

# Profound API Overview

## What is an API?

Profound API provides an interface for REST APIs. A REST API is a method of making a routine (any callable piece of logic) available to be called either locally or over a network via the HTTP protocol. This is typically used for code that performs a task, such as:

- Validating information
- Reading from and writing to databases
- Performing business operations
- Interfacing with another system

Without a tool like Profound API to manage your REST APIs, they can become outdated, lost, or unused.

## Profound API provides tools to avoid those concerns by allowing people to:

- Create, organize and expose APIs with ease
- Easily document APIs to help with both consuming and maintaining the APIs
- Quickly find, modify, and test any API within the designer tool
- Review analytical statistics about all APIs across a system via a dashboard that includes charts and summaries
- Integrate easily with consumer applications by using the [openAPI](#) specifications