

Gut Brain Axis and its Role in Our Health

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Received: May 26, 2022

Published: July 01, 2022

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The primary function of immune system is to destroy that is considered as non self. In this battle against antigen the immune system is never exposed to some of them called as sequestered antigens. For many years, the central nervous system (CNS) was considered to be immune privileged, neither susceptible to nor contributing to inflammation [1]. The gut-brain axis is a term for the communication network that unites your gut and brain. These two organs are connected both physically and biochemically in a number of different ways. The vagus nerve is one of the biggest nerves connecting our gut and brain. It sends signals in both directions. In animal studies it is proved that type of food we have an important role in maintenance of mental health. The undigested food is accumulated as AMA or toxins and needs to be removed from the body. Fasting is an effective tool for the detoxification of the body. If we talk about the neurodegenerative disorders like Alzheimer's, Parkinson's, Multiple sclerosis, depression we need to improve synaptic plasticity, diminished oxidative stress and neuroinflammation, and inhibited microglial activation [2]. It is seen in animal studies that the stress has a negative impact on all aspects of human wellbeing i.e. physical, mental and social. A distressed intestine can send signals to the brain, just as a distressed brain can send signals to the gut. To make all the things to go well some of the nutrients which are helpful for the brain are B Vitamins and Coenzymes, betaine, Vitamin E, Docosahexaenoic acid (DHA), Grape seed extract, Pyroglutamate, Glutamine and so on. The nutraceutical approaches include probiotics, Ginkgo biloba, green tea, α -lipoic acid, vitamin A, biotin, and curcumin. Thus by strengthening the walls of digestive system with the help of probiotics, enteric microbiota and fermented products. To conclude it is very much relevant to say that by improving our gut health we can improve our mental health.

Bibliography

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