The word "probiotic bacteria" which also known as good bacteria, friendly bacteria or beneficial bacteria refers to the live bacterial organisms which live and work in our digestive tracts and provide us health benefits. The substances that contain microorganism or bacteria that are beneficial to the host are known as “Probiotics”. Most of the probiotic strains belong to lactobacilli and bifidobacteria. These two have many strains and some newer strains are under research. On the other hand “prebiotics” are non-digestible food ingredients that stimulates the growth and/or activity of bacteria in the digestive system in way claimed to be beneficial to health. They are first identified and named by Marcel Roberfroid in 1995. Roberfroid offered a refined definition in the 2007 journal of nutrition stating “A prebiotic is a selectively fermented ingredient that allows specific changes, both in the composition and/or activity in the gastrointestinal micro flora that confers upon host well being and health”. “Synbiotic” refers to nutritional supplements combining probiotic and prebiotic in a form of synergism, hence synbiotic. The combinational use of probiotic and prebiotic is often described as synbiotic. Synbiotic has a great importance in the micro flora management procedure. In Japan, certain foods including probiotics and prebiotics have been approved as the Food for Specified Health Uses (FOSHU) by the Japanese government. Probiotics and probiotics individually have a great significance in human health. The proposed mechanism of action of probiotics include the improvement of disrupted intestinal micro flora in compromised hosts. They are also effective in reducing Antibiotic-associated diarrhea (AAD), blood pressure, colon cancer, lactose intolerance, Helicobacter pylori, cholesterol and many other diseases. This article provides an overview about probiotics, probiotic bacterial strains, prebiotics, their importance and how they combinationally play important role in human health.

Key words: Prebiotics, Probiotics, Synbiotic, Human health, AAD.

INTRODUCTION
Probiotics are rapidly becoming a popular and important tool for preserving our natural health. The concept that probiotics are based on however is not a new one. In her book "Bacteria For Breakfast" Dr. Kelly Karpa says, "Fermented milk products which contain probiotics have been used for centuries. According to Persian tradition, Abraham of the Old Testament owed his longevity to ingestion of fermented milk. King Francis I of France was reportedly cured of an illness after eating yogurt in the early 1500’s. So you see this "probiotic" stuff is not new. Probiotics have been around for more than 5000 years. Probiotics are commonly consumed as part of fermented foods with specially added active live cultures; such as in yogurt, soy yogurt, or as dietary supplements. Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system in ways claimed to be beneficial to health. They were first identified and named