InnoDB is a [storage engine in MySQL](http://dev.mysql.com/doc/refman/5.1/en/storage-engines.html). There are quite a few of them, and they all have their pros and cons. InnoDB's greatest strengths are:

* Support for transactions (giving you support for the [ACID](http://en.wikipedia.org/wiki/ACID) property).
* Row-level locking. Having a more fine grained locking-mechanism gives you higher concurrency compared to, for instance, [MyISAM](http://dev.mysql.com/doc/refman/5.1/en/myisam-storage-engine.html).
* Foreign key constraints. Allowing you to let the database ensure the integrity of the state of the database, and the relationships between tables
* Tables are stored in a tablespace (unlike MyISAM tables where each table is a file)

The standard MyISAM Storage Engine is ideal for website use, where there are many reads in comparison to writes, and no transactions.