

## **Microbial diversity of fermented foods**

### **Abstract**

Fermentation is an age-old chemical process which plays a vital role in various aspects of food processing all over the world and helps in enhancing flavour, value addition and provides many health benefits to the consumer. Fermentation has multi directional role and significance in food processing. Over the years, research on fermentation has continued to advance, demonstrating its potential use in the production of pharmaceuticals, a wide variety of bio-based products, and sustainable biofuels. Fermentation has lately attracted renewed interest as sustainable agriculture and food production has become more and more important. There are variety of fermented products which are manufactured commercially and are being consumed by mass population due to their several beneficial health aspects. The process of fermentation includes various steps such as introduction to microbes, breakdown of sugar, maintenance of pH and enhancement of flavour. This review provides an information about various food products prepared by fermentation in food industries, their potential health benefits, value addition of raw materials and the science behind it. Although food was traditionally preserved by fermentation, this process is becoming increasingly popular today since it produces nutritious food items with benefits beyond just basic nutrition and flavour. Foods that have undergone fermentation increase the body's immunity against harmful bacterial infections and strengthen the immune system. During fermentation, a variety of biochemical changes take place that may have an impact on the nutritional components and, in turn, the end product's characteristics, such as digestibility and bioactivity.

Keywords: Fermentation, microorganism, probiotic, value addition,

### **Introduction**

Fermentation is a fundamental chemical process that breaks down intricate materials into simpler ones using the powerful actions of microorganisms or enzymes. These microscopic beings efficiently handle the metabolic aspects of fermentation, an integral part of human civilization which has played a pivotal role for countless centuries. Its indispensability is showcased by its significant influence on various facets of our daily lives like the manufacture of

sustenance and beverages, as well as ground-breaking developments in biotech. Fermentation research has constantly evolved through the ages, proving its potential utility in producing sustainable biofuels alongside drugs and diverse range of bio-based merchandise. Additionally, it occupies a crucial position in traditional food preservation techniques and flavour generation (Yu et al., 2010). As we take strides into the 21st century, there remains a continued emphasis on exploring fermentation's ability in enhancing food safety sustainability and wellness advantages (Ganzle, 2015). It acts as an essential metabolic method for fermenting food. Microscopic organisms including bacteria yeast mould convert organic components during this complex biochemical process involving fermentation. These microorganisms utilize a range of substrates comprising sugars yielding varied end products such as alcohol organic acids gases. Often, these final goods are accompanied with an expansion of second-gen metabolites.

Globally, a range of fermented products carrying exclusive characteristics and cultural worth have been produced due to the variety of fermentation procedures powered by a wide array of microorganisms (Tamang et al., 2016). As the importance of sustainable agriculture and food production grows, interest in fermentation has recently revived. Communities engaged in seeking more eco-friendly remedies for environmental issues have been attracted to their ability to convert agricultural waste into valuable bio resources such as bio fuels and bio plastics. The production of high-quality substances like therapeutic proteins, enzymes, and bio active molecules has also gained from fermentation boosting innovation in the bio pharmaceutical domain. These revelations enhanced our grasp on fundamental mechanisms leading to new food processing techniques like precision fermentation and functional foods creation. This comprehensive study is aimed at providing a current overview of fermentation processes from historical roots to its diverse deployments in twenty-first century life, the role played by microscopic organisms and how fermentation impacts various food industries. Furthermore, we will scrutinize recent advances in fermentation technology alongside the hurdles and opportunities that still remain for us to harness this age-old yet ever-evolving biological process to its full potential (Marco et al., 2017).

## **Mechanism of fermentation**

Fermentation Mechanisms: Peeling back the science behind beloved products such as yogurt

t,beer,andbread.

**Microbial Metabolism:** Microbes form the backbone of fermentation itself. Sugars and organic molecules become the diet for bacteria and yeast, converting them into simpler components. With this metabolic activity comes a range of by-products, effectively fueling bacteria. By understanding microbial metabolism in fermentation, industries like bio fuels, medicinal drugs, and food production can gain a foothold. To make the most out of yields, quality control, and profitability during fermentation processes – it's crucial to grasp the intricate dimensions of microbial metabolism. Glycolysis is one way where glucose changes into pyruvate while generating both ATP and NADH - an enduring process for fermentation. Alongside glycolysis are other vital pathways that play a role in microbial metabolism during fermentation like - tricarboxylic acid cycle (TCA) or pentose phosphate path. **Diverse Microbial Lifeforms** Various microorganisms- bacteria, yeasts & moulds – are used in fermentation processes due to their peculiar metabolic characteristics. For example, *Saccharomyces cerevisiae* or baker's yeast is renowned for its capability to generate ethanol- making it a significant player in the bio ethanol industry (Parapouliet al., 2020).

**Anaerobic respiratory process:** This is a fermentative activity that often takes place in the absence of oxygen. In situations where oxygen is scarce, bacteria turn to fermentation instead of oxidative phosphorylation. Microorganisms must undertake this switch in metabolism to survive across a range of environments. The significance of research into anaerobic respiration and fermentation extends beyond just biology to encompass the pharmaceutical sector as well. Penicillin is one among many antibiotics produced through fungal and bacterial fermentation. Another vital form of anaerobic respiration is lactic acid fermentation which can often be observed in muscles during intense physical exertion when there's limited oxygen supply. In this process glucose gets converted into lactic acid causing muscle discomfort and fatigue (Baldwin and Haddad., 2019).

**Ethanol Production and flavour development:** *Saccharomyces cerevisiae*, a kind of yeast, is well known for its function in alcoholic fermentation and the formation of flavour. Yeast converts carbohydrates into ethanol and carbon dioxide throughout this process. Beer, wine, and other alcoholic drinks are produced by this method (Krogerus et al., 2015). In addition to preservation, fermentation can also improve flavour. The distinct flavour profiles of fermented foods and drinks are influenced by

the metabolic byproducts of fermentation, such as alcohols, esters, and organic acids (Bokulich and Bamforth, 2013). Baking also heavily relies on fermentation. When yeast breaks down glucose, carbon dioxide is released. This gas becomes trapped in the dough and causes it to rise. The airy and fluffy texture of bread is the result of this leavening process.

**Lactic Acid Fermentation:** This is one of the most prevalent kinds of fermentation. This process, which results in the distinctive tanginess of yogurt, sauerkraut, and kimchi, involves bacteria like *Lactobacillus* converting carbohydrates into lactic acid (Ganzle, 2015). In the food business, lactic acid fermentation is also used to pickle vegetables in order to preserve them. The naturally occurring lactic acid bacteria on vegetables break down carbohydrates into lactic acid, which creates an acidic environment that prevents the growth of microbes that cause spoilage. **Applications in biotechnology:** Beyond the culinary realm, fermentation finds applications that go beyond food production. It has a pivotal role in creating bio fuels, enzymes, and crucial medicinal proteins.

**Probiotic Manufacture:** Probiotics are live microorganisms which provide health benefits to the host when consumed in adequate amount. Fermentation is fundamental to producing foods rich in probiotics, think yogurt and kefir. These edibles host advantageous bacteria which have been known to improve gut health while boosting overall wellness. The popularity of probiotics - live microorganisms whose oral consumption is linked with documented health benefits only when ingested in sizeable quantities - has witnessed substantial growth owing to its potential ability to enhance general as well as gastrointestinal well-being. Probiotics help in improving gut health and immune system. Examples of probiotics are yogurt, kefir, kombucha, cheese, kimchi, miso, and pickles (Marco et al., 2017).

**Prebiotics:** These are non-digestible food ingredients which help in the growth of beneficial microorganisms. For example, onion, garlic, soybean, and chicory root.

### **Food items produced by fermentation**

**Kimchi** - hailing from Korea and proudly regarded as their national delight, serves as the genesis for our adventure. Kimchi, a traditional lactic acid fermented vegetable product, is a staple of the Korean cuisine and is made by combining Chinese

cabbage, radishes, fish sauce, spices, and other ingredients. After being fermented by a number of different microbes, the combination is subsequently eaten raw all over the world. The key players in its creation include Napa cabbage and radishes, these are complexly combined with spicy chili peppers, garlic and ginger to manifest a piquant fermented veggie amalgam that also has the additional perk of being rich in probiotics; wonderfully improving gut health whilst leaving your palate truly mesmerized (Taman et al., 2021).

**Kombucha**- It is a fizzy drink with a sweet taste made from bacteria, yeast, sugar and tea. It is a good source of probiotics. This tasty drink was originated in northeast China. The next destination in our adventure is China and Russia, where kombucha has gained a wider reputation across the globe. Kombucha, a fizzy tea crafted by fermenting a mixture of yeast and bacteria called SCOBY is known for its refreshing taste with a tangy aftertaste that might be beneficial to your health (Jayabalan et al., 2014).

**Sauerkraut** - One of the oldest and most popular traditional fermented vegetables is sauerkraut, which has long been used for its therapeutic properties in China. When sauerkraut spontaneously ferments, several microbiological, chemical, and physical changes occur that may compromise the product's safety and quality. When cabbage ferments naturally through lactic acid bacteria, it becomes this zesty delicacy that carries healthy probiotics.

**Kefir** - Middle East/Caucasus: Kefir is a dairy-based drink that goes through fermentation giving it probiotic properties mostly found in the regions comprising of the Middle East and Caucasus. It's a silky-smooth drink with an acidic tinge having its origins in areas encircling the Black Sea produced essentially by fermenting milk using kefir grains (Farnworth, 2005). Kefir has attracted interest recently due to its pleasing organoleptic qualities as well as its anti-hypertensive, anticarcinogenic, hypocholesterolemic, anti-inflammatory, anti-mutagenic, anti-allergenic, anti-bacterial, anti-diabetic, antioxidant, and probiotic effects.

**Tempeh** - a popular Indonesian food, is derived from fermented soybeans and presents a protein-rich profile. The distinct texture and satisfying umami flavour of this food product are contributed by *Rhizopus oligosporus* - an essential mould used in the fermentation procedure (Hesseltine, 1965).

**Miso** - miso paste is at the heart of Japanese cuisine as it serves as a crucial

ingredient for flavorful dishes across the land of the rising sun. Combining soybeans, salt with koji -a mould-based agent-delivers an authentic taste to soups, sauces, and marinades alike (Franz et al., 2014). It is also a rich source of probiotic bacteria; it is good for immune system and works as an anti-infection agent in the body. It is prepared by mixing koji and cooked soybeans.

**Cheese**-The global diversity of cheese-making practices results in a dazzling array of sensational textures and flavours. This intricate craft perfectly illustrates the boundless possibilities that fermentation can bring to life - think creamy Brie from France or smoky blue cheese from the United States. In the process of making cheese, casein is broken down by the use of milk, rennet, starter culture, proteases, and peptidases from secondary microbial flora. These bioactive compounds are then employed in a variety of biological processes.

The effects of cheese in preventing and treating illnesses are mostly due to its vitamin and mineral content as well as bioactive peptides (antihypertensive, antioxidant, opioid, anti-proliferative and antimicrobial peptides and conjugated linoleic acids (CLA)) (Hur et al., 2017). Furthermore, there is an extensive list of other intriguing food items awaiting exploration in future topics.

## **The process of fermentation**

### **Stage 1-Introduction of Microbes:**

Fermentation commences with the introduction of specific bacteria into a substrate, usually sugars, which serve as the primary fuel source for these microorganisms. This crucial phase is often referred to as "inoculation". The choice of microbes varies depending on the desired end product, ranging from *Saccharomyces cerevisiae* in bread to *Lactobacillus* in yogurt (Ganzle., 2015).

### **Sugar Breakdown in Stage 2:**

Once the microbes are introduced, they begin breaking down complex carbohydrates into simpler substances such as ethanol, lactic acid, or carbon dioxide. This metabolic transformation plays a vital role in the development of flavor, texture and overall preservation of the final product (Fleet., 2007).

### **Flavor Enhancement in Stage 3:**

The ability to enhance food flavor profile is one of fermentation's most renowned attributes. The unique taste and enticing aroma that characterizes resulting products are brought about by a wide array of volatile compounds produced by microbes during this intricate process including esters, aldehydes and acids (Spitael et al., 2014).

#### **Step 4-pH upkeep:**

Maintaining the right acidity of the environment during fermentation plays a pivotal role in the whole process. To create surroundings that foster their growth and metabolic functions, microorganisms often modify the pH levels by producing acids or alkaline substances (Fleet., 2007). For example, when preparing sourdough bread, lactic acid bacteria reduce the pH, this gives it a distinctive tangy taste (Gobbetti et al., 2014).

#### **Control and Monitoring in Step 5:**

Precisely regulating and closely watching variables like temperature, humidity, oxygen levels etc are paramount for successful fermentation. These factors directly influence microorganisms' development, activity and even slight fluctuations can significantly alter the final product's quality.

**Time frame:** Fermentation processes vary from weeks to months for products like matured cheeses or can be relatively quick such as hours required to raise bread dough. The duration depends on factors like type of microorganisms involved and desired characteristics of the end product. Fermentation can also act as a natural preservative while adding flavour. The acidity and production of antibacterial elements during fermentation allows many fermented foods to have longer shelf lives (Doyle, 2007).

#### **Various aspects of fermented foods.**

Fermented foods are rich in vitamins, minerals, proteins and fibre. These foods act as potential probiotics and antioxidants due to which we get numerous health benefits. Value addition is another significant role of fermented food products which leads to enhancement of flavour, improvement of texture, shelf life is extended and gives a diverse flavour with unique aroma.

Different types of microorganisms are used in the metabolic process of fermentation, including bacteria (e.g., *Lactobacillus* and *Bifidobacterium*), yeasts such as *Saccharomyces* and some moulds. Preservation of foods can be easily done by fermentation naturally.

In food industries fermented foods are produced on a large scale with proper quality control, consistency and safety.

**Table 1. List of fermented foods.**

| Fermented foods | Health benefits                                    | Value addition                           | Microorganisms involved  | Raw materials used             | References                                      |
|-----------------|--|--|--|--------------------------------|---|
| Yoghurt         | Probiotics for gut health, calcium source, protein | Flavour enhancement, texture improvement | Lactic acid bacteria ( <i>Lactobacillus bulgaricus</i> , <i>Streptococcus thermophilus</i> ) | Milk                           | Parvez et al., 2006.<br><br>Tamang et al., 2010 |
| Kimchi          | Rich in vitamins (C, K), probiotics, antioxidants  | Enhanced flavour, preservation           | Lactic acid bacteria ( <i>Lactobacillus plantarum</i> ), wild yeast                          | Napa cabbage, radishes, spices | Cheigh and Park., 1994.                         |
| Kombucha        | Probiotics, antioxidants,                          | Fizzy drink, pleasant                    | Symbiotic culture of   | Tea, sugar, SCOBY              | Dufresne et al., 2000.                          |

|            |  |                                       |   |                                  |  |
|------------|--|---------------------------------------|---|----------------------------------|--|
|            | potential detox effects                        | taste                                 | bacteria and yeast (SCOBY)  |                                  | Vina et al.,2014.                          |
| Sauerkraut | High in Fiber, probiotics, vitamin C           | Improved flavour, preservation        | Lactic acid bacteria ( <i>Lactobacillus</i> species)                | Cabbage, salt                    | Marco et al.,2017.<br>Sanchez et al.,2016. |
| Miso       | Good source of protein, vitamins, and minerals | Umami flavour, extended shelf life    | <i>Aspergillus oryzae</i> (for koji), Lactic acid bacteria (varies) | Soybeans, salt, rice/barley koji | Hutkins., 2006.<br>Ray and Ward., 2008.    |
| Tempeh     | Rich in protein, probiotics, vitamins (B2, B3) | Nutty flavour, firm texture           | <i>Rhizopus oligosporus</i> (s tarter culture)                      | Soybeans                         | Steinkraus.,1995.<br>Hesseltine.,1979.     |
| Kvass      | Probiotics, low-alcohol content, vitamin C     | Refreshing taste, extended shelf life | Lactic acid bacteria ( <i>Lactobacillus</i> species)                | Bread, water, sugar, flavourings | Wang et al., 2022.<br>Sanko et al.,2017.   |

|                             |   |                                       |  |                                 |   |
|-----------------------------|---|---------------------------------------|--|---------------------------------|---|
| Sourdough Bread             | Easier digestion, lower glycaemic index | Unique flavour, longer shelf life     | Wild yeast ( <i>Saccharomyces cerevisiae</i> ), lactic acid bacteria ( <i>Lactobacillus</i> species) | Flour, water                    | De Vuyst and Neysens.,2005.<br><br>Steinkraus.,1996 |
| Pickles (Lactose-fermented) | Probiotics, vitamin K                   | Tangy flavour, extended shelf life    | Lactic acid bacteria ( <i>Lactobacillus</i> species)   | Cucumbers, salt, spices         | Fu.,2020.   |
| Natto                       | High in protein, vitamin K2             | Unique flavour, sticky texture        | <i>Bacillus subtilis</i> (starter culture)   | Soybeans                        | Liu et al., 1998. Fox et al.,2004.                  |
| Cheese                      | Good source of calcium, protein         | Diverse flavours, extended shelf life | Various lactic acid bacteria, moulds, yeasts   | Milk, rennet, specific cultures | McSweeney et al.,2013.<br><br>Tamang et al.,2010.   |
| Fermented fish paste        | Rich in protein, essential fatty acids  | Unique taste, preservation            | Salt-tolerant lactic acid bacteria, moulds   | Fish, salt                      | Steinkraus.,1996.<br><br>Nishida                    |

|                     |   |                                |  |                       |                                 |
|---------------------|---|--------------------------------|--|-----------------------|---------------------------------|
|                     |   |                                |  |                       | et al.,2008.                    |
| Cocoa               | Improved flavour, potentially probiotic | Enhanced aroma, preservation   | Wild yeasts, lactic acid bacteria                          | Cocoa beans           | Papalexandratou and Vuyst.,2011 |
| Fermented soy sauce | Rich in umami flavour, antioxidants     | Enhanced flavour, preservation | <i>Aspergillus oryzae</i> (for koji), lactic acid bacteria | Soybeans, wheat, salt | Luh.,1995                       |

**Yoghurt:** Yoghurt is a salutary additive to one's eating patterns since it comes with probiotic characteristics that endorse intestinal wellness. Furthermore, it represents an excellent supply of protein and calcium. The noteworthy aspect of yoghurt is such that it enhances health as well as the tang and texture of nourishment. Moreover, its maturation procedure commences with milk functioning as the initial material, relying heavily on lactic acid bacteria, particularly *Lactobacillus bulgaricus* alongside *Streptococcus thermophilus* (Parvez et al., 2006).

**Kimchi:** Kimchi represents a customary Korean dish possessing probiotics, antioxidants together with nutrients like vitamins C & K among others. Besides enriching flavour of victuals, it also functions as a preservation mechanism. Constituents like Napa cabbage coupled up with radishes combined together with spices undergo fermentation under the influence of lactic acid bacteria specifically *Lactobacillus plantarum* allied to wild yeast (Cheigh and Park., 1994).

**Kombucha:** The renowned fermented tonic kombucha gained notoriety for its probiotics, clutching antioxidants as well as probable purifying properties. It won acclamation for its fizzling palatable flavour. Generally raw input constituents consist of tea along with sugar along with SCOBY in fermentation process which makes use of symbiotic culture comprising bacteria plus yeast (SCOBY) (Dufresne and Farnworth., 2000).

**Sauerkraut:** Sauerkraut owes its immense popularity to the abundance of fiber, probiotics, and Vitamin C that it possesses. The fermenting process helps enhance taste and extend shelf life. The fermentation of cabbage utilizing salt as its primary constituent is facilitated by various strains of lactic acid bacteria, prominently *Lactobacillus* species (Macfarlane et al., 2011).

**Miso:** is a versatile fermented food, also boasts of being a rich source of vitamins, minerals and protein. It prolongs the lifespan of products while adding an umami taste to dishes. Soybeans combined with salt and rice or barley koji form the raw materials during the fermentation along with *Aspergillus oryzae* for koji and different strains of lactic acid bacteria (Hutkins., 2006).

**Tempeh:** Tempeh derived from soybeans offers not only an excellent supply of protein but also probiotics and vitamins B2 and B3. Its solid structure paired with a nutty flavor makes it a favored meat substitute option. To initiate the fermentation process *Rhizopus oligosporus* is used as a starting culture (Steinkraus., 1995).

**Kvass:** Kvass is an exciting beverage option as it combines probiotic-rich attributes with low alcohol levels while ensuring high vitamin C content too. In terms of storage capability, it outranks others in its class while holding on to its distinctively pleasant flavor profile. Bread mixed with water sugar and flavorings are key contributors during fermentation together with lactic acid bacteria primarily *Lactobacillus* species.

**Sourdough Bread:** When compared to regular bread, sourdough bread's glycemic index is lower and easier to digest. It stays fresh for a longer period of time and has a unique taste. The primary ingredients used are wheat and water, requiring fermentation by naturally occurring wild yeast such as *Saccharomyces cerevisiae* plus lactic acid bacteria (De Vuyst and Neysens.,

2005).

**Pickles:** Lacto-fermented pickles provide vitamin K and probiotics. They have a tart flavor and last along time on the shelf. The fermentation process involves cucumbers being fermented with salt as well as spices using lactic acid bacteria primarily from the *Lactobacillus* strain.

**Natto:** Famous for its thick consistency and distinct taste, natto is packed with protein plus vitamin K2. Soybeans are utilized as raw material for fermenting it while *Bacillus subtilis* serves as the starting culture (Liu et al., 1998).

**Cheese:** Cheese is a dairy product that contains substantial quantities of calcium and protein. It has an extended shelf life plus various flavor. Basic ingredients utilized in its fermentation process include milk, specific cultures, and rennet while multiple types of lactic acid bacteria strains, yeasts, molds facilitate this process (McSweeney et al., 2013).

**Fermented Fish Paste:** Fish that has undergone fermentation produces an appetizing paste that is brimming with valuable protein and crucial fatty acids. Notably, it imparts a remarkable taste while serving as an effective method of preservation. During fermentation, fish and salt are employed as starting ingredients. This transformative process is facilitated by bacteria that can tolerate high levels of salt and moulds (Nishida et al., 2008).

**Cocoa Beans:** Renowned for their taste enhancement and perhaps probiotic attributes, fermented cocoa beans help maintain freshness and enhance aroma. During fermentation, wild yeasts and lactic acid bacteria are utilized. The raw material of choice is cocoa beans (Papalexandratou and Vuyst., 2011).

**Fermented Soy Sauce:** With high umami taste and abundant antioxidants, fermented soy sauce lifts the palate experience and ensures long-lasting quality. Raw ingredients employed in fermentation include soybeans, wheat, salt along with *Aspergillus oryzae* bacterium, a key ingredient for koji (Luh., 1995).

**Health benefits of fermented foods.**

**Control and prevention from chronic disease**

Fermented foods and beverages are increasingly understood to have a variety of bioactive compounds and related mechanisms of action, despite the challenges in identifying which of the many functional components that make up a single fermented food or beverage may confer the potential health benefit. Studies on humans and animals that evaluate a variety of health-related outcomes at particular intake levels of fermented foods will be helpful in examining the co-regulation of lipid profiles, oxidative stress, cellular energy and metabolism, immune system function, and cognitive support. Information from both human and animal research has been included for a number of the fermented foods that are the subject of this discussion. Additionally, clinical trial methods, dosage schedules, and the incorporation of a variety of secondary endpoints are covered. Furthermore, we must stress that extrapolating an appropriate amount of fermented food and dietary intake level to humans from the current animal research is fraught with substantial complications. The potential health benefits of fermented foods for individuals with chronic illnesses might also be attributed to dietary patterns, the host nutrigenome, and the gut microbiota (Daniell and Ryan, 2012).

### **Cures blood pressure and hypertension**

Blood pressure appears to be lowered temporarily but significantly when blueberries are fermented by *Lactobacillus plantarum* tannase-active probiotic strains (Ahren et al., 2014). Hypertension is a severe condition that is a significant risk factor for cardiovascular disease. It is characterized by a systolic blood pressure of more than 140 mmHg or a diastolic blood pressure of more than 90 mmHg. Systolic and diastolic blood pressure were both dramatically lowered after two weeks of consuming 2 grams of lacto-fermented blueberries per day, but they returned to hypertensive levels two weeks after the intervention finished, according to research using a rat model of hypertension. (Ahren et al., 2014).

### **Maintains glucose and insulin levels**

Up to 50 ginsenosides have been found to date, and they may help regulate insulin and blood sugar levels. Red ginseng roots are another plant that contains bioactive components, such as saponins (ginsenosides) and nonsaponins (Oh et al., 2014). It has been shown that ginseng roots may be fermented to boost the amount of saponins the plant naturally produces. For four weeks, those who took 2.7 g of fermented red

ginseng daily saw lower levels of postprandial glucose and fasting insulin, and higher levels of both (Oh et al., 2014).

### **Controls diabetes**

Discussion is warranted since a fermented papaya preparation (FPP) has proven bioactivity in adult diabetics with specific potential for immune modulation and antioxidants. By directly modulating the response of wound-site macrophages and the subsequent angiogenic response, Dickerson and colleagues provided the first experimental data suggesting that FPP may enhance diabetic wound outcomes (Dickerson et al., 2015). Because FPP has been shown to be safe and has no negative effects on patients' hyperglycemia, the idea that it might treat abnormalities in the respiratory burst capability of peripheral blood mononuclear cells in type 2 diabetes mellitus patients has significance.

### **Acts as anticancer products**

The goal of the therapeutic method is to activate natural killer (NK) cells, which mediate anticancer action through a nonspecific immune response, by fermenting isolated polysaccharides from rice bran by fungus. To be more precise, rice bran was broken down by the carbohydrase that the *Lentinus edodes mycelia* produced. This produced a fraction of active polysaccharides that promote the proliferation of immune cell macrophages, with a focus on NK cell activation and anticancer activity (Choi et al., 2014).

### **Different implementations of fermentation**

#### **Yeast Fermentation for Bread Making:**

*Saccharomyces cerevisiae*, sometimes known as baker's yeast, is the yeast that is used to make bread. The primary products it produces from the fermentable sugars in the dough are ethanol and carbon dioxide. The kind of yeast and the presence of fermentable sugars in the flour, such as maltose from starch hydrolysis, determine how intense the fermentation will be (Hutkins, 2006). Baker's yeast cells want to become osmotolerant in order to avoid fatal damage, but the development of osmotolerant

strains of baker's yeast will require an understanding of the molecular mechanisms involved in high-sucrose stress tolerance, such as the introduction of stress proteins, the accumulation of stress protectants, and the changes in membrane composition (Shima & Takagi, 2009).

### **Alcoholic Fermentation for Beer Production:**

Many of the modern brewers rely on dried yeasts, liquid or frozen preparations from yeast centers and strain collections, as opposed to traditional breweries that have been cultivating their own brewhouse yeast strains for decades or even centuries. In order to appeal to a growing market that values distinctive flavors, some conventional and experimental brewers utilize spontaneous fermentation and have developed their own culture collections over time. The potential of these strain collections is enormous, and an increasing number of brewers are daring to experiment with new and ancient yeasts to produce novel goods such as maltose-negative yeast strains-produced non-alcoholic beers (Methner et al., 2019).

### **Acetic Acid Fermentation for Vinegar Production:**

Two primary processes are used in the industrial production of vinegar: a quick submerged fermentation process and a slow procedure employing static surface acetic acid fermentation. Traditional vinegar manufacture often uses static fermentation. Although the fermentation process takes a while to finish, this method produces good-quality products at a low cost in terms of plant investment. Static fermentation of an alcoholic vinegary liquid (moromi) is done in suitable covered containers, which is thought to be a good method of avoiding bacterial infection. The moromi's surface is covered with a crepe pellicle of acetic acid bacteria within a few days, at which point the fermentation starts and lasts for almost a month. There are no rigorous sterilizing procedures in this process.

### **Fermentation for Biofuel Production:**

The low cost of biofuels has not materialized as promised. Although they have a lower energy density, alcohols are now a more promising biofuel than biodiesel or hydrocarbons because their synthesis routes don't rely as much on the supply of ATP

and because they can ferment anaerobically. Large quantities of ATP are needed for the production of hydrocarbons and biodiesel, which is often limited to aerobic environments and whose productivities are extremely sensitive to the P/O ratio (He et al., 2014; Varman et al., 2014).

### **Fermentation in Pharmaceutical Industry (e.g., Antibiotics):**

The strong correlation that exists between particular illnesses and microbial activity justifies the function of microorganisms. Numerous discoveries and innovations, as well as significant developments in the pharmaceutical and medical sectors, have been made possible by microbiology. Though many microorganisms are important for the immune system and digestive system, they also cause a variety of microbial infections and infectious illnesses, including HIV. Pharmacists and microbiologists are collaborating to develop medication treatments that specifically target bacteria that cause opportunistic infections instead of the human body's host cells. Antibiotics are antimicrobial agents with the power to either stop or eradicate bacteria, fungus, and other microorganisms. These are the components that the bacterium produces and which work against the growth of other microorganisms. Due to advances in medical research, the majority of antibiotics used today are natural substances derived from microbes, such as penicillin and some fungi called *Penicillium* (Gaynes, 2017).

### **Nutritional Analysis of fermented foods**

Additionally, novel chemicals with potential to modify health can be produced by fermentation. One such metabolite that is frequently produced in levels above 1% during LAB fermentations is lactic acid. It has recently been demonstrated that lactic acid (or lactate) decreases, in a dose-dependent way, the pro-inflammatory cytokine production of TLR-activated, bone marrow-derived macrophages and dendritic cells (Iraporda et al., 2015). By lowering the load of reactive oxygen species in intestinal enterocytes, lactate also modifies the redox state (Kahlert et al., 2016). As a result, if some lactic acid or perhaps other organic acids from fermented meals make it to the small intestine, those cell products may offer one of the main advantages of such foods.

Other compounds produced by fermentation that are obtained from microorganisms usually rely on the strain. Certain bacteria found in plant and dairy foods may manufacture the B vitamins, including folate, riboflavin, and B12, from a variety of non-vitamin precursors (Chamlagain et al., 2015). Fermentation also produces amino acids and their derivatives that have immunomodulatory and neurotransmitter properties, such as  $\gamma$ -aminobutyric acid (Bacerra et al., 2015). Furthermore, some exopolysaccharides and secreted proteins generated during food fermentations may have anti-oxidant properties, inhibit pathogen adhesion to intestinal mucosa, or provide immunostimulatory or hypocholesterolemic effects. In addition to serving as prebiotics, certain polysaccharides are fermented to short chain fatty acids by the gut flora (Salazar et al., 2016).

## Conclusion

This review depicts that fermentation in food processing plays an important role in enhancing the flavour of our food products and leads to value addition. We can conclude here that fermentation has bidirectional aspects with respect to food quality and plays an important role in economy all over the world. We can say that fermentation is one of the most important chemical processes involved in food processing which leads to many health benefits and value addition of food products. Fermented food products and beverages are historically an important part of human diet and provides many health benefits.

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