Brain Gut Axis

In this video, I'll introduce one of the most fascinating emerging topics of research: the connection between our gut and our brain. In traditional Indian medicine, or Ayurveda, they have believed that the first line treatment for mental illness is diet. In this video, I'll explain what science has uncovered about how our brain and gut are connected:

1. The vagus nerve connection between the gastrointestinal system and brain.
2. Neurotransmitter precursor production.
3. Dysbiotic bacteria creating bodywide low level inflammation.

While there is growing scientific evidence that our brain and gut are connected, we still don't have good clinical studies verifying how to take advantage of this connection for our mental health. That's why we turn to the Ayurvedic tradition to learn how to leverage this connection to improve our mental health.

References and further reading

- Bai, S., Guo, W., Feng, Y., Deng, H., Li, G., Nie, H., ... & Tang, Z. (2020). Efficacy and safety of anti-inflammatory agents for the treatment of major depressive disorder: a systematic review and meta-analysis of randomised controlled trials. *Journal of Neurology, Neurosurgery & Psychiatry, 91*(1), 21-32.
- Kil, J. H., Jung, K. O., Lee, H. S., Hwang, I. K., Kim, Y. J., & Park, K. Y. (2004). Effects of kimchi on stomach and colon health of Helicobacter pylori-infected volunteers. *Preventive Nutrition and Food Science, 9*(2), 161-166.
- Luna, R. A., & Foster, J. A. (2015). Gut brain axis: diet microbiota interactions and implications for modulation of anxiety and depression. *Current opinion in biotechnology, 32*, 35-41.
- Meyyappan, A. C., Forth, E., Wallace, C. J., & Milev, R. (2020). Effect of fecal microbiota transplant on symptoms of psychiatric disorders: a systematic review. *BMC psychiatry, 20*(1), 1-19.
- Poirier, A. A., Aubé, B., Côté, M., Morin, N., Di Paolo, T., & Soulet, D. (2016). Gastrointestinal dysfunctions in Parkinson's disease: symptoms and treatments. *Parkinson's Disease*, 2016.
- Soskin, D. P., Cassiello, C., Isacoff, O., & Fava, M. (2012). *The inflammatory hypothesis of depression. Focus, 10*(4), 413-421.

Glossary

Ayurveda
Turmeric
GI

Dopamine
Serotonin
Vagus Nerve
Peristalsis
Dementia
Parkinson's Disease
Basal Ganglia
Lewy Body
Biopsy
Neurotransmitter
Symbiosis
Dysbiosis
Cytokines
Cruciferous Vegetables