

Probiotics in increasing immunity

Shruthi Das

Dairy products are dense with nutrients and provide vitamin D, E, zinc and protein, which are crucial for maintaining a good immune system. They act as the most important functional foods as they possess probiotics that help in maintaining a healthy gut microbiota. Probiotics play a major role in maintaining the intestinal barrier which in turn maintains homeostasis in our body by secreting macrophages, immunoglobulins and natural killer cells. The probiotics in dairy products enhance the phagocytic activity of leukocytes along with oxidative defence mechanisms. It is also reported that *Lactobacillus* present in milk promoted the recovery from diseases such as rotavirus diarrhoea by increasing the antiviral IgA response. They also reduced the risk of colon and bladder cancer. The balance of Th1-Th2 (T-helper cells producing cytokines) responses is essential to reduce immunoinflammatory and autoimmune diseases. Certain strains of *Lactobacillus* found in yoghurt and milk have shown to downregulate overactive immune responses. Thus, from various studies, it can be evidently concluded that the consumption of meat and dairy is crucial to build immunity and develop a stronger muscle mass.

Keywords: Immunity, Immunoglobulins, Dairy products, Probiotics, Antibody response

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