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## Benefits of probiotic yeasts in human and animal health

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*Saccharomyces boulardii* is emerging as potential probiotic organism. This yeast has shown promising results in preventing enteral nutrition-related diarrhea, acute gastroenteritis, traveler's diarrhea and decreasing *Helicobacter pylori* treatment-related symptoms. The role of S. boulardii for both the prevention of Antibiotic-associated diarrhea (AAD) and treatment of irritable bowel syndrome and recurrent *C. difficile disease*, Crohn's disease, and giardiasis has been clearly demonstrated. Probiotic yeast has been considered superior over probiotic bacteria because of the natural resistance of yeast to antibacterial antibiotics. Probiotic yeasts have also shown a positive effect on poultry health and nutrition by reducing lactic acid acidosis, increasing fiber digestibility, secreting enzymes and improving animal performance by enhancing their growth rate and increasing milk, meat and eggs production. In the present study, *Saccharomyces cerevisiae* Id18 isolated from traditional Indian fermented food – Idli batter, exhibited probiotic attributes such as acid and bile salt tolerance, ability to grow at 37ºC, resistance to commonly used antibiotics, auto-aggregation ability and cell surface hydrophobicity. It showed antimicrobial action against enteric pathogens. It produced phytase, β-galactosidase, vitamin B12 and exopolysaccharides. It had the ability to assimilate cholesterol. This probiotic yeast, when used either alone or in combination with traditional dairy starter, significantly improved the nutritional properties and the shelf life of the fermented dairy product.

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