

Connection between Gut-Brain-Axis and Mental Health- A Core Review Study

Sunil Hariram Pal

P.G. Scholar Kayachikitsa (Internal Medicine- Ayurveda),
A.S.S. Ayurveda Mahavidyalaya, Maharashtra, India

Abstract

The gut-brain axis (GBA) consists of bidirectional communication between the central and also the enteric system nervous, linking emotional and cognitive centers of the brain with peripheral intestinal functions. Recent advances in research have described the importance of gut micro biota in influencing these interactions. This interaction between micro biota and GBA appears to be bidirectional, namely through signaling from gut-micro biota to brain and from brain to gut-micro biota utilizing neural, endocrine, immune, and humoral links. The present review, summarize the available evidence supporting the existence of those interactions, further because of the possible pathophysiological mechanisms involved. Most of the info is acquired using technical strategies consisting of germ-free animal models, probiotics, antibiotics, and infection studies. In clinical practice, evidence of micro biota-GBA interactions comes from the association of dysbiosis i.e.

Received: March 8, 2022; **Accepted:** March 15, 2022; **Published:** March 22, 2022

Biography

Dr. Sunil Pal has completed his B.A.M.S Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He is now pursuing Post graduation in M.D. Kayachikitsa (Internal Medicine- Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over

International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for outstanding contribution in the field of "Ayurveda Physician". Recently nominated as "Young Scientist" by VDGGOOD Foundation, Coimbatore & Also nominated as "National Excellency Award" by KTK Foundation, New Delhi.