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ROL DE LA MICROBIOTA INTESTINAL EN EL DESARROLLO DEL TRASTORNO DEL ESPECTRO AUTISTA.

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RESUMEN

La microbiota humana desempeña un papel importante en diferentes procesos fisiológicos del cuerpo humano como; la protección contra agentes patógenos, el metabolismo energético, la nutrición y el desarrollo del sistema inmune entre otras. Sin embargo, el desequilibrio de algunos de estos microorganismos ha sido involucrado en el desarrollo de algunas enfermedades en el hombre como; infecciones en la piel, en las vías respiratorias altas, en el aparato genitourinario y en los intestinos. Principalmente, la disbiosis de la microbiota intestinal ha sido relacionada con enfermedades asociadas a trastornos del desarrollo mental como lo es El Trastorno Del Espectro Autista. Esta enfermedad influye directamente en la calidad de vida de los pacientes, ya que afecta el correcto funcionamiento del cerebro generando problemas cognitivos, comunicación deteriorada, comportamiento repetitivo y dificultad para la interacción social. Los diferentes problemas asociados al trastorno impactan directamente en las familias y en la economía de la salud nacional, por lo que puede ser considerado como un problema de salud pública. Debido a lo anterior es de suma importancia mostrar el rol de la microbiota intestinal en el desarrollo del Trastorno Del Espectro Autista, de tal forma que esto permita una mejor comprensión del trastorno y así influir positivamente en su prevención y tratamiento. Para poder lograr este objetivo se realizó una búsqueda bibliográfica en las bases de datos NCBI, SciELO, Redalyc, Plos one y Science Direct. Los resultados demuestran que existe una relación entre los trastornos gastrointestinales y el Trastorno Del Espectro Autista la cual es regulada por el eje Intestino-cerebro de una manera bidireccional. Finalmente se puede concluir que la disbiosis intestinal hasta el momento no es considerada una causa del desarrollo de Trastorno Del Espectro Autista, sin embargo, es un factor que regula la sintomatología de esta enfermedad mental.

Palabras claves: microbiota intestinal, trastorno del espectro autista, disbiosis, eje intestino-cerebro.

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ABSTRACT

The human microbiota plays an important role in different physiological processes of the human body, such as protection against pathogens, energy metabolism, nutrition and the development of the immune system, among others. However, the imbalance of some of these microorganisms has been involved in the development of some diseases in humans, such as infections in the skin, upper respiratory tract, genitourinary system and intestines. Mainly, the dysbiosis of the intestinal microbiota has been related to diseases associated with mental development disorders such as Autism Spectrum Disorder. This disease directly influences the quality of life of patients, as it affects the proper functioning of the brain generating cognitive problems, impaired communication, repetitive behavior and difficulty in social interaction. The different problems associated with the disorder directly impact families and the national health economy, so it can be considered a public health problem. Due to the above, it is very important to show the role of the intestinal microbiota in the development of the Autism Spectrum Disorder, in such a way that it allows a better understanding of the disorder and thus positively influence its prevention and treatment. In order to achieve this objective, a bibliographic search was carried out in the NCBI, SciELO, Redalyc, Plos one and Science Direct databases. The results show that there is a relationship between gastrointestinal disorders and Autism Spectrum Disorder which is regulated by the bowel-brain axis in a bidirectional manner. Finally it can be concluded that intestinal dysbiosis is not yet considered a cause of the development of Autism Spectrum Disorder, however, it is a factor that regulates the symptomatology of this mental illness.

Keywords: intestinal microbiota, autism spectrum disorder, dysbiosis, intestine-brain axis.

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