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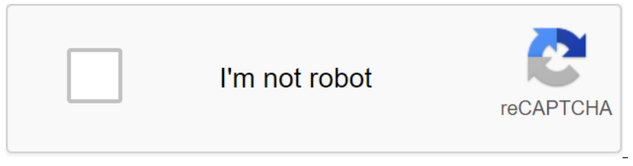


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It is a question-and-answer forum for students, teachers and visitors to the general village to exchange articles, answers and notes. Answer now and help others. Answer Now Here's How It Works: Anyone can ask a question Anyone can answer the best answers voted and climb to the top We are all familiar with this term Normal microbial flora or human microbiome, but we do not know the real benefits of normal microflora, so in this article, I will discuss the benefits of normal microbial flora in the human body and how they benefit us. First of all, do we need to know what normal flora is? so I'll be discussing every detail about the microbiome step by step, if you are facing any problem, then feel free to comment in the section below. All microorganisms are not harmful, for example, our body surface contains different varieties of microorganisms in large quantities that provide benefits to our body. The normal microbiota of the human body is not static. They began to colonize in our body after birth, and they constantly change with human age. When the newborn comes into contact with the environment, the microorganisms instantly begin to colonize in the surface of the body. After that, the number of microorganisms begins to increase constantly with the age of the person, as you can see in this table below. The definition of normal floraNormal microbial flora defines as those microorganisms that are present in the human body in huge quantities. Our environment contains a huge number of microorganisms, whenever we are exposed to the environment, our body surface of the co-authors becomes in contact with these microorganisms and they begin to colonize in our body surface. With the exception of the superficial microflora, microorganisms are also present in our vital organs, including the liver, gastrointestinal tract, mouth, urinary tract, etc. In one sentence, all microorganisms are present in our anatomical sites, defined as normal Flora.The normal flora of microorganisms consists of eukaryotic fungi, proteaists, bacteria, etc. among them bacteria are present in large quantities. Types of normal microflora There is a real different type of normal flora in the human body, including bacteria, fungi, archaea, viruses.1.Bacteria Initial studies show that a person contains thousands of bacteria on the surface of the body and vital organs. The mouth and intestines part of the human body contains a large number of bacteria that is larger than the bacterial population of the skin and vaginal tracts. There are different types of bacteria that are found in human, which vary depending on the type of organs.2.ArchaeaArchaea mainly in the intestine part of the human body. Species of archaea are much more limited in our body.3.FungiThey are mainly found in parts of the intestines and skin of the skin Viruses, including bacterial viruses (bacteriophages), are colonized in our various parts of the body, such as skin, intestines, lungs, oral cavity, etc. The normal flora of the human body Abnormal flora SkinAn adult human body has about 2 m2 of skin and it contains about 10'12 amount of bacteria. Bacteria there are present different types of bacteria on our skin surface. The variety of bacteria varies depending on the different places of our skin. Our skin is divided into three parts: dry part, wet part and sebum (containing sebum). Dry parts of our skin include forearms, buttocks, hands, etc. This part contains the greatest variety of gram-negative and gram-positive bacteria such as Actinobacteria, Bacteroidetes, Firmicutes, and Proteobacteria.The wet areas of our skin include umbilicus, armpits, groin and gluteal folds, and inside the elbow, etc. It contains mostly some Firmicutes and Actinobacteria such as staphylococcus and Corynebacterium spp. Oil sebaceous areas contain the smallest variety of bacteria, including most members of Actinobacteria (Propionibacterium spp.). The oil parts of our skin include the forehead, behind the ear and back. Some sometimes pathogenic bacteria are present in our skin surface, such as; Staphylococcus epidermisstaphylococcus aureusStaphylococcus warneriStreptococcus pyesStreptococcus mitisCutibacterium acnesCorynebacterium spp. Acinetobacter johnsoniiPseudomonas aeruginosaFungiExcept bacteria, our skin also contains more than 14 different genera of fungi, including;dermatophitis (skin of live mushrooms) such as Microsporporum gypseum, and trichofiton rubrum and non-dermatophytic mushrooms (opportunistic mushrooms that can live in the skin), such as Rhizopus stolonifer, Trichosporon cutaneum, Fusarium, Scopulariopsis brevicaulis, Curvularia, Alternaria alternata, Pailomyces, Aspergillus flavuus and penicilli. The normal microflora of the nose and throat is part of the pharynx, lying above the level of the soft palate. Normal Pharynx flora including some potential pathogenic bacteria such as streptococcal pneumonia, Neisseria meningitides, and hemophilin flu. In addition, a large number of non-pathogenic gram-positive bacteria are commonly found in both the nose and nose. Normal oral flora has an optimal environment (water, nutrients, neutral pH and moderate temperature) that will help in the growth of microorganisms. The oral part of the human body contains mainly the delivery of some streptococcus, Neisseria, Actinomyces, Veillonella, and as well as some yeast. Normal throat flora Mycrobic throat flora including negomolithic and alpha-hemolytic streptococcus, some types of Neisseria, staphylococcus, diphtheria and hemophilia organisms, pneumococcus, yeast and gram-negative rods. Normal airway flora Our lower and upper respiratory tract is free of microorganisms because there are three important causes, such as; A continuous stream of mucus captures microorganisms, and dialized epithelial cells constantly move microorganisms from the airways into the trap. Alveolar macrophagues destroy microorganisms. The bactericidal effect is exerted by the enzyme lysozyme, present in the nasal mucus. Enzyme lysozim (nasal mucus) shows a bactericidal effect that kills all bacteria. Normal Flora EyeA a small amount of bacteria are present in the eye including; Chlamydia trachomatisChlamydophila pneumoniaHaemophilus aegyptiusHaemophilus influenzaMoraxella appNeisseria appStaphylococcus aureusStaphylococcus epidermidisStreptococcus viridians. Normal gastrointestinal floraIn the presence of very low-oxygen pH (2 or 3), the stomach contains several bacteria including streptococcus, staphylococcus, lactobacilli, Peptostreptococcus appendix. The small intestine also contains several bacteria, such as; Enterococcus faecalis, lactobacilli, diphtheroid, and Candida Albicans yeast are sometimes found. The colon contains a huge population of microorganisms. More than 400 species of bacteria have been isolated from human faeces. Most of them are anaerobic, gram-negative bacteria and gram-positive rods. Al these bacteria belong to the genus Bacteroid, Clostridium, Faecalibacterium, Eubacterium, Ruminococcus, Peptococcus, Peptostreptococcus, and Bifidobacterium.There are also several fungi such as Candida, Saccharomyces, Aspergillus, Penicillium, Rhodotorula, Trametes, Pleospora, Sclerotinia, Bullera, and Galactomyces.Normal Flora urinary tractBot male and female urinary tract contains a huge number of microorganisms such as;1.Microbial flora of the male urinary tract or distal UrethraMale urinary tract contains these following Coagulas-negative staphylococcus Mycobacteria spp. Bacteroids spp. Fusobacterium spp. Peptostreptococococque spp.2. The microbial flora of the female urinary tract VignaFemale urinary tract contains the following microflora; Lactobacillus spp. Peptostreptococque spp. DiphteroidCandida spp. Gardnerella Spp. Bacteroids spp. Streptococcus spp. Clostridium spp. The beneficial effects of normal flora The normal flora of the normal flora of the human body provides the serval benefits that are discussed below;1.Prevent pathogens My main normal flora prevents colonization of pathogens by competing with them for the necessary nutrients and fixing.2. Vitamin SynthesisOn normal microflora microflora vitamins for their own necessity. Sometimes our body absorbs these vitamins as a nutrient. Example: Some of the human body's intestinal bacteria produce vitamin K and vitamin B12. Lactic acid bacteria also produce certain B-vitamins.3. Killing bacteria No normal flora antagonizes other bacteria by producing certain substances that suppress or kill non-individual species. Example: Few intestinal bacteria produce certain substances that have highly specific bacteriosoins, which helps kill other bacteria.4 The development of some tissuesNormal flora also helps in the development of certain tissues. Example: Caecum and some lymphatic tissues (Peyer patches) in the gastrointestinal tract.5. The production of antibodies Normal flora of the human body also helps stimulate the synthesis of normal antibodies. Example: When normal flora acts as an antigen in our body, they trigger an immunological response, specifically an antibody-mediated immune (AMI) response that induces the production of natural antibodies. Get the coronavirus Live Update Home Pseudomonas aeruginosa Normal human microbiota Last update January 14, 2020 Sagar AryalThrough normal daily activities, the human body is exposed to microorganisms in the environment. Hundreds of species and countless individual microbial cells, which collectively are called normal microflora, grow on the human body or in its body. It is a human microbiome, the total amount of all microorganisms that live on or in the human body. The normal microbiotic relationship with the host mammal has developed. They contribute to the health and well-being of the host, producing useful microbial products and inhibiting the growth of dangerous microorganisms. In turn, the host contributes to the various micro-environments that support the growth of microbes. Normal microflora is first introduced at birth. Normal skin microbiotaCo skin is the largest organ of the human body, colonized by a diverse range of microorganisms, most of which are harmless or even beneficial to the host. Because of constant contact with the environment and contact with it, the skin is particularly exposed to transient microorganisms. However, there is a permanent and well-defined resident flora, modified in various anatomical areas by secretions, habitual wearing of clothing or proximity to the mucous membrane (mouth, nose and perineal areas). The predominant resident microorganisms of the skin are: Staphylococcus epidermisstaylococcal aureus (in small quantities)Micrococcus species-hemolytic and non-hemolytic streptococcus (e.g., Streptococcus mitis)Corynebacterium speciesPropionibacterium speciesPeptosptococcus The normal microbiota of the mouth and upper respiratory tractSflora nose consists of known coinebacteria, coinebacteria, (S epidermis, S aureus), and streptococcus. Unlike their mothers' highly differentiated communities, newborns harbored bacterial communities that were undifferentiated across multiple body habitats, regardless of delivery method. Thus, at the earliest stage of the development of the community (5 minutes after delivery), the human microbiota is homogeneously distributed throughout the body. Vaginally delivered babies harbor bacterial communities (in all body habitats) that are most similar in composition to vaginal maternal communities; C-section babies lack bacteria from the vaginal community (e.g. Lactobacillus, Prevotella, Atopobium, and Sneathia spp.). Babies delivered via C-section harbor bacterial communities (in all body habitats) that are most similar to the skin of mothers' communities (e.g. staphylococcus, corynebacterium, or Propionibacterium spp.). At the beginning of life, aerobic and anaerobic staphylococcus, gram-negative diplococci (Neisseriae, Moraxella catarrhalis), diphtheroids and occasional lactobacilli are added. When teeth begin to erupt, anaerobic spirochetes, species of Prevotella (especially Prevotella melaninogenica), Fusobacterium species, species of Rotia, and Capnocytophaga species establish themselves along with some anaerobic vibrione and lactobacillus. Actinomyces species are usually present in tonsillary tissue and on gingivae in adults, and various protozoa may also be present. Yeast (a type of Candida) is found in the mouth. The predominant organisms in the upper respiratory tract, especially the throats, are non-hemolytic and α-hemolytic streptococcus and neisseriae. Staphylococcus, diphtheroids, haemophilia, pneumococcus, mycoplasma and prevotella are also found. The normal microbiota of the human gastrointestinal tract is divided into sections, allowing digestion and absorption of nutrients in the proximal area to separate from the vast microbial populations in the colon. At birth, the intestines are sterile, but organisms are soon injected with food. The environment (e.g. maternal vaginal, fecal or cokin microbiota) is a major factor in determining the early microbial profile. Many early studies have reported that the intestinal microbiota of breastfeeding babies is dominated by bifidobacteria. However, recent studies using micro-array and quantitative PCR show that most children develop bifidobacteria only a few months after birth and then persist as a minority. Children who are fed with a bottle have more mixed flora in the intestines, and lactobacillus are less visible. As eating habits develop to an adult pattern, the flora of the intestines changes. Diet has a noticeable effect on the relative composition of the intestinal and fecal flora. For example, it has been shown that people on whose diets have an increased abundance of bile-tolerant bile-tolerant (Alistipes, Bilophilia, and Bacteroides) and declining levels of firmicutes that assimilate dietary plant polysaccharides (Roseburia, Eubacterium rectale, and Ruminococcus bromii). The intestines of newborns in intensive care centers are usually colonized by Enterobacteriaceae such as Klebsiella, Citrobacter, and Enterobacter.From hundreds of philotypes found in the human stomach, only Helicobacter pylori is preserved in this environment. In the upper intestine, bacterial populations associated with the mucosa include phylum Bacteroids and members of Clostridiales, and those of lumen may include members of enterobacteria and enterocococcs. In a normal adult colon, 96-99% of residents of bacterial flora consists of anaerobics. The six main phila predominate; these bacteroids, firms, actinobacteria, verrucomicrobiota, Fusobacteria, and Proteobacteria.Normal Microbiota urethra of the Anterior urethra of both sexes contain a small number of the same types of organisms found on the skin and perines. In the human anterior urethra, S. epidermidis, enterococcus, and diphtheroids are often found; E. coli, Proteus, and Neisseria (non-pathogenic species) are reported from time to time (10 to 30 percent). Because of the normal flora living in the urethra, it is necessary to take care of clinically interpretive urine cultures; urine samples may contain these organisms at 104/ml unless a sample of the middle current (pure catch) is obtained. Normal vaginal microbiota after birth, aerobic lactobacilli appear in the vagina and persist as long as the pH remains acidic (several weeks). When the pH becomes neutral (staying so until puberty), the mixed flora of cocci and bacilli is present. During puberty, aerobic and anaerobic lactobacillus appear in large quantities. After menopause, lactobacillus decrease again in quantity, and the mixed flora returns. Normal vaginal flora includes group B streptococcus in 25% of women of childbearing age. Normal vaginal flora often includes α-hemolytic streptococcus, anaerobic streptococcus (peptostrotococcus), species of prevotella, clostridium, gardnerella vaginosis, uricyneptics of ureaplasma, and sometimes listeria or Mobiluncus species. Cervical mucus has antibacterial activity and contains lysozyme. In some women, vaginal introitis contains heavy flora resembling the perineum and perianal area. This can be a predisposing factor in recurrent urinary tract infections. Vaginal organisms present during childbirth can infect a newborn (e.g. group B streptococcus). Normal microbiota conjunctiva Prevailing conjunctiva organisms are diphtheroids, S epidermids, and non-hemolytic streptococcus. Neisseriae and gram-negative bacilli resembling hemophilia (a species of Moraxella) are also often present. Conjunctival usually tested tears that contain antibacterial lysozyme. Lysozyme.