

3. BÖLÜM

BİLİŞ, STRES, ANKSİYETE, DEPRESYON, BİPOLAR DUYGUDURUM BOZUKLUĞU ve ŞİZOFRENİDE PROBİYOTİKLER

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MİKROBİYOTA

Mikrobiyota, bir ortamda bulunan bir mikroorganizma grubunu karakterize etmek için kullanılan bir terimdir (1). İnsanlarda cilt, ağız, vajina ve bağırsak veya gastrointestinal (GI) kanal gibi vücudun birçok yerinde bakteri grupları bulunur (2,3). GI kanaldaki mikrobiyota yaklaşık 3 milyondan fazla gen ifade eden en az 1000 farklı soy ve 40000 ayrı tür içermektedir (3,4). Bağırsak mikrobiyotası 10 trilyondan fazla bakteriden oluşan yoğun ve çeşitli bir yapıdır (6). Bağırsaktaki en belirgin 2 bakteri filotipi, mikrobiyomun % 7 ile 75'ini oluşturan Bacteroidetes (örn., Bacteroides) ve Firmicutes (Lactobacillus gibi)'dir. Ayrıca proteobacteria, actinobacteria (örn. Bifidobacterium) ve cyanobacteria da mevcuttur. (7,8) Çalışmalar, kommensal bağırsak mikroorganizmalarının insan anatomisi ve fizyolojisinin gelişimi ve olgunlaşması için hayati olduğunu göstermiştir.

GI mikrobiyotadaki dengesizlikler, alerji, obezite ve diyabet gibi çeşitli sağlık problemleriyle ilişkilendirilmiş disbiosis olarak adlandırılmıştır (9,10).

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