Claims

1. A food composition for alleviation of autoimmune diseases or inflammatory disease comprising at least one selected from the group consisting of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, culture of said strain, lysate of said strain, and extract of said strain.

2. The composition according to claim 1, wherein the food is health functional food.

3. The composition according to claim 1, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

4. A pharmaceutical composition for the treatment or prevention of autoimmune diseases or inflammatory disease comprising at least one selected from the group consisting of a strain of *Lactobacillus paracasei* KBL382 with Accession No. KCTC13509BP, culture of said strain, lysate of said strain, and extract of said strain.

5. The composition according to claim 4, characterized in that said strain comprises 16s rDNA sequence of SEQ ID NO: 1.

6. A use of a composition comprising at least one selected from the group consisting of a Lactobacillus paracasei KBL382 strain with Accession No. KCTC13509BP, cultures of said strain, lysates of said strain, and extracts of said strain in the manufacture of a medicament for alleviation, treatment or prevention of autoimmune diseases or inflammatory disease.