

OBESITY, INFLAMMATION, AND DYSBIOSIS: IMPACTS ON THE GUT-BRAIN AXIS AND THEIR RELATIONSHIP WITH DEPRESSION: A NARRATIVE REVIEW

Felipe Afonso Negrão

Eduardo Negrão¹ Felipe Afonso Negrão Caio Sergio Galina Spilla²; 1. Undergraduate Medical Student; University of Marília 2. Professor of the Medical and Nursing Programs at the University of Marília (UNIMAR); Marília; São Paulo; Brazil.

RESUMO

Conditions such as depression and obesity represent a significant public health concern. These disorders share common pathophysiological mechanisms, particularly chronic low-grade inflammation, which can affect multiple organ systems, including the gastrointestinal and nervous systems. In this context, the relationship between the gastrointestinal tract and the nervous system has gained increasing attention in the scientific literature, especially following the identification of the gut-brain axis. The intestinal microbiota plays a fundamental role in modulating metabolic, immunological, and neuroendocrine processes. Alterations in the composition of this microenvironment, referred to as dysbiosis, are associated with increased intestinal permeability and activation of the immune system, impacting both gastrointestinal function and the nervous system. Evidence suggests that obesity may trigger alterations in this axis, contributing to neurobiological dysfunctions associated with depressive disorders.

Palavras-chave: Microbiota Inflammation Depression Obesity.