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Trend and evidence of probiotics as a complementary therapeutic agent for metabolic disorders and brain function

Evidence proved that gut microbiota plays a critical role in human health and diseases. The host metabolic activities and the composition of microbiota are closely associated with host immune system that is linked to metabolic and cognitive behaviour of the host. Probiotics are defined as live microorganisms that exhibit health benefits on the host when administered in adequate amounts. The possible mechanism of health-promoting activities of probiotics is associated with followings: positive alteration of gut-microbiota, secretion of antagonistic substances, and neurotransmitters. The probiotic and probiotic-based fermented foods are considered as a safe and complementary therapeutic agent for the management of metabolic disorders and cognitive declines. The recent studies revealed that the probiotics improved the health status of obese people by altering the gut microbiota, and the regular consumption of probiotic is desirable to preserve the health benefits. In the case of diabetes, the consumption of probiotics may reduce the fasting blood glucose, blood pressure, improved the lipid profile, glycaemic and inflammatory status. The multi-strain probiotic formulations

exhibited positive results in most of the studies. Probiotic supplementation improved the mood state, reduced depression, stress, and anxiety, and reduced the severity of the autism. Not all the probiotic supplementations provide positive health benefits. It is purely based on the strain, combinations, dosage, duration, supportive activities, and host physiology. However, the safety, stability and shelf life of probiotics product must be carefully studied to ensure their beneficial impact on metabolic disorders and mental health.

Speaker Biography

Chaiyavat Chaiyasut C is an assistant professor and the director of Innovation center for holistic health, nutraceuticals and cosmeceuticals at the Faculty of Pharmacy, Chiang Mai University, Thailand. His research area is probiotics, fermented foods, complementary, alternative and holistic therapeutic approaches for metabolic disorders and brain function. He has over 110 publications that have been cited over 850+ times, and his publication H-index is 16 and has been serving as an editorial board member of reputed Journals. He is the principal investigator for several research projects.

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