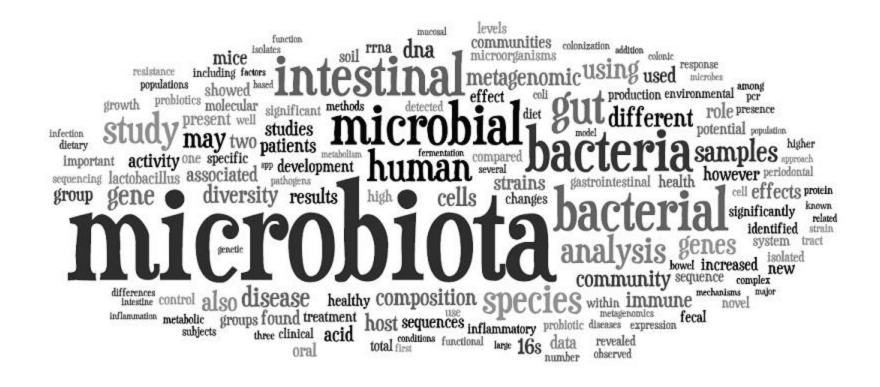
Microbiota-Gut-Brain Axis

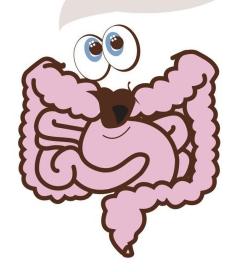


Learning Objectives

Talk to me

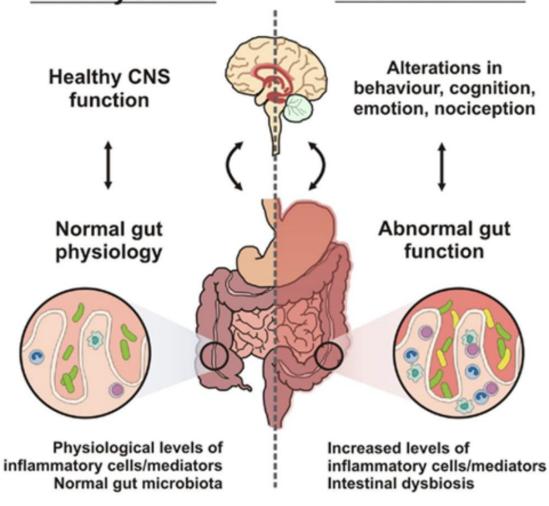
I am, it's called your gut feeling

- •Explain the concept and significance of the microbiota-gut-brain axis (MGBA)
- •Describe key mechanisms linking gut microbes to brain function and behavior
- •Critically evaluate experimental approaches used to study the MGBA
- •Discuss the clinical relevance of the MGBA in mental, neurological, and gastrointestinal disorders
- •Analyze current research and identify open questions in the field



What is the Microbiota-Gut-Brain Axis?

- •Signals travel via neural (vagus nerve, enteric nervous system), immune, endocrine, and metabolic pathways.
- •Gut microbes influence brain function, mood, and behavior by producing neuroactive compounds and modulating inflammation.
- •The brain also affects gut physiology and microbiota composition through stress and hormonal responses.
- •Disruptions in this axis are linked to neurological and psychiatric disorders, highlighting its importance for health and disease.

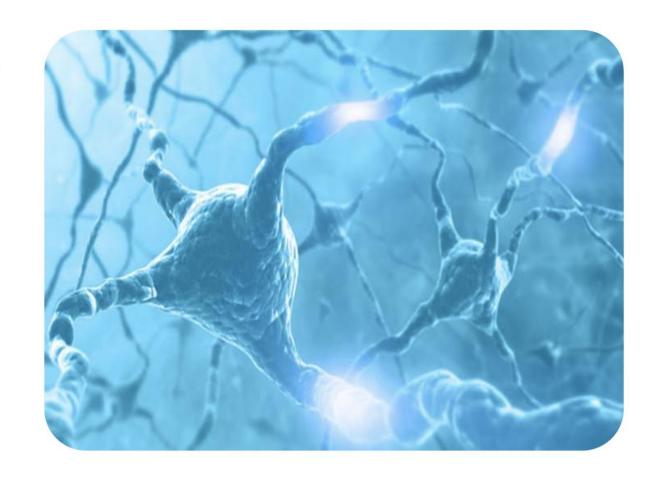


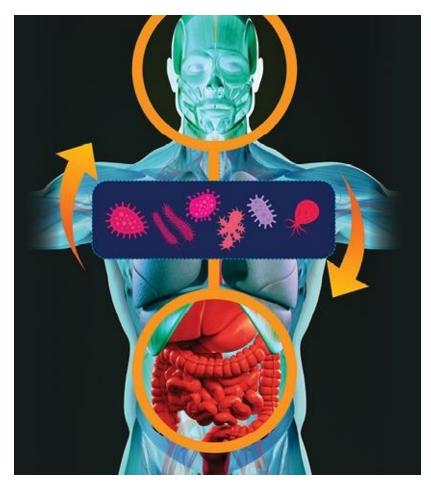
What is the Microbiota-Gut-Brain Axis?

"Bidirectional communication **CNS** network, signals from the brain can influence the motor, sensory, and secretory **Enteric Nervous System** neuroendocrine modalities of the GIT and conversely, visceral Brainmessages from the GIT can gut axis influence brain function." neuroimmune Parasympathetic NS Sympathetic NS

Gut Bacteria May Manipulate Your Mind

Certain species of gut bacteria can interact with our nervous system in ways that appear to affect our stress responses – and stress response can affect the gut bacteria too!





Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being

The emerging and surprising view of how the enteric nervous system in our bellies goes far beyond just processing the food we eat

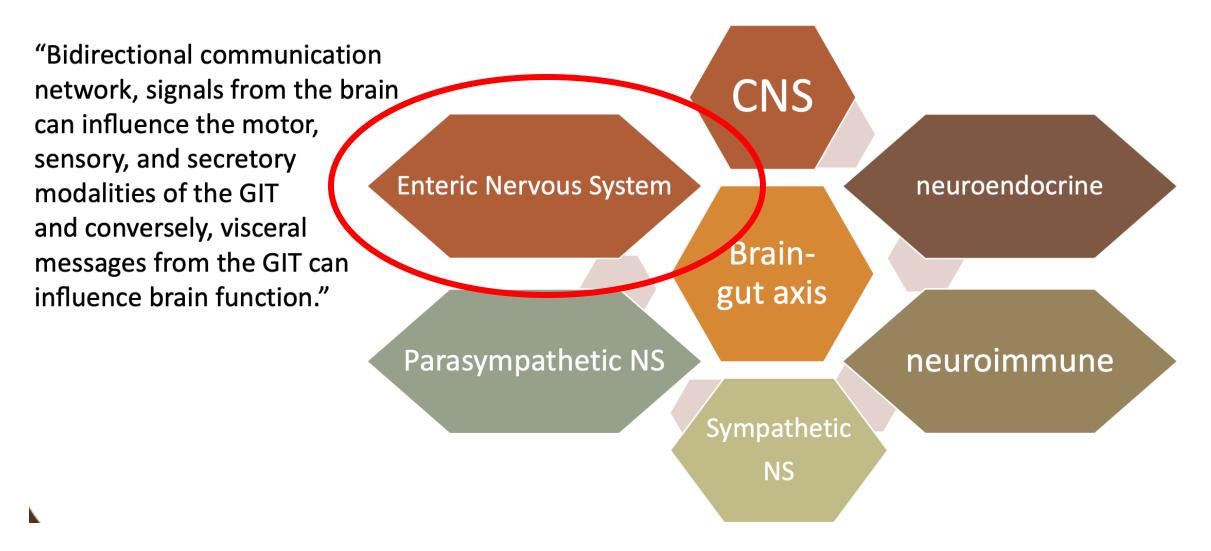
By Adam Hadhazy

Scientific American



GUT CHECK: A complex, independent nervous system lines the gastrointestinal tract that has been dubbed the "second brain".

What is the Microbiota-Gut-Brain Axis?



Enteric Nervous System

Enteric Nervous System

(not discovered until late 1900's is part of the autonomic nervous system.)

500 million neurons yet has no conscious thoughts.

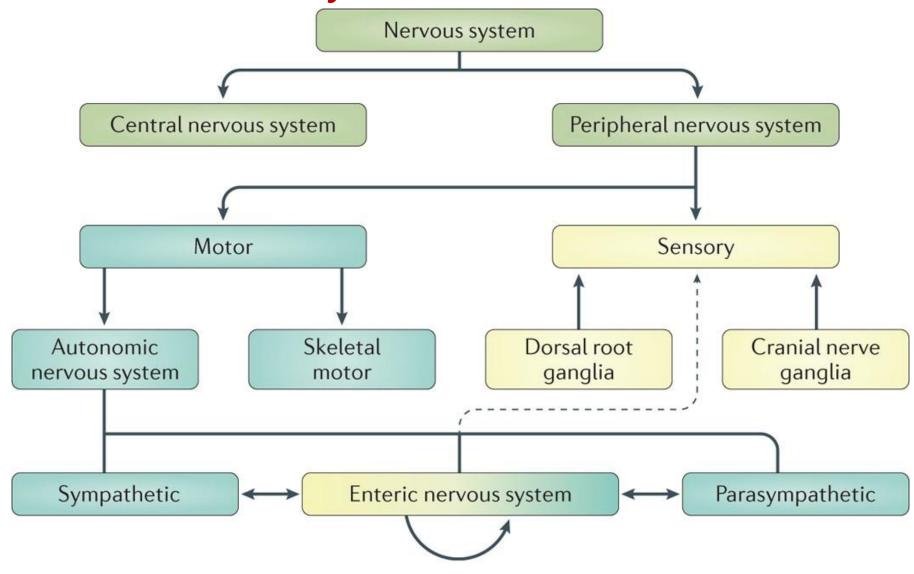
With reflexes and senses can have 'on site' control of gut behavior – what else does it control?

No thought processes (religion, philosophy, or poetry) yet it can alert you to danger – & influences your response!

90% of vagus nerve information flow is from the gut to the brain – how much of that is conscious?

Recall, the autonomic nervous system is the network of peripheral nerves that control visceral functionality.

Enteric Nervous System

















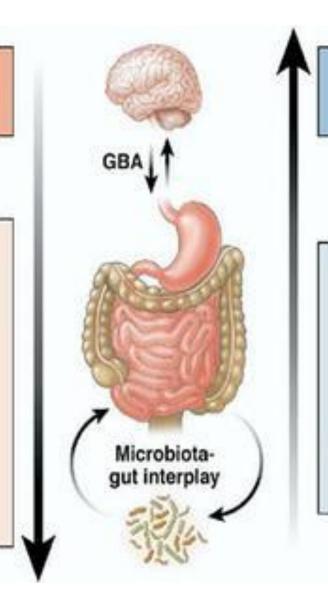
Microbiota Gut Brain Axis

The ability of the brain to influence the intestinal microbiota

Perturbation of normal habitat via stress-induced changes in gastrointestinal:

- Physiology
- · Epithelial function
- Mucin production
- · EE cell function
- Motility

Release of neurotransmitters



The ability of the microbiota to influence brain and behavior

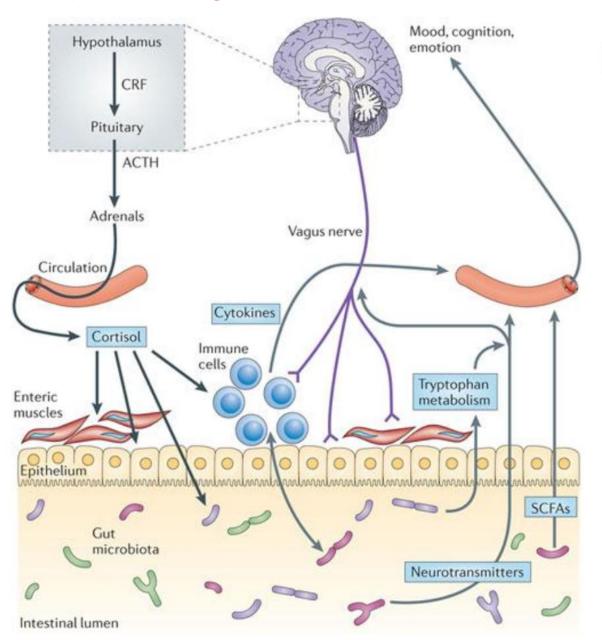
Activation of neural afferent circuits to the brain

> Activation of mucosal immune responses

Production of metabolites that directly influence the CNS

Microbiota Gut Brain Axis

Bidirectional communication between the brain and the digestive system.

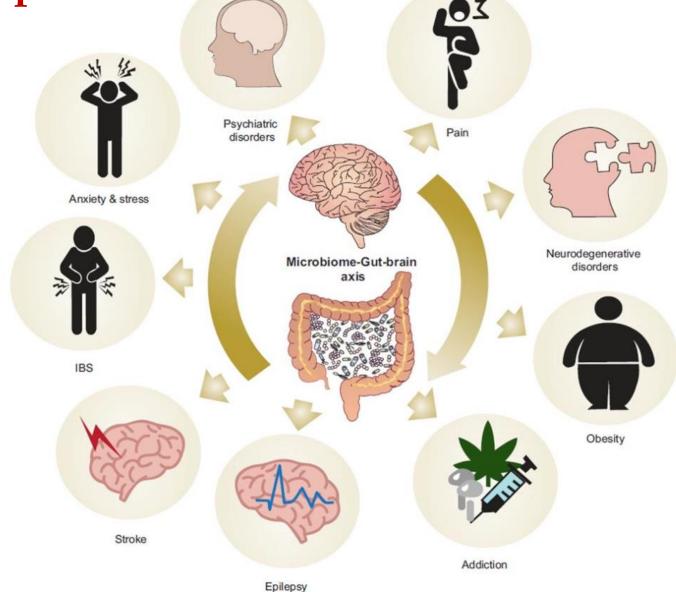


MGB axis

(Cryan & Dinan 2012)

Pathological processes in which the microbiota-gut-

brain axis has been implicated.



MICROBIOTA



MICROBIOTA

The human intestine harbors nearly 100 trillion bacteria that are essential for health. The largest microbial component of the human microbiome is located in the large intestine of the gastrointestinal (GI) tract.

- critical contributions to metabolism by helping to break down complex polysaccharides
- critical to the normal development of the immune system.

Recent studies reveal the importance of gut microbiota to the function of the CNS.

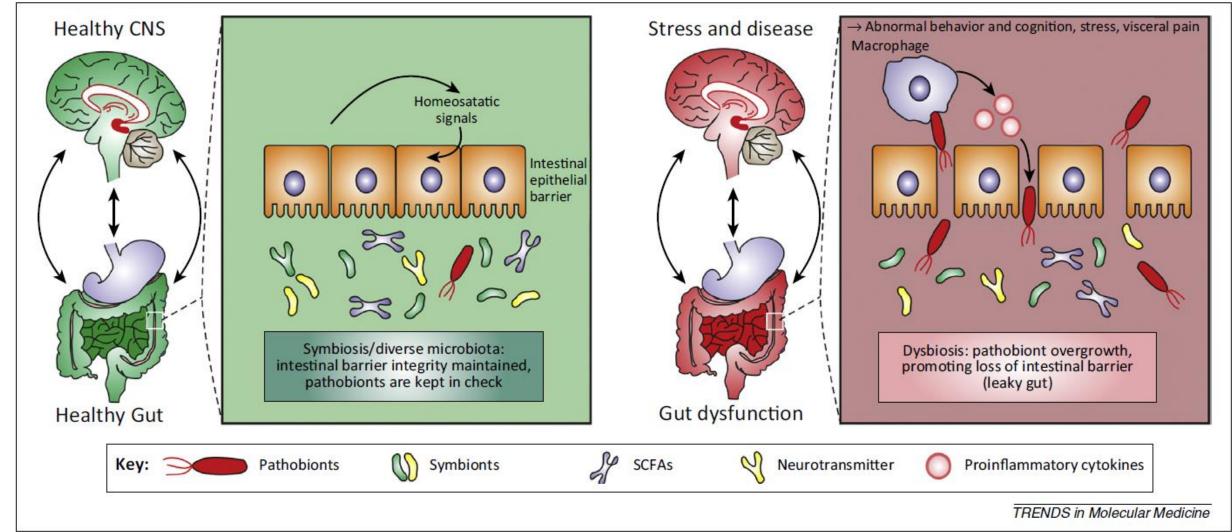
MICROBIOTA-GUT-BRAIN AXIS:

A complex network of communication between the gut, the intestinal microbiota, and the brain, modulating

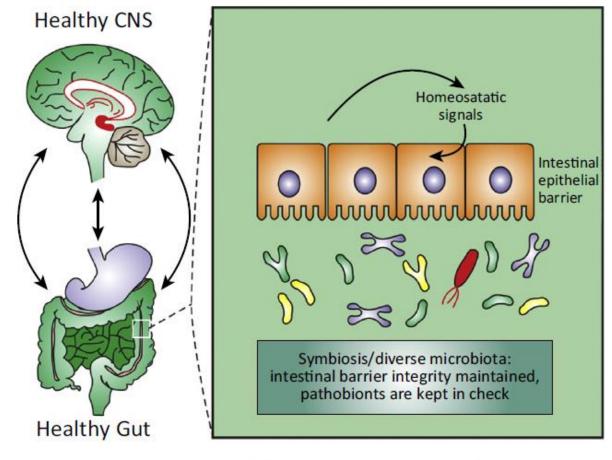
- immune
- -GI
- -and CNS functions.

It encompasses the CNS, the sympathetic and parasympathetic branches of the autonomic nervous system, as well as the enteric nervous system and the neuroendocrine and neuroimmune systems.

Impact of the gut microbiota on the brain-gut axis.



Impact of the gut microbiota on the brain-gut axis.





In healthy individuals:

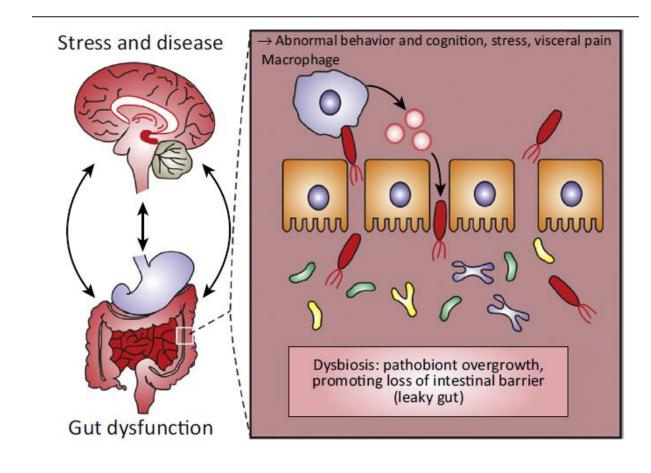
the normal dominant microbiota is relatively stable and forms a mutually beneficial rapport with the host.

Impact of the gut microbiota on the brain-gut axis.

Perturbations may have serious consequences and has the potential to exacerbate brain, digestive, and metabolic disorders.

Bidirectional communication between the microbiota and the CNS influences stress reactivity, pain perception, neurochemistry, and several brain—gut axis disorders.

The composition of the gut microbiota during critical periods of CNS development is affected by a broad range of factors. Perturbation of any of these factors can lead to host stress or disease.





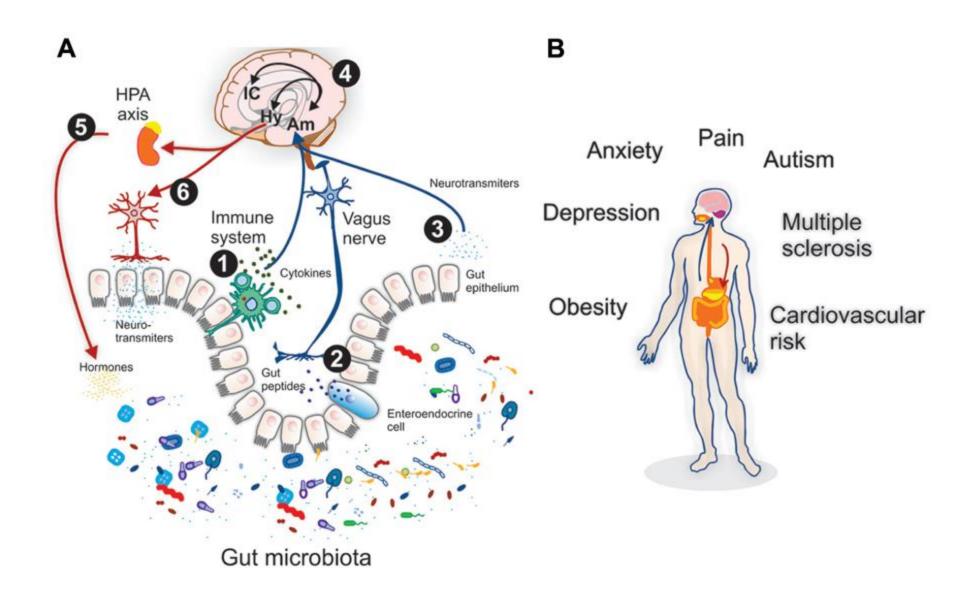




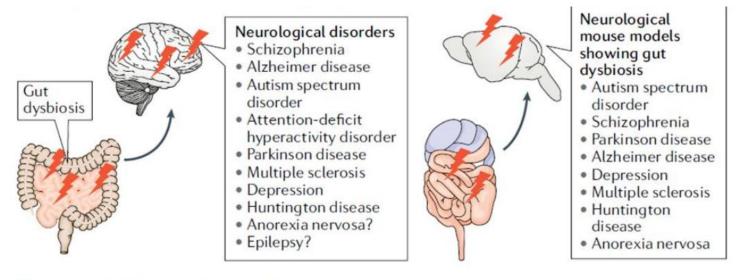




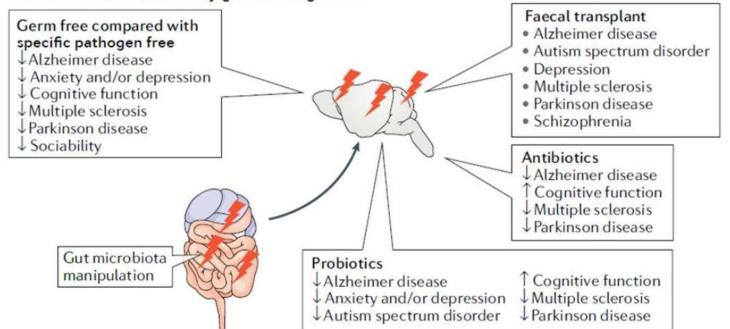
Pathologies with associated dysbiosis.



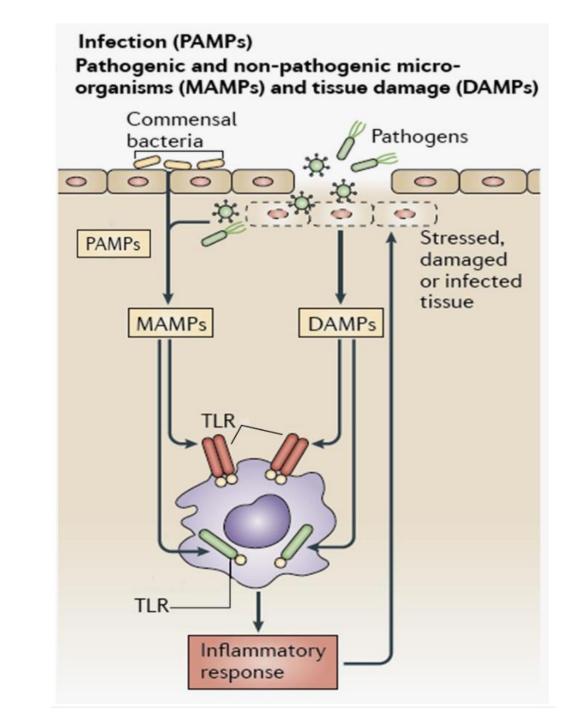
Neurological disorders with associated dysbiosis.



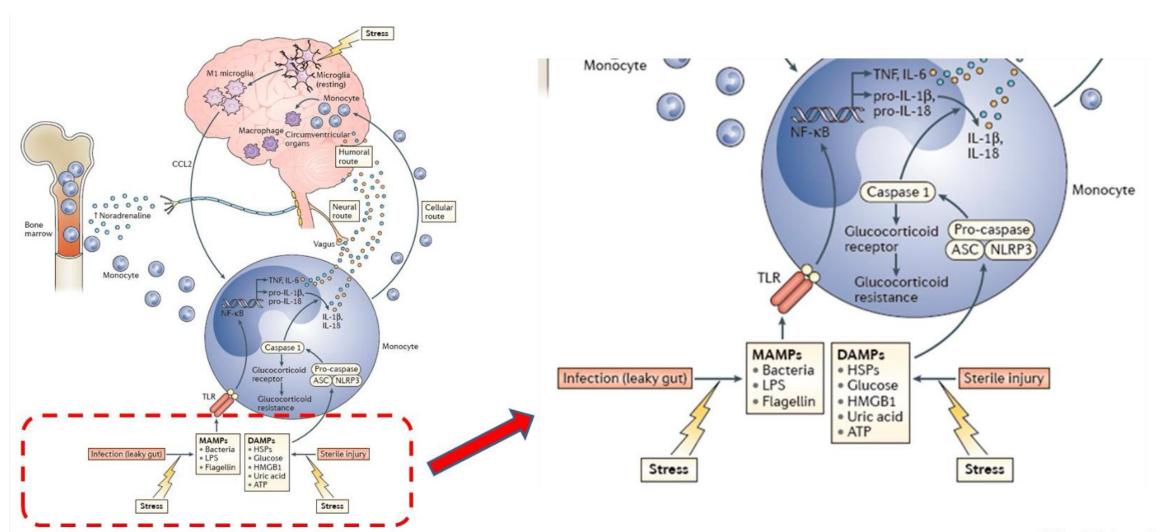
Mouse models influenced by gut microorganisms



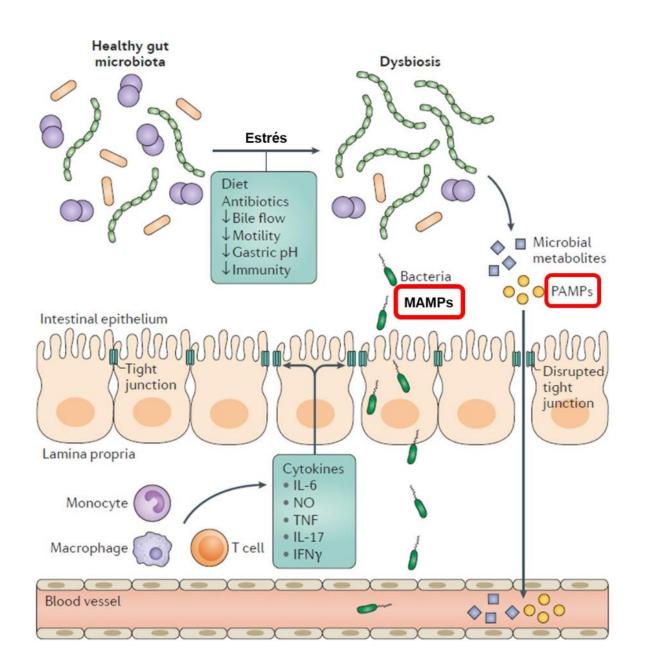
(Needham et al., 2020)



Transmitting stress-induced inflammatory signals to the brain.

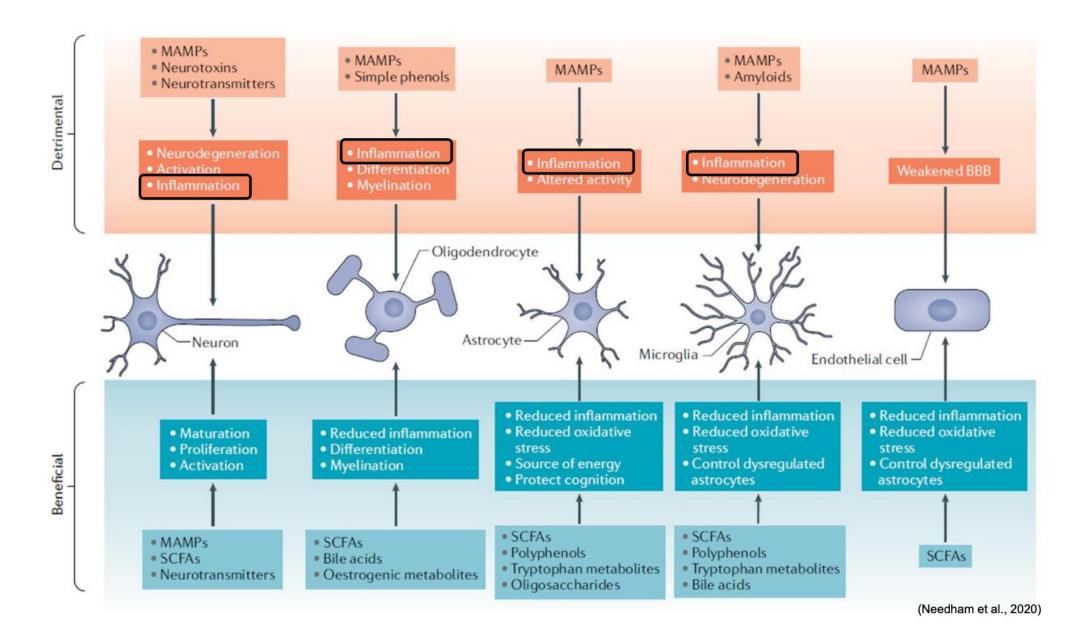


Transmitting stress-induced inflammatory signals to the brain.



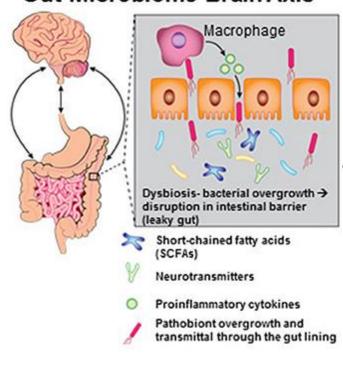
(Arroyo et al. 2016)

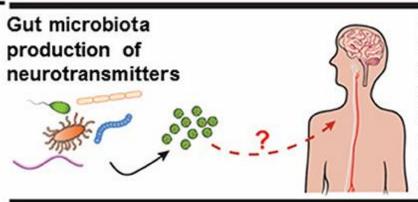
Microbiota Gut Brain Axis at cellular level



Microbiota Gut Brain Axis

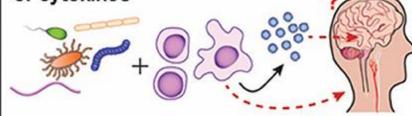
Gut-Microbiome-Brain Axis



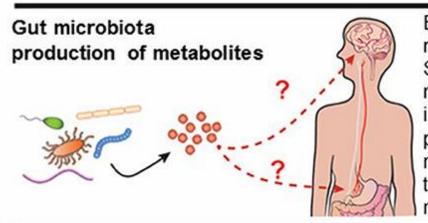


Bacterial produced neurotransmitters might travel retrograde to the brain via the vagus nerve where they can induce CNS effects

Gut microbiota may stimulate inflammatory cell production of cytokines

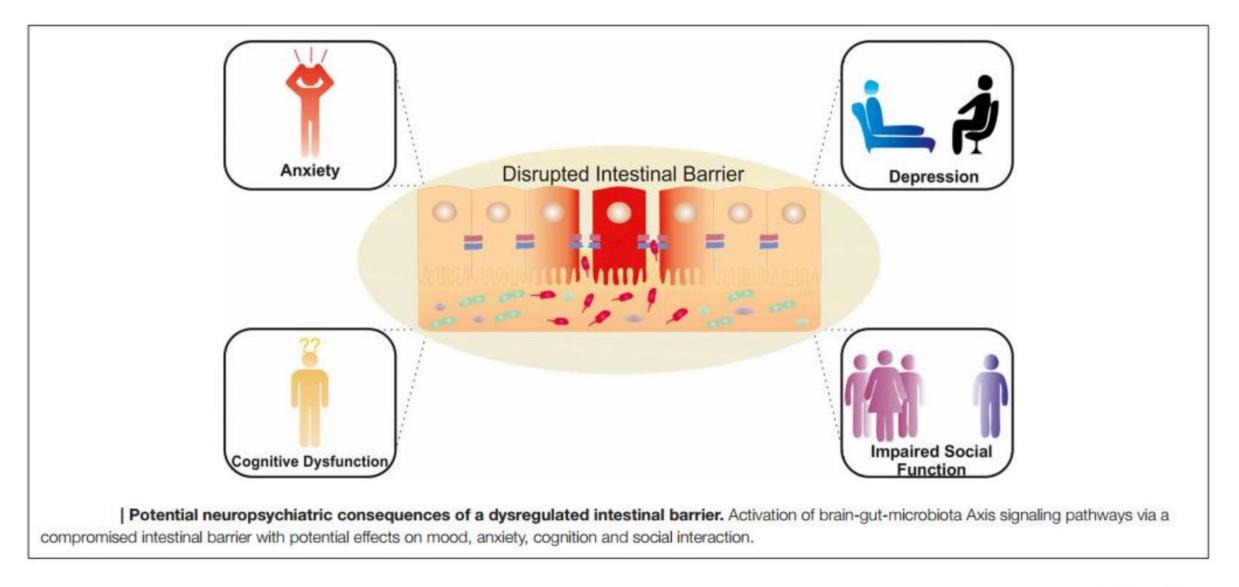


Inflammatory cytokines might travel to the brain via the systemic circulation



Bacterial metabolites may reach the brain. Such metabolites might also stimulate intestinal cells to produce neurotransmitters that may result in neural effects.

Intestinal barrier and neuropsychiatric diseases



Microbiota Development

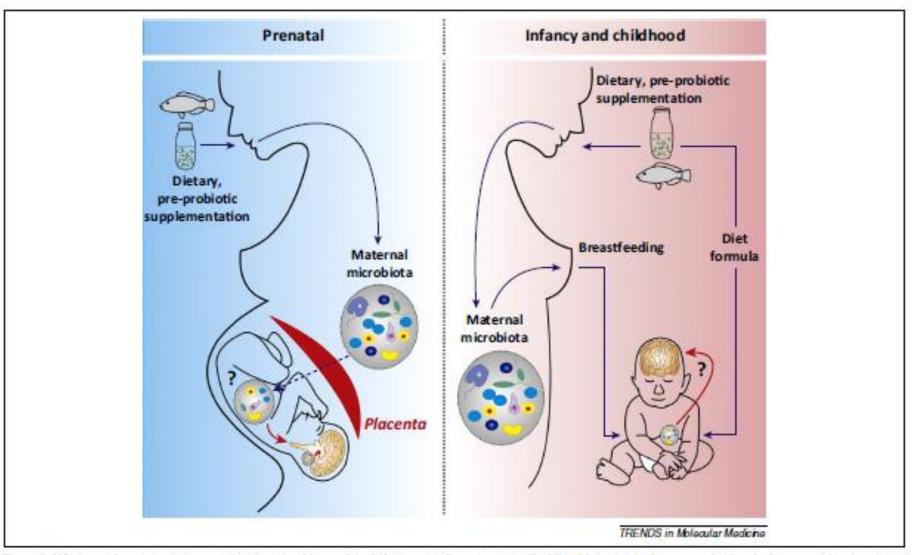


Figure 3. Windows of opportunity to modulate the microbiome of the infant prenatally and postnatally. Microbiota-gut-brain communication during prenatal and postnatal development is shown. Although still controversial, some evidence suggests that the microbiota of the infant before birth is not sterile, but may be influenced by the maternal immune state and nutrition. Prenatal and postnatal development undergoes vigorous neurodevelopmental phases and it is possible that it may be indirectly influenced by the fetal microbial population (via microbiota of the mother). This opens avenues for the development of novel dietary and microbe-modulating therapies, which may directly and indirectly alter the composition of the microbiota and neurodevelopment of the infant.

Microbiota Development

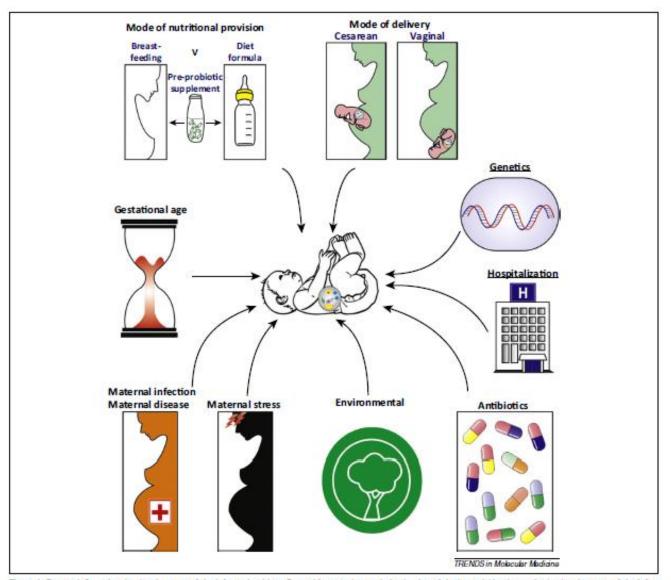
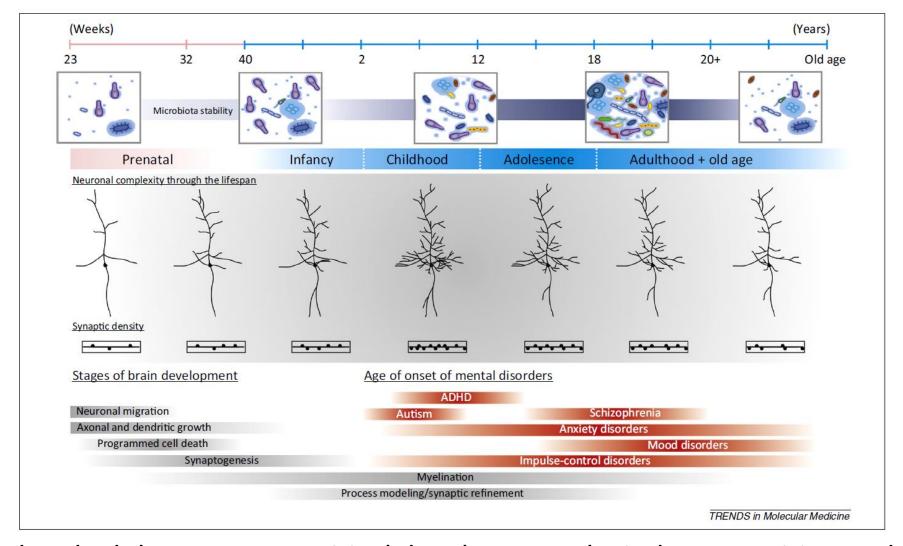


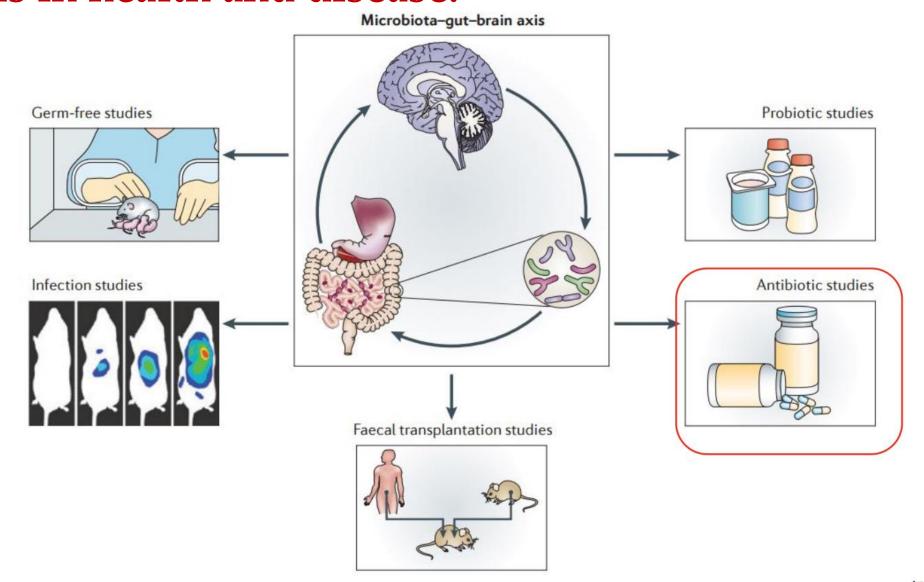
Figure 4. Factors influencing the development of the infant microbiota. Several factors play a role in shaping of the bacterial landscape in the development of the infant microbiota. In addition to mode of birth, mode of early nutrition, environment, other factors such as gestational age, genetics, and hospitalization, also influence the microbial composition of the infant. Infections (both maternal and infant) and antibiotic usage influence the trajectory of the developing microbiota as does the selective transient enrichment by probletics and prebiotics. Taken together, such a piethora of factors with the ability to modulate the microbiota development suggest the importance of environmental influence superimposed over genetics in the establishment of a core microbiome.

Microbiota And Brain Development



Childhood and adolescence are critical developmental windows sensitive to damage. Disruptions of dynamic microbiota increase the risk of (or lead to) neurodevelopmental disorders.

Strategies used to investigate the role of the MGB axis in health and disease.





Gut-brain axis: how the microbiome

The Journal of Neuroscience, July 29, 2015 • 35(30):10821-10830 • 10821

M Pl

Elain

³Alke ⁴Thes Neurobiology of Disease

Probiotics Improve Inflammation-Associated Sickness
Behavior by Altering Communication between the Peripheral –
Immune System and the Brain

Charlotte D'Mello,¹ Natalie Ronaghan,² Raza Zaheer,² Michael Dicay,² Tai Le,¹ Wallace K. MacNaughton,² Michael G. Surrette,³ and Mark G. Swain¹

¹Immunology Research Group and ²Gastrointestinal Research Group and Inflammation Research Network, Calvin, Phoebe and Joan Snyder Institute for Chronic Diseases, Cumming School of Medicine, University of Calgary, Calgary, Alberta T2N 4N1, Canada, and ³Farncombe Family Digestive Health Research Institute, McMaster University, Hamilton, Ontario L8S 4L8, Canada



77 Stockholm, Sweden; Genome Institute of Singap Institutet, 171 76 Stockholm, Sweden

Edited by Arturo Zychlinsky, Max Planck Institute for review August 11, 2010)



Brain, Behavior, and Immunity

journal homepage: www.elsevier.com/locate/ybrbi



Altered gut microbiota and activity in a murine model of autism spectrum disorders



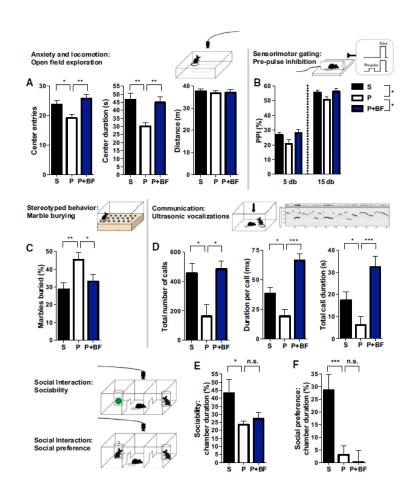
Caroline G.M. de Theije ^{b,1}, Harm Wopereis ^{a,c,1}, Mohamed Ramadan ^{a,b}, Tiemen van Eijndthoven ^a, Jolanda Lambert ^a, Jan Knol ^{a,c}, Johan Garssen ^{a,b}, Aletta D. Kraneveld ^b, Raish Oozeer ^{a,*}

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Microbiota And Neurodevelopmental Disorders

B. fragilis Treatment Corrects ASD-Related Behavioral Abnormalities





Microbiota Modulate Behavioral and Physiological Abnormalities Associated with Neurodevelopmental Disorders

Elaine Y. Hsiao, ^{1,2,*} Sara W. McBride, ¹ Sophia Hsien, ¹ Gil Sharon, ¹ Embriette R. Hyde, ³ Tyler McCue, ³ Julian A. Codelli, ² Janet Chow, ¹ Sarah E. Reisman, ² Joseph F. Petrosino, ³ Paul H. Patterson, ^{1,4,*} and Sarkis K, Mazmanian ^{1,4,*}

¹Division of Biology and Biological Engineering, California Institute of Technology, Pasadena, CA 91125, USA ²Division of Chemistry and Chemical Engineering, California Institute of Technology, Pasadena, CA 91125, USA

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http://dx.doi.org/10.1016/j.cell.2013.11.024

Microbiota And Neurodevelopmental Disorders

Both clinical and preclinical studies

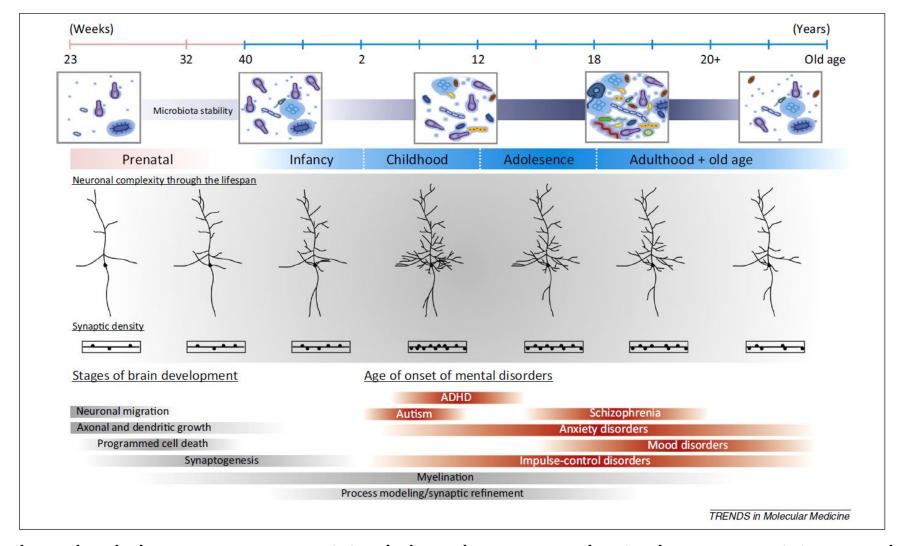
Important role for the gut microbiota in the pathogenesis of ASDs, novel therapeutic strategies in managing neurodevelopmental disorders via microbiomebased treatment.

Bacteroides fragilis given in early adolescence has been shown to ameliorate some, but not all, of the behavioral dysfunctions

The gut microbiota may be modified in throughout life and possibly pregnancy. Early preweaning and adolescence periods appear to be critical periods for modifying enteric microbiota with the potential to prevent the development of abnormal behaviors.

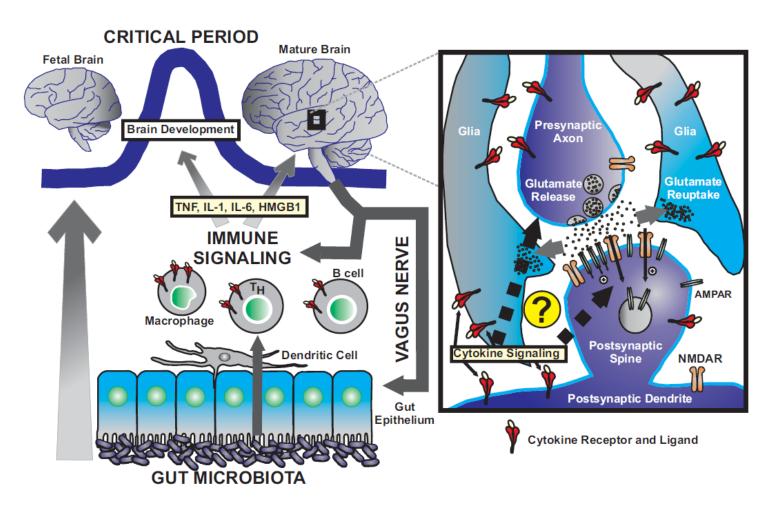
Consequently, it is becoming clear that understanding the early interaction between the intestinal microbiota and the host opens novel avenues for nutritional/therapeutic interventions in at-risk populations, particularly for infants and young children.

Microbiota And Brain Development

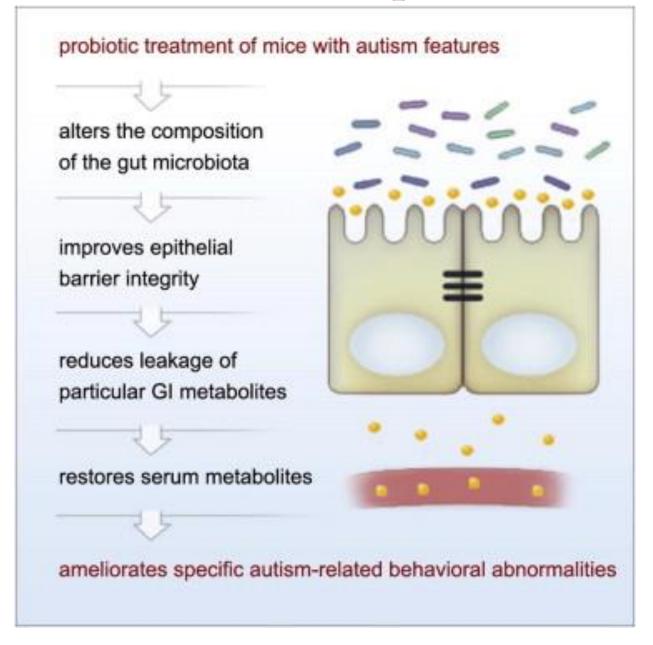


Childhood and adolescence are critical developmental windows sensitive to damage. Disruptions of dynamic microbiota increase the risk of (or lead to) neurodevelopmental disorders.

Microbiota And Neurodevelopmental Disorders: Critical period



there is a "critical period" that is a developmental window during which the gut flora can influence the developing brain.



Microbiota Modulate Behavioral and Physiological Abnormalities Associated with Neurodevelopmental Disorders

Elaine Y. Hsiao, ^{1,2,*} Sara W. McBride, ¹ Sophia Hsien, ¹ Gil Sharon, ¹ Embriette R. Hyde, ³ Tyler McCue, ³ Julian A. Codelli, ² Janet Chow, ¹ Sarah E. Reisman, ² Joseph F. Petrosino, ³ Paul H. Patterson, ^{1,4,*} and Sarkis K. Mazmanian ^{1,4,*}

Pregnant C57BL/6N mice (Charles River; Wilmington, MA) were injected i.p. on E12.5 with saline or 20 mg/kg poly(I:C) according to methods described in Smith et al. (2007). All animal experiments were approved by the Caltech IACUC.

B. fragilis Treatment

Mice were selected at random for treatment with *B. fragilis* NCTC 9343 or vehicle, every other day for 6 days at weaning. 10¹⁰ CFU of freshly grown *B. fragilis*, or vehicle, in 1.5% sodium bicarbonate was administered in sugar-free applesauce over standard food pellets. The same procedure was used for mutant *B. fragilis* PSA and *B. thetaiotaomicron*.

Offspring of Immune-Activated Mothers Exhibit GI Symptoms of Human ASD

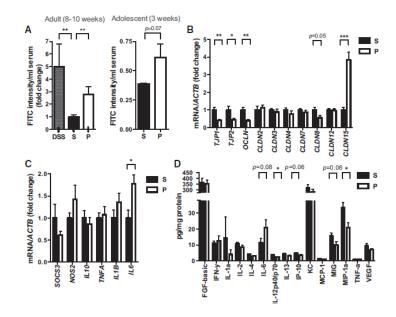


Figure 1. MIA Offspring Exhibit GI Barrier Defects and Abnormal Expression of Tight Junction Components and Cytokines

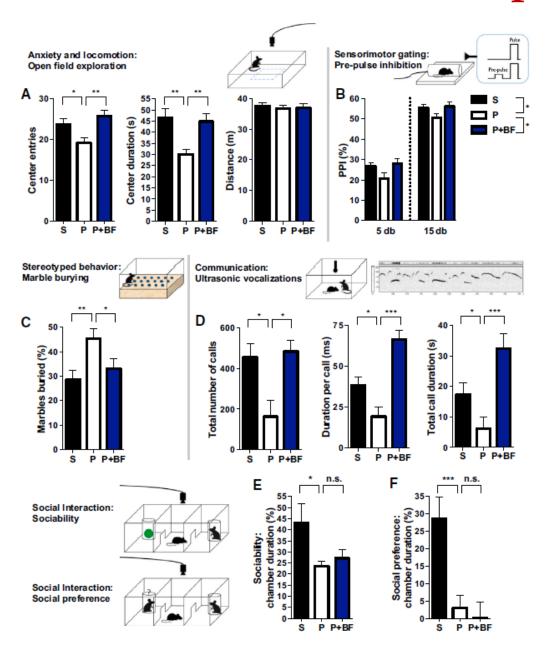
- (A) Intestinal permeability assay, measuring FITC intensity in serum after oral gavage of FITC-dextran. Dextran sodium sulfate (DSS): n = 6, S (saline+vehicle): adult n = 16; adolescent n = 4, P (poly(I:C)+vehicle): adult n = 17; adolescent n = 4. Data are normalized to saline controls.
- (B) Colon expression of tight junction components relative to β-actin. Data for each gene are normalized to saline controls. n = 8/group.
- (C) Colon expression of cytokines and inflammatory markers relative to β-actin. Data for each gene are normalized to saline controls. n = 6-21/group.
- (D) Colon protein levels of cytokines and chemokines relative to total protein content. n = 10/group. For each experiment, data were collected simultaneously for poly(I:C)+B. fragilis treatment group (See Figure 3). See also Figure S1.

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³Alkek Center for Metagenomics and Microbiome Research, Baylor College of Medicine, Houston, TX 77030, USA

⁴These authors contributed equally to this work

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B. fragilis Treatment Corrects ASD-Related Behavioral Abnormalities

Figure 5. *B. fragilis* Treatment Ameliorates Autism-Related Behavioral Abnormalities in MIA Offspring

- (A) Anxiety-like and locomotor behavior in the open field exploration assay. n = 35–75/group.
- (B) Sensorimotor gating in the PPI assay. n = 35–75/ group.
- (C) Repetitive marble burying assay. n = 16-45/ group.
- (D) Ultrasonic vocalizations produced by adult male mice during social encounter. n = 10/group.
- S = saline+vehicle, p = poly(I:C)+vehicle, P+BF = poly(I:C)+B. fragilis. Data were collected simultaneously for poly(I:C)+B. fragilis Δ PSA and poly(I:C)+B. thetaiotaomicron treatment groups (See also Figures S3 and S4).

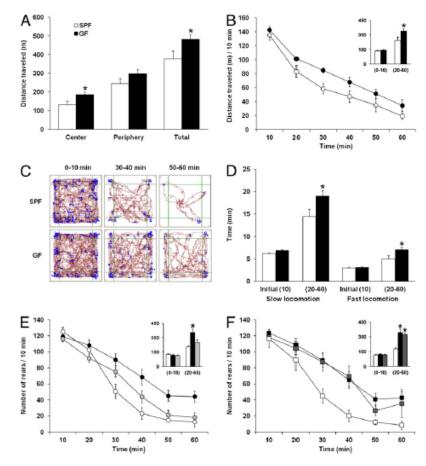


Fig. 1. GF mice display increased spontaneous motor activity. (A) Bars show cumulative distance traveled (meters) per zone and in the entire box (total) during the 60-min open field test session by SPF (open bars) and GF (filled bars) mice. (B) Average distance traveled (meters) measured in 10-min time bins across a 60-min session in an open field box. (Inset) Bars show cumulative distance traveled (meters) during the initial 10 min and the 20- to 60-min time interval of open field testing. (C) Representative tracks of movement patterns of SPF and GF mice at the 0-10, 30-40, and 50-60 min time intervals of the 60-min open field test session; distance traveled and rearing activity is shown in dark red and blue colors, respectively. (D) The time that SPF and GF mice spent in slow (>5 cm/s) or fast (>20 cm/s) locomotion during the initial 10 min of testing and the 20-60 min time interval. (E) Rearing activity of SPF (white), GF (black), and conventionalized (CON; light gray) mice. Circles show the average number of rears measured in 10-min time bins across a 60-min session in an open field box. (F) Rearing activity of SPF, GF, and adult CON mice (dark gray); lines connecting cumulative data in B, E, and F were drawn for darity only. All data (A, B, and D-F) are presented as means (\pm SEM; n = 7-14 per group). *P < 0.05 compared with SPF mice.

Normal gut microbiota modulates brain development and behavior

Rochellys Diaz Heijtz^{a,b,1}, Shugui Wang^c, Farhana Anuar^d, Yu Qian^{a,b}, Britta Björkholm^d, Annika Samuelsson^d, Martin L. Hibberd^c, Hans Forssberg^{b,e}, and Sven Pettersson^{c,d,1}

Departments of *Neuroscience, and *Microbiology, Cell and Tumor Biology, Karolinska Institute, 171 77 Stockholm, Sweden; *Stockholm Brain Institute, 171 77 Stockholm, Sweden; *Genome Institute of Singapore, 02-01 Genome 138672, Singapore; and *Department of Women's and Children's Health, Karolinska Institute, 171 76 Stockholm, Sweden

Edited by Arturo Zychlinsky, Max Planck Institute for Infection Biology, Berlin, Germany, and accepted by the Editorial Board January 4, 2011 (received for review August 11, 2010)

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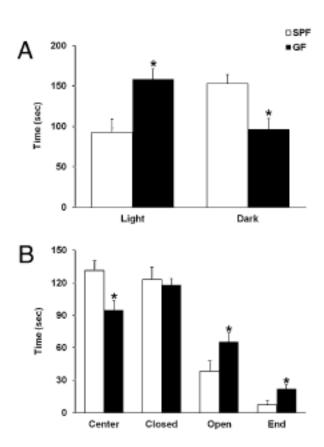


Fig. 2. GF mice display reduced anxiety-like behavior. (A) Bars show time (seconds) spent in the light and dark compartments during a 5-min light-dark box test by the SPF and GF mice. (B) Bars show time (seconds) spent in each area of the elevated plus maze by the SPF and GF mice during a 5-min test session. All data (A and B) are presented as means (\pm SEM; n = 7-9 per group). *P < 0.05 compared with SPF mice.

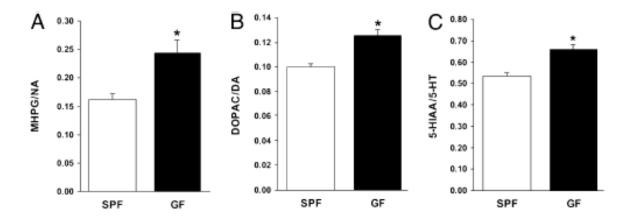


Fig. 3. GF mice show elevated NA, DA, and 5-HT turnover in the striatum. The histograms depict the mean ratios (\pm SEM; n=6 per group) for MHPG/NA (A), DOPAC/DA (B), and 5-HIAA/5-HT (C) in the striatum of male GF and SPF mice. Asterisks denote where GF mice differ significantly (P < 0.01) from SPF mice.

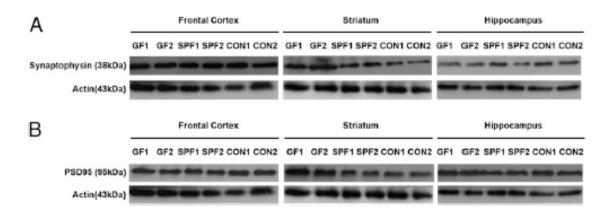
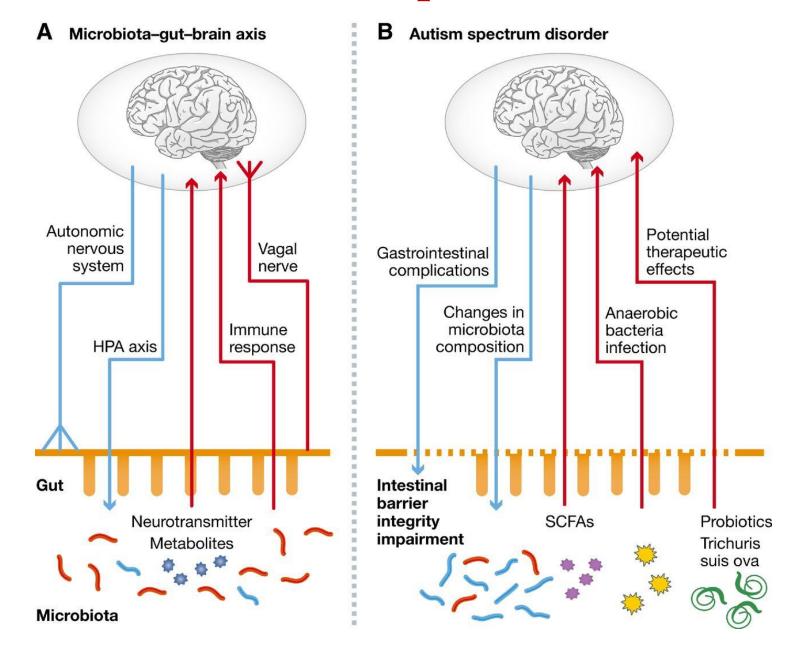
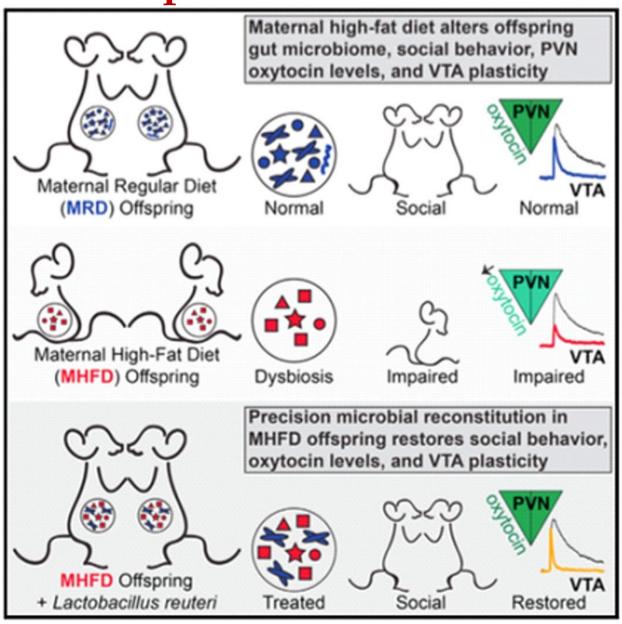


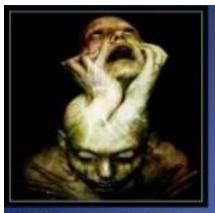
Fig. 6. GF mice show higher expression of synapticrelated proteins in the striatum compared with SPF mice. Representative Western blot films for synaptophysin (A) and PSD-95 (B) protein expression in the frontal cortex, striatum, and hippocampus of two male GF, SPF, and CON mice (for further details, see Table 1).



RESCUE?



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Schizophrenia

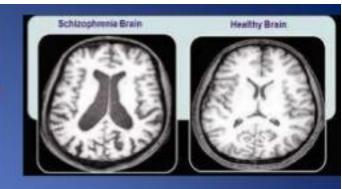


Fig 7-www.hindustanlink.com

- Fig 6- www.deviantart.com
 - Lack of microbiota and elevated proinflammatory cytokines is seen in schizophrenic patients compared to controls. (Francesconi et al., 2011, and Song et al., 2013)
 - Side effects associated with Schizophrenia such as metabolic syndrome and autoimmune disorders could be attributed to changes in microbiota. However no theories are proven.

Microbiota And Adult Neurogenesis Correspondence



Adult Hippocampal Neurogenesis Is Regulated by the Microbiome

To the Editor:

Correspondence

Proliferation B Survival C Neurogen Survival C

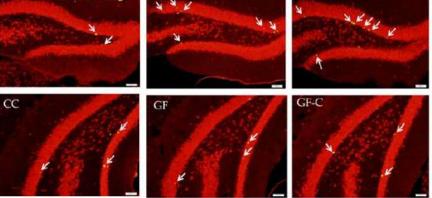


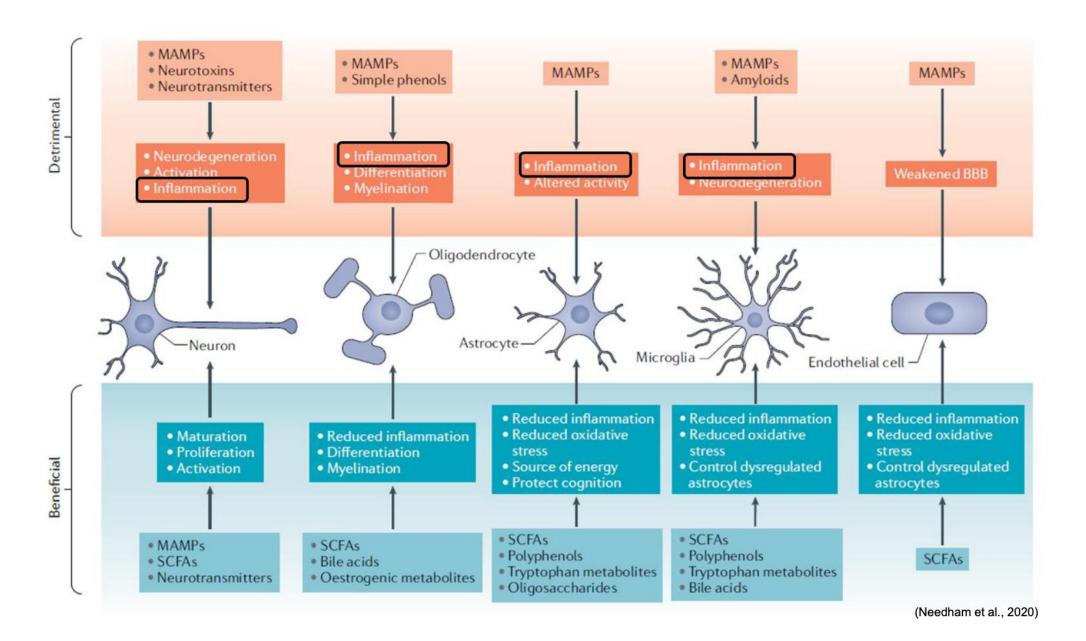
Figure 1. Germ-free mice exhibit increased adult hippocampal neurogenesis. Germ-free and germ-free-colorized mice exhibit a trend for increased cell proliferation as measured by bromodeoxyuridine immunohistochemistry (A). The survival of newly born cells is significantly increased in the dorsal, but not vertical, hippocampus of germ-free and germ-free colorized mice (B). The survival of newly born neurons is increased in germ-free and germ-free colorized mice (B). The survival of newly born neurons is increased in germ-free and germ-free colorized mice (B). The survival of newly born neurons is increased in germ-free and germ-free colorized mice. (B). The survival of newly born neurons is increased in germ-free and germ-free and germ-free colorized mice. (B). The survival of newly born neurons is significantly different from conventionally colorized control mice. BirdU, bronnodeoxyuridine; CC, conventionally colorized; NeuN, neuronal nucleus; VHI, ventral hippocampus.

least significant difference post hoc test for group-wise comparisons.

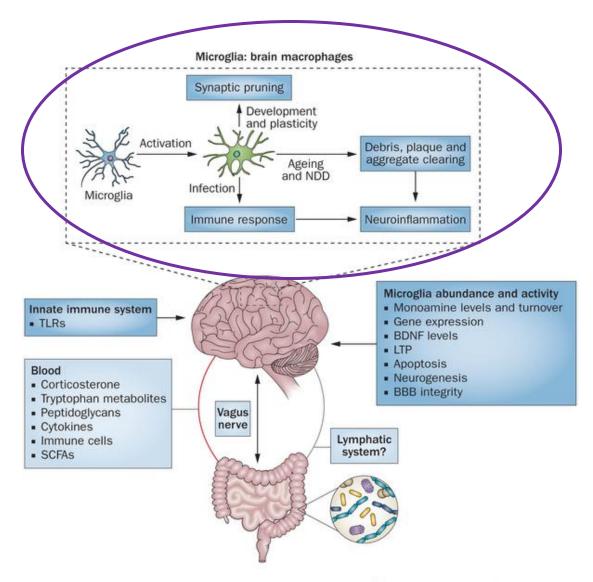
Across the total SGZ, cell proliferation (Figure 1A) was increased in GF and GF-C mice, although the effect did not



Microbiota Gut Brain Axis at cellular level



The Microglial Side Of The Microbiota-gut-brain Axis



The Microglial Side Of The Microbiota-gut-brain Axis

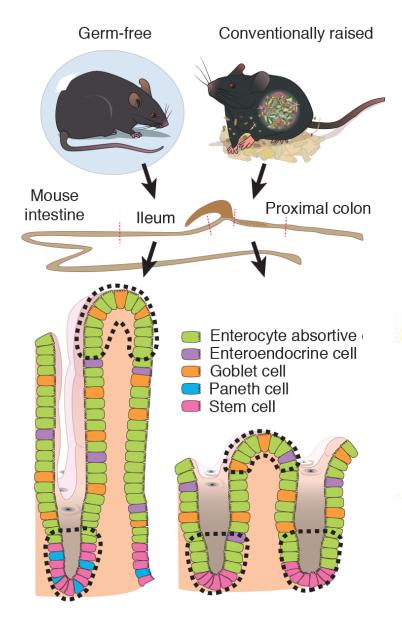
ARTICLES



Host microbiota constantly control maturation and function of microglia in the CNS

Daniel Erny^{1,12}, Anna Lena Hrabě de Angelis^{1,12}, Diego Jaitin², Peter Wieghofer^{1,3}, Ori Staszewski¹, Eyal David², Hadas Keren-Shaul², Tanel Mahlakoiv⁴, Kristin Jakobshagen⁵, Thorsten Buch⁶, Vera Schwierzeck⁷, Olaf Utermöhlen⁵, Eunyoung Chun⁸, Wendy S Garrett⁸, Kathy D McCoy⁹, Andreas Diefenbach⁷, Peter Staeheli⁴, Bärbel Stecher¹⁰, Ido Amit² & Marco Prinz^{1,11}

The Microglial Side Of The Microbiota-gut-brain Axis



GF animals display global defects in microglia:

- Increased expression of maturation and activation marker in GF microglia.
- M1- and M2-related genes were only marginally changed, whereas most differently regulated genes were found to localize in the M0 cluster, indicating that microglia steadystate condition was severely altered in the absence of microbiota.

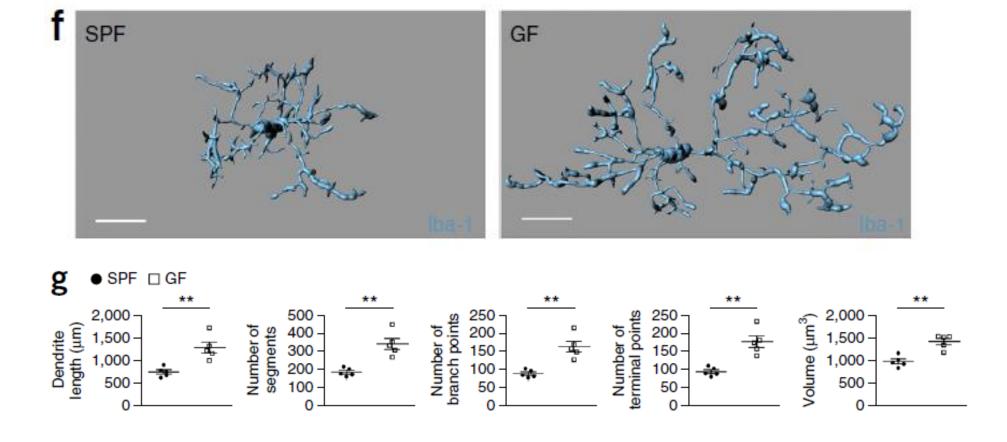


ARTICLES

Host microbiota constantly control maturation and function of microglia in the CNS

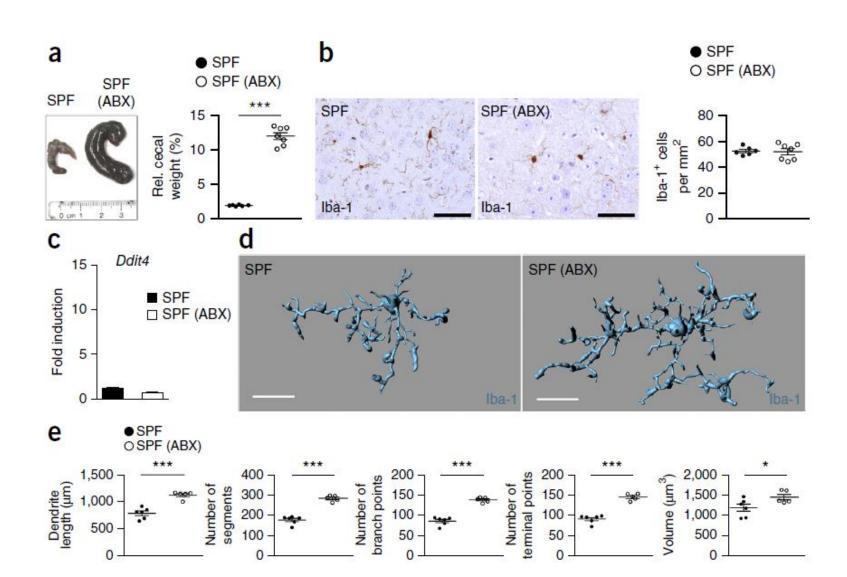
Daniel Erny^{1,12}, Anna Lena Hrabě de Angelis^{1,12}, Diego Jaitin², Peter Wieghofer^{1,3}, Ori Staszewski¹, Eyal David², Hadas Keren-Shaul², Tanel Mahlakoiv⁴, Kristin Jakobshagen⁵, Thorsten Buch⁶, Vera Schwierzeck⁷, Olaf Utermöhlen⁵, Eunyoung Chun⁸, Wendy S Garrett⁸, Kathy D McCoy⁹, Andreas Diefenbach⁷, Peter Staeheli⁴, Bärbel Stecher¹⁰, Ido Amit² & Marco Prinz^{1,11}

Lack Of Microbes Impairs Microglia Morphology



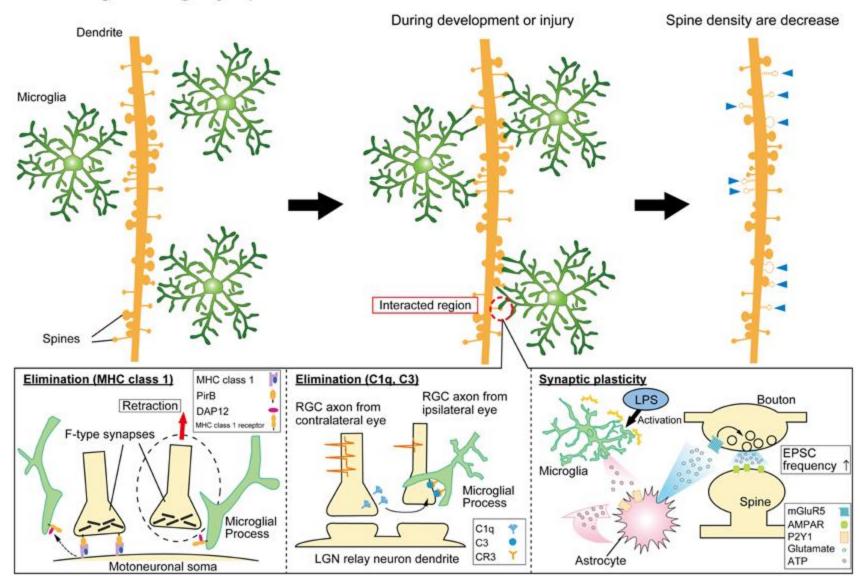
Increased microglia cell numbers with significantly longer processes and increased numbers of segments, branching and terminal points.

Antibiotic Treatment Induces Immature And Malformed Microglia That Can Be Restored By SCFA Administration

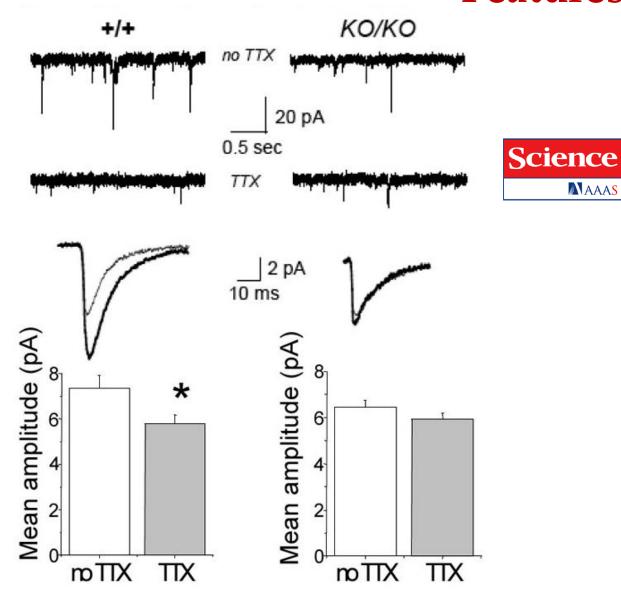


Microglial Control Of Synaptic Development

Microglia change synapse number



Developing CC3CR1 KO Mice Display Immature Synaptic Features



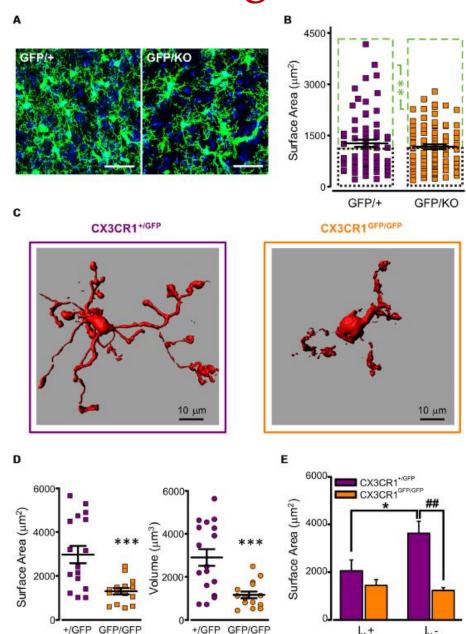
REPORTS

MAAAS

Synaptic Pruning by Microglia Is **Necessary for Normal Brain Development**

Rosa C. Paolicelli, ¹ Giulia Bolasco, ¹ Francesca Pagani, ² Laura Maggi, ² Maria Scianni, ² Patrizia Panzanelli, ³ Maurizio Giustetto, ^{3,4} Tiago Alves Ferreira, ¹ Eva Guiducci, ¹ Laura Dumas. Davide Ragozzino. Cornelius T. Gross

Defective Microglial Development In CX3CR1 KO Mice





ORIGINAL RESEAR published: 31 March 20

Defective microglial development in the hippocampus of *Cx3cr1* deficient mice

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