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# Common side effects of probiotic and its overdose in take is harmful

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Basically, probiotics are microorganisms that provide beneficial effects when human body takes them in the right amounts. Probiotics can be consumed in supplement form or in fermented foods such as sauerkraut, kefir, yogurt, kimchi and kombucha and the probiotics should not be confused with prebiotics, which are types of fiber that serve as a food source for the bacteria living in human body colon. They are living bacteria and yeasts that provide health benefits when consumed in proper quantity. The health benefits of probiotic supplements and foods have been recognized very well, including a lower risk of infections, improved digestion and even a reduced risk for some chronic diseases. While there are many health benefits linked to taking probiotics and there can also be side effects. Most of these are minor and only affect a small percentage of the population. However, some people with serious illnesses or compromised immune system may experience more severe complications. Overall, probiotics are a beneficial addition to most people's diet regimen with relatively few and unlikely side effects.

According to a new study report suggests probiotics can

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be beneficial to health and the same time they may also have serious side effects when it is taken overdose. A new study says probiotics can cause bacterial overgrowth in the small intestine and symptoms of disorienting brain fogginess. Since human bodies normally host upwards of 100 trillion bacteria, it is very hard to overdose on probiotics or good bacteria. If anything, the research suggests that eating lots of these bugs through fermented foods like yogurt or sauerkraut can help maintain a healthy balance of intestinal microbes that help digestion and keep immune system of the body strong.

## Overdose consumption

As probiotics are good bacteria already exist in the human body system, they are considered safe for most people. But, there are some things to consider that they can trigger an allergic reaction and might cause mild stomach problems, especially the first few days while taking them there might be stomach upset, gas, diarrhea or bloating. Those symptoms usually go away after human body gets used to them. If one has an immune system problem or another serious health condition, then he would have a greater chance of complications or issues. Some study reports have linked probiotics to serious infections and other side effects. The people most likely to have trouble are those with immune system problems, people who have had surgery and others who are critically ill, in such condition

avoid taking probiotics is better option.

Consuming too much of a medication will always create danger for human health system. Although it might be theoretically possible to overdose on probiotics, there have been no documented cases of probiotic overdose, according to research conducted by Gregor Reid of the Lawson Health Research Institute. "If human body take too much of a probiotic supplement, the body gets rid of the excess bacteria through fecal waste. However, taking too much of a probiotic supplement could cause uncomfortable side effects". Millions of bacteria, fungi and other microorganisms all together make human body system like a residence. Although bacteria cause infection and disease, others are harmless or even beneficial. Helpful bacteria, called probiotics, help human body immune system and boost overall health. Although taking probiotic supplements poses no risk of overdose, but it may cause harmful side effects. While most people do not experience side effects, the most commonly reported reaction to bacteria-based probiotic supplements is a temporary increase in gas and bloating. Those taking yeast-based probiotics may experience constipation and increased thirst.

Probiotics are safe for the vast majority of the population, but may not be the best fit for everyone. In rare cases, the bacteria or yeasts found in probiotics can enter into the bloodstream and

cause infections in susceptible individuals. People who are at greatest risk for infection from probiotics include people with suppressed immune systems, prolonged hospitalizations, venous catheters or those who have undergone recent surgeries. However, the risk of developing an infection is very low, and no serious infections have been reported in clinical studies of the general population. It is estimated that only about one in one million people who take probiotics containing Lactobacilli bacteria will develop an infection. The risk is even smaller for yeast-based probiotics, with only about one in 5.6 million consumers getting infected. When infections do occur, they typically respond well to traditional antibiotics or antifungals. However, in rare cases, deaths have been happened. Research also suggests that people with severe acute pancreatitis should not take probiotics as this may increase the risk of death.

#### **Side effects**

Probiotics side effects mean that the good bacteria are working and the common side effects are diarrhea, gas, bloating, cramps, rashes, acne and mild abdominal discomfort. The most common side effects when taking overdose probiotics are gastrointestinal problems such as nausea, a temporary increase in gas, constipation and thirst. According to the University of Maryland Medical Center, people with compromised immune systems or artificial heart valves are at increased risk of bacterial infection when taking probiotics. Another risk of probiotic supplementation is that the bacteria could interact with human body medications. Most people do not experience side effects. It is not known exactly why some people

experience these side effects, but they typically subside after some days of continued consumption. To reduce the likelihood of side effects, it is better to start with a low dose of probiotics and slowly increase the dosage to the full dosage over some weeks. This will help human body adjust with them. If the gas, bloating or any other side effects continue for more than few weeks, it is better to stop taking the probiotic.

#### **Adverse reactions**

People with allergies or intolerances should read the labels of probiotic supplements carefully as they might contain ingredients they could react to. For example, some of the supplements contain allergens such as dairy, egg or soy. These ingredients should be avoided by one who is allergic, as they may trigger an allergic reaction. Yeast-based probiotics should not be taken by those with yeast allergies. Instead, a bacteria-based probiotic should be used. Milk sugar or lactose is also used in many probiotic supplements. While studies suggest that most people with lactose intolerance can tolerate up to 400 mg of lactose in medications, there have been cases of report of adverse effects from probiotics. Since a small number of people with lactose intolerance may experience unpleasant gas and bloating when consuming lactose-containing probiotics, they must choose lactose-free products.

In addition to containing powerful probiotics, some supplements also contain prebiotics. These are plant fibres that humans cannot digest, but that bacteria can consume as food. The most common types are lactulose, inulin and various oligosaccharides. When a supplement contains both probiotic microorganisms and prebiotic fibres, it is called a

synbiotic. Some people experience gas and bloating when consuming synbiotics. Those who experience these side effects they should select a supplement that does not contain prebiotics. Some probiotic supplements may contain allergens, lactose or prebiotic fibres that may cause adverse reaction in some people.

#### **Histamine**

Some bacterial strains used in probiotic supplements can produce histamine inside the digestive tract of human body. Histamine - amine formed from histidine that stimulates gastric secretions and dilates blood vessels; released by the human immune system during allergic reactions - is a molecule that is normally produced by human body immune system. When histamine levels increase, blood vessels dilate to bring more blood to the affected region. The vessels also become more permeable so that immune cells can easily get into the relevant tissue to combat any pathogens. This process creates redness and swelling in the affected region and can also trigger allergy symptoms such as itching, watery eyes, runny nose or breathing trouble. Normally, histamine is produced in human body digestive tract that is naturally degraded by an enzyme called diamine oxidase. This enzyme inhibits histamine levels from raising enough to cause symptoms. Some people with histamine intolerance have trouble properly breaking down the histamine in their bodies, seeing as they do not produce enough diamine oxidase. The overdose histamine is then absorbed through the lining of the intestinal tract and into the bloodstream, causing symptoms similar to an allergic reaction. People with histamine intolerance should avoid food that containing

excess histamine. Some probiotics can produce histamine within the digestive tract. Fermented food is rich in probiotics with naturally containing amines. Some people may experience headaches after eating these foods, and should instead opt for probiotic supplements. Theoretically, they may want to select probiotic supplements that do not contain histamine-producing bacteria, but to date, there has been no research on this specific area. Some histamine-producing probiotic strains include *Lactobacillus buchneri*, *Lactobacillus helveticus*, *Lactobacillus hilgardii* and *Streptococcus thermophilus*. Taking too much probiotics can create an unstable intestinal environment, which may result in many of the gastrointestinal side effects, including diarrhea, abdominal pain, gas, bloating and nausea, etc.

#### Features

Many species of bacteria have beneficial effects in the human body, including *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Bifidobacterium bifidum*, *Streptococcus thermophilus* and *Lactobacillus casei* GG. According to the University of Maryland Medical Center, probiotics may effectively treat vaginal infections, improve symptoms of lactose intolerance and treat gastrointestinal problems such as diarrhea and indigestion. However, more scientific evidence is required to support the use of probiotics for these conditions.

#### Dosage

Human can incorporate probiotics into his diet through certain foods or by taking supplements such as miso, tempeh, certain types of yogurt and enriched milk products contain probiotic cultures. Probiotic supplements

are available in coated capsules, freeze-dried granules, powder and liquid forms. In general, a dose of probiotics is 1 to 10 billion colony-forming units (CFUs) of probiotics from food or supplements daily. Healthy adults can consume up to 20 billion CFUs of probiotics from food or supplements daily.

#### Amines in probiotic foods

Some probiotic-rich foods, like yogurt, sauerkraut and kimchi, contain biogenic amines. The most common amines found in probiotic-rich foods include histamine, tyramine, tryptamine and phenylethylamine. Amines can excite the central nervous system, increase or decrease blood flow and may trigger headaches in people sensitive to the substance.

Recent study suggests that low-histamine diets have reduced headaches in 75 per cent of participants. However, a review of 10 controlled studies found no very important effect of dietary amines on headaches. So much more research is necessary to determine whether or not amines can be direct triggers of headaches or migraines in some people.

#### Choose best probiotic

Probiotics have received a lot of attention recently. These living organisms have been credited with providing all kinds of health benefits related to gut function and beyond. If you are looking

to use them to boost your own health, it is very important to make sure that you take the right probiotic supplements to get the results you need.

#### Probiotic and constipation

Constipation is characterized by bowel movements that are hard, difficult to pass and infrequent. Everyone experiences constipation once in a while, but in some people it becomes a chronic problem. Chronic constipation is most common among the elderly and adults who are bedridden, although it can also occur in children. In addition, some people with irritable bowel syndrome experience persistent constipation as their main symptom. This is known as constipation-predominant irritable bowel syndrome. For this the conventional treatments include laxatives and stool softeners. However, in recent years, dietary changes and probiotic supplements have become increasingly popular alternative approaches. A number of studies have shown that supplementing with certain probiotic strains can reduce constipation in both adults and children. In a study comparing probiotics and prebiotics in children with irritable bowel syndrome, *B. lactis* was shown to provide significant constipation relief.



Rathke's cleft cysts (RCC) are commonly believed to be cysts derived from remnants of the Rathke's pouch. RCCs are cystic sellar and supra or parasellar lesions.

RCC with pituitary adenoma is a rare combination

The pituitary adenomas associated with RCC are mainly prolactinoma followed by acromegaly, non-secretory, corticotropinoma and TSHoma.

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