

# ILSI – INDIA CONFERENCE ON “ROLE OF PROBIOTICS IN PROMOTING HEALTHY MICROBIOME FOR HEALTH AND IMMUNITY”

*December 6, New Delhi*

## Background

Understanding the role of the human microbiome in health and disease is among the most rapidly expanding areas of scientific research today. The microbiome is important in nutrition, immunity and effects on the brain and behavior. It is implicated in numerous diseases when the normal individual balance of microbes is disturbed. There could be increased susceptibility to infections as well as to non-communicable diseases like obesity, metabolic syndromes (e.g., diabetes and cardiovascular diseases), allergy and other inflammatory diseases. Diet, Antibiotic Usage and Lifestyle behaviors influence the diversity and composition of microbiota.

New strategies can be formulated for the management of diseases by manipulating gut microbiome. The common practice now available is the use of probiotics, prebiotics and dietary fiber to rehabilitate gut ecosystem.

ILSI India along with other ILSI branches has been working on this exciting field of “Microbiome and Health” and keeping track of scientific advances as they unfold.

## Objectives

The Conference will discuss:

- Discuss the latest scientific findings on role of microbiome in promoting health and immunity.
  - Deliberate on Gut Physiology and Intestinal Microbiota throughout the Life Cycle including Gut Microbiota through infancy.
  - Look at interventions for a healthy microbiome focusing on the role of Probiotics and Prebiotics in maintaining a healthy gut and how they work – mechanism of action.
  - Present new advances in Probiotics and Prebiotics and emerging health applications.
  - Address the challenges that surround the growth and development of the products containing probiotic.
  - Identify best practices for conducting research on microbiome, probiotics and prebiotics.
  - Review regulations relating to Probiotics / Prebiotics and need for harmonization .
  - Exchange views on key considerations in facilitating the application of science for improving health.
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