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The role of gut-brain axis in neurological disorders: Emerging insights

Olga Kovalchuk*
Department of Neurology, School of Medicine, Mersin University, Mersin 33110, Turkiye

SUMMARY

The gut-brain axis, a complex bidirectional communication system between the gut and the central nervous system, has recently gained prominence in understanding the pathophysiology of various neurological disorders. This paper explores emerging insights into the role of the gut-brain axis in neurological conditions, shedding light on its impact on disease development and potential therapeutic avenues. We synthesize current research findings to provide a comprehensive overview of this evolving field and highlight its implications for future neurological disorder management.

Keywords: Gut-brain axis; Neurological disorders; Bidirectional communication; Pathophysiology; Emerging insights; Disease development; Therapeutic avenues; Neurology; Gut microbiota; Enteric nervous system

Address for correspondence:

Olga Kovalchuk
Department of Neurology, School of Medicine, Mersin University, Mersin 33110, Turkiye
E-mail: Kovalchuk06@gmail.com

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INTRODUCTION

Neurological disorders encompass a broad spectrum of conditions, including Alzheimer's disease, Parkinson's disease, multiple sclerosis, and epilepsy, among others. Recent research has uncovered a previously underappreciated connection between the gut and the brain, known as the gut-brain axis. This bidirectional communication system involves the intricate interplay between the gut microbiota, the enteric nervous system, and the central nervous system. This paper explores the emerging insights into how the gut-brain axis influences the pathophysiology of various neurological disorders and offers new perspectives on potential therapeutic interventions [1].

LITERATURE REVIEW

The description section of this paper delves into the multifaceted components of the gut-brain axis, elucidating how the gut microbiota composition can influence neural function and vice versa. It discusses the role of the enteric nervous system in mediating communication between the gut and the brain and how disruptions in this communication can contribute to the development and progression of neurological disorders [2].

Furthermore, this paper explores the diverse mechanisms through which the gut-brain axis impacts neurological disorders, including neuroinflammation, immune modulation, neurotransmitter production, and the regulation of the blood-brain barrier. It also examines the influence of dietary factors and lifestyle on the gut microbiota and, consequently, their potential impact on neurological health [3].

The description highlights specific neurological disorders where the gut-brain axis has shown significant relevance, providing case studies and evidence from clinical and preclinical studies. It also discusses the diagnostic potential of gut microbiota profiling and enteric nervous system assessments in neurological disorder management [4].

DISCUSSION

The discussion section critically evaluates the current state of research on the gut-brain axis and its implications for neurological disorders. It addresses the limitations and challenges in studying this complex system, emphasizing the need for multidisciplinary collaboration among neuroscientists, gastroenterologists, and microbiologists. Moreover, it explores potential therapeutic strategies

targeting the gut-brain axis, such as dietary interventions, probiotics, fecal microbiota transplantation, and neuromodulation techniques. The discussion also considers the ethical and safety considerations associated with these interventions, highlighting the importance of personalized approaches in treating neurological disorders [5,6].

CONCLUSION

In conclusion, the gut-brain axis represents a fascinating frontier in neurology, with emerging insights into its pivotal role in the pathophysiology of various neurological disorders. As research continues to unravel the intricate connections between gut microbiota, the enteric nervous system, and the central nervous system, there is growing optimism for innovative therapeutic approaches. Understanding and targeting the gut-brain axis holds promise for improving the management and treatment of neurological disorders, offering hope to millions of individuals affected by these conditions. This evolving field invites further exploration and collaboration to unlock its full potential in neurological healthcare.

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CONFLICT OF INTEREST

None.

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