

Thyroid Dysfunction and Its Correlation with Gut Microbiota Dysbiosis

Lan Yaing*

Department of Epidemiology and Health Statistics, Sichuan University, Chengdu, China

DESCRIPTION

Thyroid dysfunction is a condition that involves an imbalance in the production or action of thyroid hormones, which are essential for regulating various physiological processes such as metabolism, growth and energy production. The two most common forms of thyroid dysfunction are hypothyroidism, characterized by insufficient thyroid hormone production and hyperthyroidism, where excessive hormone production occurs. The gut microbiota, the complex community of microorganisms residing in the gastrointestinal tract, plays a pivotal role in maintaining overall health and dysbiosis, or an imbalance in the composition of these microbial communities, has been implicated in a range of diseases, including thyroid dysfunction.

There is growing recognition that there is a reciprocal interaction between the gut microbiota and thyroid [1]. This implies that a changed gut microbiota may contribute to thyroid dysfunction and that changes in thyroid function might influence the gut microbiota's makeup. This relationship can be explained by a number of processes. The intestinal barrier's health and gut motility are controlled by thyroid hormones. Thyroid dysfunction, whether from hypothyroidism or hyperthyroidism, can cause changes in the microbial ecosystem, increased intestinal permeability and delayed or irregular bowel movements, among other abnormalities in gut function [2,3]. For instance, decreased intestinal motility linked to hypothyroidism has been linked to constipation and the overabundance of some bacterial species, both of which might foster dysbiosis. On the other hand, hyperthyroidism may promote an imbalance of microbial populations by changing the gut's microbial makeup in several ways through increased metabolism and gut motility. The immune system unintentionally targets the thyroid gland in autoimmune thyroiditis, which results in inflammation and decreased thyroid hormone production. Changes in gut microbiota profiles have been linked to this illness, specifically an overabundance of certain bacterial species that may be involved in thyroid gland dysfunction, immunological dysregulation and systemic inflammation. Similar to this, changes in gut microbiota may

exacerbate symptoms of Graves' disease, when immune system failure leads to increased thyroid hormone production [4].

The autoimmune process that damages the thyroid gland may be initiated or exacerbated by an imbalance in the gut microbiota, which is believed to impede immune response. Apart from autoimmune thyroid disorders, thyroid dysfunctions connected to environmental variables including stress, food and antibiotic usage have also been linked to dysbiosis of the gut microbiota [5]. Many environmental variables affect the gut microbiota's makeup and when these factors result in microbial imbalances, thyroid function may be affected. Antibiotic misuse, for instance, can upset the gut's normal microbial balance, resulting in a decrease in good bacteria and an increase in potentially dangerous species. Numerous hormonal and metabolic abnormalities, including modifications in thyroid function, have been linked to this imbalance [6-8]. A bad diet can also lead to dysbiosis of the gut microbiota, especially if it is low in fiber, high in processed foods and rich in sugar. Thyroid dysfunction may be made worse by a diet deficient in essential nutrients for preserving a healthy gut flora, especially in people who are genetically prone to thyroid disorders [9]. The gut microbiota affects thyroid function in a number of ways. In the first place, it contributes to thyroid hormone metabolism because certain gut bacteria have been shown to help convert T4 to T3. Thyroid function may be impacted by systemic inflammation, which is regulated in part by gut bacteria. Inflammatory cytokines, which can harm thyroid cells and cause thyroid dysfunction, have been linked to dysbiosis [10].

CONCLUSION

The exact processes and possible treatments are still mostly unknown, although it is evident that dysbiosis of the gut microbiota might play a role in the development and progression of thyroid problems. Thus, treating gut health may be essential to treating thyroid dysfunction, especially in individuals with autoimmune thyroid disorders or those whose thyroid function is changing for no apparent reason.

Correspondence to: Lan Yaing, Department of Epidemiology and Health Statistics, Sichuan University, Chengdu, China, E-mail: yaing@lan.cn

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