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Use of probiotics in anxiety: Perspectives on probiotics with special reference to anxiety**Pooja verma**
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The study outlines that increased consumption of caffeine 'caffeinism' can induce symptoms that are similar to those of anxiety neurosis. For instance, nervousness, irritability, tremulousness, occasional muscle twitching, sleeping disorders, sensory disturbances, tachypnea, palpitations, flushing, arrhythmias, diuresis and GI disturbances. However tremendous progress has been made in identifying the bidirectional interconnections among the central nervous system, the enteric nervous system and the gastrointestinal tract. On the basis of the pre-clinical studies with the use of rodents raised in a germ-free environment, the gut microbiota in gut brain interactions emerges to control the development of emotional behavior, stress-pain balance and brain neurotransmitters. The studies have also proved that bacteria such as commensal probiotics and pathogenic bacteria in the gastrointestinal tract can trigger neural and central nervous signaling systems for the modulation of anxiety, mood, cognition and pain. Thus, the prominent concept of a microbiota gut-brain axis indicates that regulation of the gut microbiota may be an amenable strategy for developing novel outlooks for prevention and treatment of mental illness comprising anxiety and depression.

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