



# A REVIEW ON GUTFLORA, BRAINGUT AXIS AND ALZHEIMER DISEASE

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## Abstract

Alzheimer’s disease (AD) is a neurodegenerative disease in which pathophysiological changes occurs in amyloid plaque and neurofibrillary tangles. The studies have been revealed that micro biota-gut brain axis. Gut brain has various pathways of connection. Gut and spinal cord are connected together by vagus nerve. Brain stem nuclei may require direct connectivity with brain. Enteric nervous system may stimulated by gut bacteria. Blood circulation

producing chemicals such as monoamine and amino acid through lymphatic and vascular system may reach to brain. Its direct link with micro biota brain gut connectivity. Gut micro beta are responsive to neurotransmitters signaled by brain. Flora have the ability to synthesize and release neuron transmitters as serotonin, dopamine and histamine. “neuroinflammation” occurs due to neuron release substance. It is common in AD. In this context the idea developed is probiotics can reduce anti-inflammatory activity in AD by alteration in gut micro biota, which is known as dysbiosis. It can be due to gut infection, age. Healthy dietary pattern along with balanced prebiotics and probiotics decline in neurocognitive effects in AD.

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