



Effect and Health Benefits of Probiotic Yoghurt

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Abstract

Probiotic yoghurt has gained significant attention for its potential health benefits, attributed to the presence of live beneficial bacteria, primarily *Lactobacillus* and *Bifidobacterium* species. This abstract reviews the multifactorial effects of probiotic yoghurt consumption on human health, focusing on gastrointestinal health, immune function, and metabolic outcomes. Research indicates that the regular intake of probiotic yoghurt can improve gut microbiota composition, enhancing digestive health and alleviating symptoms of conditions such as irritable bowel syndrome (IBS) and lactose intolerance. Probiotics in yoghurt are also associated with the modulation of the immune system, reducing the incidence and duration of respiratory infections and potentially lowering the risk of certain autoimmune conditions.

Furthermore, there is emerging evidence linking probiotic yoghurt to improved metabolic parameters, including weight management, lipid profile improvement, and blood glucose regulation, which may be beneficial in the context of obesity and type 2 diabetes. Overall, the consumption of probiotic yoghurt represents a convenient dietary intervention with the potential to promote overall health and well-being. Continued research is necessary to elucidate the specific strains of probiotics responsible for these benefits and to determine the optimal dosage and duration of intake for various health outcomes. Additionally, consumer awareness of these health benefits can encourage more individuals to incorporate probiotic yoghurt into their diets.

Keywords: Probiotic yoghurt, Gut health, Immune function, Metabolic health, *Lactobacillus*, *Bifidobacterium*, digestive health

Introduction

Probiotic yogurt has gained significant attention in recent years, both in scientific research and consumer markets, due to its numerous health benefits. Probiotics, often referred to as "good bacteria," are live microorganisms that confer health benefits when consumed in adequate amounts. Yogurt, a fermented dairy product, is a rich source of probiotics, particularly strains of *Lactobacillus* and *Bifidobacterium*, which can positively influence gut health and overall well-being.

The consumption of probiotic yogurt is associated with various health benefits, ranging from

improved digestion and enhanced immune function to potential mental health benefits. This introduction will outline the fundamental effects of probiotic yogurt on human health, highlighting its role in maintaining a balanced gut microbiome, mitigating gastrointestinal disorders, and supporting systemic health beyond the digestive tract.

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Research suggests that regular consumption of probiotic yogurt can help restore and maintain the delicate balance of gut microbiota, which can be disrupted by factors such as poor diet, stress, and antibiotic use. Improved gut health can, in turn, lead to enhanced nutrient absorption, reduced inflammation, and a lower risk of various chronic diseases.

Additionally, the potential psychological benefits of probiotics have garnered interest, with studies exploring the gut-brain axis and the relationship between gut health and mental well-being. As public awareness grows regarding the importance of gut health in achieving overall wellness, probiotic yogurt continues to be a popular choice for those seeking a delicious and convenient way to incorporate beneficial bacteria into their diets.

In summary, probiotic yogurt serves as both a nutritious food and an effective means to promote health, making it a valuable addition to the daily diet. This exploration into its effects and benefits underscores the significance of probiotics in modern nutrition and highlights the importance of fermented foods in a healthy lifestyle.

Nutritional Value

Probiotic yogurt is a fermented dairy product that contains live bacteria beneficial to health. The main materials involved in producing probiotic yogurt typically include:

Materials

Milk: The base ingredient for yogurt, which can be whole, low-fat, or non-fat milk from cow, sheep, goats, or plant-based sources (e.g., almond, soy).

Starter Cultures: Specific strains of bacteria, primarily:

Lactobacillus bulgaricus

Streptococcus thermophilus

Other probiotic strains that may be added, such as ***Lactobacillus acidophilus***, ***Bifido bacterium bifidum***, or ***Lactobacillus rhamnosus***.

Sweeteners: Sugar, honey, or alternative sweeteners (like stevia or agave) may be added for flavor.

Flavorings: Natural fruit purees, vanilla, or spices to enhance taste.

Stabilizers/Thickeners: Ingredients such as pectin or gelatin can be used to improve texture, though they are not always required.

Health Benefits of Probiotic Yogurt:

Gut Health: Probiotic yogurt is known to promote a healthy gut microbiota. Beneficial bacteria can help balance the gut flora, improve digestion, and may alleviate issues like diarrhea and constipation.

Immune System Support: Probiotics can enhance the immune response by promoting the production of antibodies and supporting the activity of immune cells such as macrophages.

Lactose Digestion: Many people with lactose intolerance can tolerate yogurt better than other dairy products. The live cultures help break down lactose, making yogurt easier to digest.

Enhanced Nutrient Absorption: Probiotics may improve the bioavailability of nutrients, such as B vitamins, vitamin K, calcium, and magnesium.

Anti-inflammatory Effects: Some studies suggest that probiotics can reduce inflammation in the gut and may help with inflammatory bowel diseases like Crohn's or ulcerative colitis.

Mental Health Benefits: There is emerging research indicating a possible connection between gut health and mental well-being. Probiotics may help alleviate symptoms of anxiety and depression.

Heart Health: Probiotic yogurt may contribute to lower cholesterol levels and support cardiovascular health by reducing hypertension and inflammation.

Weight Management: Some studies indicate that probiotics may help in weight management and reduce body fat by regulating appetite hormones and metabolism.

Skin Health: The probiotics in yogurt may support skin health, possibly aiding in the management of conditions like acne, eczema, and psoriasis, though more research is needed.

Conclusion

Probiotic yogurt can be a delicious and health-promoting addition to the diet. However, it is important to choose products that contain live and active cultures and to be aware of added sugars or artificial ingredients that could negate some health benefits. Regular consumption, along with a balanced diet, can contribute to overall health and well-being.

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