

## Neurological Perspective of Gut Microbiota

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*Published May 16, 2023*

### ABSTRACT

Gut microflora comprising of trillions of various bacteria, protozoan, virus and fungi who live as a super-complex ecosystem in human body mostly (around 70%) in gastrointestinal tract. In habitating skin, mouth, intestine and sexual organs they live as symbiotic, commensal or pathogenic organism in the human body. These gut microflora interplay with bodily metabolic, immune, endocrinal and nervous system which leads to various pathophysiological mechanism for the causation of related disorders. This altered 'Brain gut axis' is responsible for disorders like anxiety, depression, autism, schizoaffective or bipolar disorder and also diseases like Parkinson's disease and multiple sclerosis. Stress, injudicious use of antimicrobials, Bacterial products like GABA or Histamine contribute to their mechanisms through dysbiosis or affecting hypothalamic pituitary adrenal axis (HPA Axis). Overall the central nervous system alters the gut permeability and mortality via neuro, endocrinal and autoimmune pathways thus modulating the composition of Gut Microflora. A healthy lifestyle based on a healthy and balanced diet commonly known as Mediterranean diet is the cheapest and best way to treat and prevent various disorders linked with disturbance of Gut Microflora.

**Keywords:** Gut microflora, Super- complex ecosystem, Brain gut axis, HPA axis, Antimicrobials

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**Citation:** Chaudhary A. (2023) Neurological Perspective of Gut Microbiota. J Infect Dis Res, 6(S2): 02.

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