



The Probiotics, Prebiotics and Woman's Health

Maithili A Athavale*

Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech - A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India

***Corresponding Author:** Maithili A Athavale, Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech - A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India.

Received: September 21, 2022

Published: October 01, 2022

© All rights are reserved by **Maithili A Athavale.**

What are probiotics?

Probiotics are live microorganisms that have health benefits when consumed. In short, they are beneficial bacteria that provide all sorts of powerful benefits for body and brain.

Foods rich in Probiotics are Curd, Idli, Dosa, Pickles, Dhokala, Buttermilk, Cheese and Paneer.

What are prebiotics?

- Prebiotics are the types of fibers that feed friendly bacteria in digestive system.
- Foods rich in Prebiotics are Onion, Oatmeal, Wheat Bran, Bananas, Barley and Apples.

Including Probiotics and Prebiotics in diet gives many Benefits Such as:

- Improving digestive health.
- Promoting heart health.
- Reduces depression.

Curd/Yogurt is the most common probiotic food consumed in India.

The Benefits of eating Curd daily are:

- Reduces Irritable Bowel Syndrome.
- It is suitable for people with lactose intolerance.

- Curds/Yogurts are rich source of Zinc, Calcium, Vitamin B12, Vitamin B2, Potassium and Magnesium.
- It Boosts immunity as the good bacteria present in curd can produce Bacteriocins which is an (anticancer compound).
- The probiotics present in Curd help in the release of appetite reducing hormones and thus help burn calories and reduce weight.

Adding Probiotics to the daily diet is especially useful for women as - Probiotics are known to establish and maintain a healthy vaginal balance and thus wards off a woman from frequent infections and secondly it also has beauty benefits like it gives a healthy skin and scalp.

Probiotics thus help To Prevent, Protect and Preserve a woman's beauty.