

Probiotics in the treatment of oral infections

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Numerous microorganisms colonise the oral cavity. Most of these organisms are relatively harmless and do not cause infections. Yet, there exist some that cause diseases like gingivitis, caries and gum infections. Probiotic organisms control such infections and improve oral health to an extent. Probiotic bacteria like *Lactobacillus* and *Bifidobacterium* antagonise disease-causing microorganisms and inhibit their growth. The usage of probiotics is emerging as an economical method to cure oral infections. Probiotic organisms also improve adaptive immune responses, reduce inflammation and promote the growth of good bacteria in the infected area. Stopping the expression of genes that encode for adhesion and metabolism, producing antimicrobial compounds like hydrogen peroxide, buffering the acidic pH, neutralising free electrons, inciting immune responses, etc. are some of the strategies used by probiotic organisms. These strategies prevent further colonisation by pathogenic bacteria. More studies on finding the exact set of species to be in use are required to cure oral infections effectively.

Keywords: Probiotic organisms, Pathogenic bacteria, Oral health, Oral biofilm

Citation:

Vaishnavi TK. Probiotics in the treatment of oral infections. The Torch. 2022. 3(2). Available from: <https://www.styvalley.com/pub/magazines/torch/read/probiotics-in-the-treatment-of-oral-infections>.