

Words probiotics and prebiotics (derived from the Greek

" Bios " meaning life) was recently term of unknown.

Today, however, regards the concepts increasingly often as professionals and the general public. Probiotics and prebiotics

They have a wide scope and their use in medicine

grows . Their great advantage is that the so-called " substances in the body

own " , so they are a natural part of a healthy human

organism.

Recently, more and more attention is paid to

physiological intestinal microflora. The effort is primarily

the influence of the optimal composition. The first attempts to

date back to the early 20th century, when the 1908 Nobel

Nobel Russian scientist Ilya Mechnikov published a theory that

consumption of fermented dairy foods containing

lactobacilli , contributes to longevity . The term " probiotic " was

first used in 1965 , as the opposite of

the term " antibiotic " .

What is the effect of the probiotic bacteria ?

Benefits can be found in large numbers. Generally, the

Probiotics promote the growth of physiological intestinal microflora

* flora and prevent the growth of pathogenic organisms .

In so učasné underway a number of clinical studies ,

investigating the possibility of therapeutic use of probiotics

in clinical practice. Along with prebiotics can be successfully used them

in the treatment of inflammatory bowel disease , postantibiotické

dysmicrobia , to colonize the intestines of premature

newborns and stage tests are their effects and influence

the development of allergic skin diseases in liver
diseases and carcinogenesis .