

Hygiene, Probiotics, and Health: A Comprehensive Guide to Well-being of Murud-Janjira Taluka

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Abstract: *This research aims to assess the current level of awareness regarding health and hygiene issues and their impact on community health and hygiene. The interconnection between health and hygiene is significant. Factors such as the consumption of contaminated drinking water, unhealthy diet habits, inadequate environmental sanitation, and poor personal and food hygiene practices are major contributors to various diseases, particularly in developing countries like India. These diseases encompass both communicable and non-communicable ones. Substance abuse weakens the immune system and adversely affects mental and social well-being. Probiotics, commonly known as "Health Friendly Bacteria," are live microorganisms present in fermented foods and cultured milk. They offer numerous health benefits, including boosting the immune system and treating skin and oral ailments.*

Keywords: Probiotics, Hygiene, Prebiotics, communicable and non-communicable diseases