

Role of Probiotics in Aquaculture with Special Reference to Water Quality, Disease Control and Feed Digestibility

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Abstract

To increase the feed efficiency and disease resistance among the fish species and other culture organisms, use of probiotics proven to be instrumental for aquaculture. Probiotics affect the water quality and disease causing microorganisms by improving the quality of water and decreasing the rate of infection in an aquatic system. Further, the effect of probiotics on the gut microbiota has also been discussed. In the present review article, an attempt has been made to gather the data pertaining to the effect of probiotics on the water quality, infection and digestibility in aquatic organisms with special reference to aquaculture.

Keywords : *Probiotics, water quality, aquaculture, disease resistance, Infection*

Introduction

It goes without saying that aquaculture plays a pivotal role in the food requirements of a country. Aquaculture is the fastest growing food producing industry with an average annual growth rate of 8.9 % . A large number of the world population depends upon this to fulfil the nutritional requirements. It is practiced in various agro-climatic zones including tropical to temperate regions. (Subasinghe, 2005). In the present scenario, due to several anthropological activities, excessive use of chemotherapeutic substances and pesticides for over production, the aquaculture is drastically affected in terms of water quality. Further, due to high stocking density and disease caused by various fish pathogens, the production of aquaculture has decreased remarkably. (Bondad-Reantaso, 2005; Gaddi Pati *et al.*, 2015). This directly affects the economy of the country. Over stocking and over production, accumulation of excessive organic matter formed by feces and feed of aquatic organisms and phytoplanktons in aquaculture leads to the growth of a number of pathogens. Moreover, degradation of organic matters leads to the oxygen consumption and formation of a number of nitrogen wastes such as ammonia, nitrites and nitrates . Removal of these substances becomes mandatory for a sustainable aquaculture system. Therefore, to maintain the water quality and reduce the pathogens in an aquaculture system, use of probiotics is of great importance. (Sahu *et al.*, 2008)

What are Probiotics?

In Greek, the meaning of “pro” and “bios” is “profile” ((Schrezenmeier *et al.*, 2001). According to Parker (1974) ,probiotics may be defined as “organisms and substances which contribute to intestinal microbial balance”. Fuller (1989) described probiotics as “a live microbial feed supplement which beneficially affects the host animal by improving its intestinal microbial balance.” Probiotics may also be defined as “a live microbial adjunct which has a beneficial effect on the host by modifying the host- associated or ambient microbial community by ensuring improved use of the feed or enhancing its nutritional value, by enhancing the host response towards disease, or by improving the quality of its ambient environment.” (Verschuere *et al.*, 2000). As defined, a probiotic should benefit the host either nutritionally or by changing its immediate environment (Kesarcodi-Watson *et al.* 2008). According to FAO/WHO definition of a probiotic “live microorganisms which when administered in adequate amounts confer a health benefit on the host” (as reviewed by Colin Hill *et al.*, 2014) Probiotics may also be defined as “monocultures or mixed cultures of microorganisms applied to animals or humans that benefit the host by improving properties of indigenous microflora” (Havenaar, R. Huis, I, 1992). Gatesoupe in 1999, defined probiotics as “microbial cells administered in a certain way, which reaches the gastrointestinal tract and remain alive

with the aim of improving health”. Lazado *et al.* (2014a,) defined probiotics as ‘live or dead, or even a component of the microorganisms that act under different modes of action in conferring beneficial effects to the host or to its environment’

Use of Probiotics in Aquaculture

In 1905, Dr. Elie Metchnikoff described the positive role of some bacteria among farmers who consumed pathogen-containing milk and that “reliance on gut microbes for food makes it possible to take steps to change the flora of our bodies and to replace harmful microbes by beneficial microbes”. However, a formal application of probiotics in aquaculture was implemented first by Kozasa (1986) by using spores of *Bacillus toyoi* as feed additive to increase the growth rate of yellow tail, *Seriola quinqueradiata*. (As described by Cruz *et al.*, 2012)

Probiotics Improve the Water Quality

It has been investigated that probiotics affect the water quality in an aquaculture system (Boyd, *et al.*, 1998; Nimrat *et al.*, 2012).

In 1991, Porubcan stated that *Bacillus* sp have an ability to increase productivity of *Penaeus monodon* farming and they also help to increase water quality by decreasing the concentrations of ammonia and nitrite. A number of studies have shown that besides playing a significant role in maintaining an optimum level of ammonia in cultured ponds, probiotic bacteria are also responsible for

the decomposition of organic matter and production of food material from dissolved organic matter. (Jana ,B.B.and. De U.K, 1990)

Nimrat *et al* (2012) during their study, compared the water quality of treated and control ponds and showed that administration of mixed probiotics (*Bacillus* sp) affects the growth of beneficial bacteria. They act as enhancer to improve the water quality as level of ammonia, pH and Nitrite were noticeably decreased.

Sunitha *et al.* (2013) during their experimentation, stocked three fish species in three different earthen ponds. The three species were catfish (*Pangasius sutchi*) and Indian major carps, catla (*Catla catla*) and rohu (*Labeo rohita*). In two ponds , the probiotics *Nitrosomonas* and *Nitrobacter* species were used and the remaining pond was used as control. The results showed that the concentrations of ammonia, nitrite and orthophosphates were higher in control ponds than in the treated ponds. In treated ponds, zooplankton and beneficial bacterial loads were observed to be increased whereas pathogenic *Pseudomonas* loads decreased. They concluded that use of probiotics maintains an optimum level of water parameters (dissolved oxygen, ammonia, nitrite ,nitrate and phosphate, bacterial loads and zooplanktons) thus acting as an instrument for growth, survival and prevention from disease in aquaculture (Sunitha *et al.* ,2013).

Probiotics and Feed Digestibility

Use of probiotics in aquaculture has shown nutritional benefits such as improving feed digestibility and feed utilization (Fuller 1989; Kesarcodi-Watson *et al.* 2008; Das *et al.*, 2008).

It is stated that metabolism of the microorganisms plays an important role in biogeochemical cycles/processes in the aquatic environment through the processes of aerobic and anaerobic decomposition. Probiotics play an important role in recycling of organic matter. They also help to dissolve insoluble inorganic salt and regeneration of nutrients. (Das *et al.*, 2008). Thus, having a positive effect on the utilization of nutrients, digestibility and growth. (Ravi *et al.*, 1998)

Probiotics decompose the organic matter, producing a variety of exoenzymes like proteases, lipases. These exo-enzymes play an important role in improvement of feed digestibility and help in digesting the undigested feed by degrading the undigested feed and feces in a pond (Das *et al.*, 2008). They are a good stimulator of appetite ,help in absorption of nutrients and play an important role to modulate the immunity. (Irianto, A, Austin B., 2002)

Probiotics in Disease Control

Studies have revealed that probiotic bacteria are proven to be beneficial for the health of the host (Guarner and Schaafsma, 1998). They have an inhibitory action on pathogens. The widely used probiotic species are *Bacillus sp.* (Banerji *et al.*, 2007),

Lactobacillus (Rollo *et al.*, 2006), *Saccharomyces sp.* (Ahilan *et al.*, 2004), *Enterococcus sp.* and *Bacillus subtilis* (Ghosh *et al.*, 1999). These species are now used for oral bacteriotherapy in aquaculture. *Bacillus sp.* have been shown to produce bacteriocins- the antimicrobial peptides produced by the bacteria that inhibit the growth of closely related pathogenic strains. Yeast *Saccharomyces cerevisiae* reported to show immunostimulatory activity and the production of inhibitory substances. (Das *et al.*, 2008) thus helping in disease control. Moriarty (1998) showed that *Bacillus spp.* decrease the proportion of *Vibrio spp.* in shrimp ponds.

Further, Probiotic bacteria act as competitors for attachment sites in the gut and nutrients in the aquatic environment. They alter enzymatic activity of pathogens. They have shown immunostimulatory functions. (Balcazar *et al.* 2006).

Marine *Actinobacteria* are proven to be magnificent probiotics for aquaculture. As reviewed by Das *et al.* (2006a) *Actinobacteria* isolated from the marine environment include *Aeromicrobium*,, *Marinophilus*, *Salinispora*, *Marinispora*, *Solwaraspora*, *Salinibacterium*, *Kocuria*, *Williamsia*, and *Verrucosipora*, in addition to *Actinomyces*, *Actinopolyspora*, *Micromonospora*, *Micro- polyspora*, *Nocardia*, *Rhodococcus*, *Streptomyces*, *Strepto sporangium*, and *Streptoverticillium*.

You *et al.* (2005) stated the effect of probiotic actinomycetes on pathogenic

Vibrio sp. in shrimp culture. He was of opinion that marine actinomycetes are remarkable probiotic strains due to their ability to degrade macromolecules, such as starch and protein in culture pond water; the production of antimicrobial agents and the formation of heat- and desiccation-resistant spores. Studies have shown use of marine actinomycetes to control the aquatic pathogens. In aquaculture practices formation of biofilm by a number of pathogenic microorganisms leads to disease outbreak. You *et al.* (2007) reported that marine actinomycetes work against biofilms produced by *Vibrio* sp, thus helping in prevention of infection caused by *Vibrio* sp. Das *et al.* (2006b) studied the use of *Streptomyces* on the growth of black tiger shrimp and found a positive effect on the growth and survival of black tiger shrimp.

Studies have revealed that a number of compounds are produced by these probiotics having bactericidal effect like antibiotics, siderophores and exoenzymes (proteases and lipases) An antibiotic product was extracted from marine actinomycetes and after mixing with feed, *in vivo* studies have shown that this product was quite effective on white spot syndrome virus in black tiger shrimp (Kumar *et al.*, 2006). *Streptomyces* release antibiotics that act upon the competing microorganisms in an aquatic environment. These antibiotics are small molecules and interfere with gyrase protein that help in DNA replication. As a result, growth of the bacterial population

was hampered due to abnormal division. However, as reported by Das *et al.* (2008) *Streptomyces* protects itself from its own antibiotics by the production of efflux pumps (used against the influx of antibiotics), ribosomal protection proteins (protect ribosome and prevents interfering with protein synthesis), and modifying enzymes (neutralize antibiotics by the production of acetyl or phosphate groups).

Actinobacteria are saprophytic microorganisms. They are capable of being involved in the process of mineralization and nutrient cycles in the aquaculture ponds. Being colonized in the host intestine, they produce exoenzymes helpful in facilitating feed utilization and digestion. Moreover, they play an important role in the resistance to infectious diseases by producing antibacterial substances. According to Wang *et al.* (2008), these probiotics adhere and colonize on the mucosal surfaces of the intestine, thus exhibit protective mechanisms against pathogens.

Number of species of *Pseudomonas* and *Aeromonas* have been reported pathogenic and reported to cause skin ulcerations like Epizootic ulcerative syndrome (EUS), albinoderma, erythroderma, tail and fin rot and hemorrhagic septicemia (Das, 2004). Padmavathi *et al.* (2012) and Sunitha *et al.*, (2013) showed that with the introduction of probiotic bacteria the disease causing species were suppressed by the probiotics

as they have a stronger appetite thus eliminating the bad bacteria.

Gaddipati *et al.* (2015) in their study demonstrated that Ecotech is a mixture of probiotic microorganisms and gave an effective zone of inhibition. They further stated that a minimum effective dose (μ l) of Ecotech was sufficient to inhibit the growth of pathogenic *Vibrio sp* in the shrimp industry. The probiotic preparation includes a combination of bacterial strains viz. *Lactobacillus bulgaricus*, *Lactobacillus plantarum*, *Streptococcus thermophilus*, *Enterococcus faecium*, *Enterococcus faecalis*, *Bifidobacterium sp.* and *Escherichia coli*.

Probiotics and Gut Microbiota of Cultured Organisms

It is important to have an optimum population of gut microbiota for maintaining gut health. Occurrence of any infection causes disturbance in naturally inhabiting microorganisms in the gut which leads to several health-related issues. . Supplementation of dietary probiotics improves fish health (Han *et al.*, 2015). Further, for maintaining the gut health of cultured organisms a proper selection of probiotic supplement is essential as it varies greatly from one species to another. Some important bacterial species with probiotic potential are *Bacillus sp.*, *Micrococcus sp.*, *Enterococcus sp.*, *Phaeobacter sp.*, *Shewanella sp.*, lactic acid bacteria, and *Pseudomonas sp* that play an important part in maintaining the gut flora in fish (Lobo *et*

al., 2014; Merrifield *et al.*, 2010a, b).. Newaj-Fyzul *et al.* (2007) reported that probiotic dietary supplement enhanced the beneficial population of bacterium *Bacillus subtilis* in rainbow trout and colonization of *B. subtilis* on the gut epithelial surface protects against pathogenic strain of *Aeromonas sp.* Similar results were shown by Bagheri *et al.* (2008), who used commercial probiotic product (Bioplus) containing a mixture of *B. subtilis* and *Bacillus licheniformis*. Similarly, an enhancement in the population of *B. subtilis* on the intestinal mucosal surface has been observed in four fish species (*Poecilia sphenops*, *Xiphophorus maculatus*, *Poecilia reticulata*, and *Xiphophorus helleri*) fed with *B. subtilis* containing diet and (Ghosh, Sinha, & Sahu, 2008).. Among several probiotic strains, *lactobacillus* groups as probiotics in aquaculture have been studied extensively. Studies have shown that due to their property to colonize on the epithelial surface of the gut, lactobacilli has beneficial effects on gut microbiota (Merrifield & Carnevali, 2014) Modulation of gut microbiota by probiotics is independent of age and maturation ranging from larvae to adult (Merrifield & Carnevali, 2014) . However, a number of factors like water quality, temperature and pH, timing of probiotic diet and age of fish may influence the properties of probiotics.

A number of factors such as strain, species, temperature, water activity, hydrogen-ion concentration (pH), oxygen and osmotic pressure influence the

functioning of probiotics. So, special attention must be paid during the process of selection of a probiotic strain, as in probiotic research, screening experiments involve a large number of tests to obtain a promising strain (Kesarcodei-Watson *et al.* 2008).

Conclusion

It may be concluded that probiotics are the appropriate alternative to maintain the sustainability of an aquatic environment. They are proven to be effective as far as water quality, disease control and feed digestibility is concerned. However, further

research should be carried out in estimation of appropriate doses and quantity incorporated with feeds and in consortium of bacteria and various physical and chemical factors those affect the probiotics must be studied

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