / or <i>Lactobacillus sp.</i>
Lack of side effects	Selectively and efficiently metabolized by beneficial bacteria without producing gas
Persistence through the colon	Preferably high molecular weight
Varying viscosity	Available in different molecular weights and linkages
Acceptable storage and processing stability	Possess 1–6 linkages and pyranosyl sugar rings
Ability to control micro-flora modulation	Selectively metabolized by restricted microbial species.
Varying sweetness	Varying monosaccharide composition

PROBIOTICS

The word "probiotics," which means "for life" in Greek, is used to describe live, non-pathogenic organisms and the advantageous effects on their hosts. Vergin initially used the word "probiotics" when he was researching the damaging effects of antibiotics and other microbial agents on the population of bacteria in the gut. He noticed that probiotika was good for the gut flora. Lilly and Stillwell later defined probiotic as "a product formed when one microbe promotes the growth of another microbe". This word was subsequently defined by Fuller as "non-pathogenic microorganisms that, when ingested, exert a positive influence on the host's health or physiology."

According to the most recent definition proposed jointly by FDA and WHO, states that "probiotic is a living organism which if provided to a host in sufficient quantities, improves host's health.

Probiotic bacteria such as *Lactobacillus rhamnosus*, *Lactobacillus reuteri*, *bifido bacteria*, *lactobacillus acidophilus-group*, *bacillus coagulans*, *Escherichia coli* strain *Nissle 1917*, some *enterococci*, particularly *Enterococcus faecium SF68*, and the yeast *Saccharomyces boulardii* are most widely used. These probiotics can be added alone or in combination to foods, especially fermented milk products. Probiotics are constantly evolving, with new genera and strains appearing as a result of more advanced and specialized research activities.

When compared to the 180 research articles published between 1980 and 2000, more than 5700 research articles were published between 2000 and 2014 on probiotic *Lactobacillus*, demonstrating the exponential growth of research on probiotics, particularly *Lactobacilli*, over the past two decades (**Probiotic Lactobacillus PubMed 2014**).

The advantages of various plant and bacterial sources as prebiotics and probiotics have recently come into emphasis. Table 1.2 lists some of the qualities of a novel prebiotics and probiotics. This field of study is expected to be an active research area (**Saulnier et al. 2009**).

demonstrating an enhancement in the probiotic bacteria's survival during transit through the upper digestive tract. A more successful colon implantation as well as a growth-stimulating action of probiotics and ubiquitous bacteria is facilitated by intestinal homeostasis and a healthy body (**Pena 2007**). The main prebiotics utilized are oligosaccharides such fructooligosaccharide (FOS), xyloseoligosaccharide (XOS), and gorgonzola oligosaccharide (GOS), inulin, and prebiotics from natural sources like chicory and yacon roots, among others.

Probiotic strains used in synbiotics formulations include *Lactobacilli*, *Bifidobacteria spp.*, *S. boulardii*, *B. coagulans*. Humans are said to benefit from consuming synbiotics due to:

1. Higher levels of lactobacilli and bifido bacteria and a balanced gut micro-biota,
2. Improved liver function in cirrhotic patients,
3. Improved immune-modulating ability,
4. Prevention of bacterial translocation and lower rates of nosocomial infections in surgical patients, etc (**Zhang et al. 2010**).

POTENTIAL HEALTH ADVANTAGES OF PREBIOTICS, PROBIOTICS AND SYNBiotics

The most significant and well-established health benefits of probiotics are their ability to prevent diarrhoea, constipation, modify the conjugation of bile salts, increase antibacterial activity, and function as an anti-inflammatory. Additionally, they aid in the production of minerals and increase their bioavailability. Some probiotics are also known to have antioxidant effects in intact or lysates. Probiotics have also been effective at reducing the signs and symptoms of allergies, cancer, AIDS, lung infections, and urinary tract infections. The positive benefits on ageing, fatigue, autism, osteoporosis, obesity, and type 2 diabetes have been reported infrequently (**Harish and Varghese 2006**).

As illustrated below, several processes are believed to be linked to the positive effects of probiotics-

1. Synthesis of inhibitory compounds such as H₂O₂, bacteriocins, organic acids, etc.
2. Preventing pathogenic microorganisms from attaching to surfaces.
3. Competition for nourishment with harmful microorganisms.
4. Toxin receptors are blocked and toxins are broken down.
5. Controlling immunological reactions.

PROSPECTIVE AREAS FOR RESEARCH IN THE FIELD OF PROBIOTICS

1. Focused research efforts are being made to determine how probiotics affect diseases including atherosclerosis and myocardial infarction that affect the cardiovascular system (**Loscalzo 2011**).
2. The working hypothesis of neuro-gastro-enterologist Dr. Gershon postulates the presence of an enteric nervous system, as well as its participation in the physiology of the gut and other related gut illnesses (**Gershon 1998**). Understanding the function of Microbial endocrinology can help us address the afore-mentioned notion. Probiotics synthesize and react to neuro-active substances (**Roshchina 2010**).

FORMULATION OF PROBIOTICS IS A CHALLENGE

Today, there are issues with the misuse of the word "probiotic" and a lack of understanding of the significance of strain and dose specificity. When produced as nutritional supplements rather than pharmaceuticals, probiotics are subject to less regulatory scrutiny because the manufacturer is not required to provide evidence to support claims of the efficacy or safety of foods and nutraceutical supplements. This is a major factor in the majority of commercial products having inadequate or no efficacy and safety information. Applying the new knowledge produced by basic scientists in the field of intestinal flora is a problem for professionals working on the medical aspect of functional foods and prebiotics, probiotics, synbiotics, and novel foods. The development of better probiotic formulations will be aided by a deeper knowledge of the complicated molecular processes behind probiotics' effectiveness.

Delivering insufficient amounts of probiotics to the lower gastrointestinal tract, particularly the acidic environment of the stomach, is one of the drawbacks and intrinsic flaws of commercial probiotic products and corrective measures (**Pathak 2011**). As a result, a more accurate target delivery mechanism and the right dosage must be developed. There is still need for improvement, including the following:

1. The probiotic formulation should deliver live, active probiotic cells even after prolonged storage.
2. Evaluation techniques must be developed to ensure that the formulation genuinely contains clinically tested, live probiotic microorganisms (**Both et al. 2012**).

RESEARCH ON PROBIOTICS IS LIMITED

We only have little knowledge of the mechanisms underlying the positive effects of prebiotics, synbiotics, and other probiotics. The requirement for molecular identification of probiotics for the development of health claims is made more difficult by incomplete data regarding the probiotic doses necessary for certain clinical effects. Understanding the immunological pathways through which probiotics are able to exert their positive benefits still relies largely on direct data. The probiotic interactions between the probiotic strains in formulations like #VSL-3, which combine several different probiotic strains, have not been researched. It is important to comprehend the interactions between the microbiota, the host, and the prebiotic component in organized clinical trials and validation studies with large sample sizes (**Boyle et al. 2006**).

There is a lack of published literature in the field of manufacturing processes and subsequent formulation, and much work needs to be done to boost strain survival during formulation and storage.

CHALLENGED ROLES OF PROBIOTICS AND PREBIOTICS

Probiotics rarely have negative effects; however digestive discomfort like bloating is the most frequent adverse effect. According to **Szajewska et al. 2010**, *S. boulardii* and *Lactobacillus GG* have been shown to hasten the development of health issues in a number of immune-compromised patients. Due to their compromised immune systems, pregnant women, neonates, and the elderly are at an increased risk of acquiring a probiotic infection. Vancomycin resistance is a natural trait of certain *Lactobacillus* strains, which raises questions about whether this resistance can spread to further harmful organisms in the gut environment (**Saulnier et al. 2009**). Hydrogen and carbon dioxide are produced during the fermentation of FOS in the colon, which might make people feel uncomfortable. Prebiotics, particularly oligosaccharides like FOS and GOS, can induce large amounts of flatulence and gastrointestinal pain when consumed in excess (**Niittynen et al. 2007**).

CONCLUSION

The overall systemic impacts that probiotics, prebiotics, and synbiotics have on the host's health, metabolism, and immune system have been discussed in this study.

Synbiotics, Prebiotics, and Probiotics all have a systemic impact on the host's immune system, metabolism, and general health. In order to maintain a strong synergy between the two and maximize the positive benefits, prebiotic use by probiotics should be necessary for synbiotic selection. Scientists would be able to develop more good functional foods to promote host health by figuring out the underlying mechanisms of prebiosis and probiosis. A fascinating approach for the prevention and treatment of some serious diseases is the potential of prebiotic components of food and probiotic bacteria to affect the composition of the microbiota. Recent technological developments have made it possible to deeply scan and analyse the unexpected diversity of bacteria in the GIT, which should be able to avoid diseases and make it easier to maintain better health.

In several publications, use of probiotics by humans has been reported, whereas prebiotics and synbiotics have received far less attention. Furthermore, appropriately planned large-scale clinical trials are required to clearly establish and support the health claims presented. It would

be extremely valuable to be able to target particular organisms in the large intestine for specific health-improving purposes.

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