exerts health promoting benefits through biological enrichment of food substrates with protein, essential amino acids, essential fatty acids, and vitamins. It may also assist in the destruction or detoxification of certain undesirable compounds which may be present in raw foods. In many cases, production methods of different traditional fermented foods were unknown and passed down to subsequent generations as family traditions as in fermented milk product.

There are different fermented products in India such as Idli, Dosa, Dhokla, Bhatura, Misti dahi, Kadhi, Grundruk, Sinki, etc. For preparation of fermented products starter culture is required. Starter culture is selected desirable microorganisms that are intentionally added to the base material to initiate and accomplish the desired fermentation in fermented products under controlled conditions. Lactic acid (LA) fermentation of foods as milk, vegetables and fruits is a common practice to preserve and improve the nutritional and sensory features of food. Most of lactic acid bacteria (LAB) were isolated from various traditional naturally fermented foods and observed as lactic acid bacteria are the predominant microflora of fermented products. Indian traditional fermented foods are generally fermented by LAB such as Lactococcus spp. Lactobacillu splantarum, L. pentosus, L. brevis, W. koreenis, W. cibaria, etc. and they are considered as the probiotic source from these foods. Availability of certain specific nutrients such as vitamins, minerals and carbon source and also acidic nature of fruits and vegetables provides a growth medium for fermentation by LAB. Probiotics are the live microorganism which is administered in adequate amount it will give health benefits to the consumer (FAO, 2002), such as Lactobacillus plantarum, L. casei, L. acidophilus, and Streptococcuslactis, which are supplemented by food that beneficially affect the host by improving its intestinal balance. Several studies have shown that supplementation of probiotics to food provides several health benefits such as reduction of serum cholesterol, improved gastrointestinal function, enhanced immune system, and lower risk of colon cancer. LAB are important for the dairy industry, especially in fermented milk processing because they increase food safety through the release of lactic acid and bacteriocins, produce aromas and flavor and accelerate the maturation process of cheese via their proteolytic and lipolytic activities, bring about desirable food textures via release of polysaccharides that increase the viscosity and firmness, and reduce susceptibility to syneresis. They may also be used to deliver polyunsaturated fatty acids and vitamins, leading to