

ABSTRACT

Depression is a serious psychiatric disorder that affects approximately 1 in 25 people worldwide, and recent research suggests that the composition of your gut microbiome could play a role in the symptoms. Specific species of bacteria are more reduced (or abundant) in the gut microbiota of patients with major depressive disorder (MDD) than in healthy individuals. Taking prebiotics/probiotics and other forms of treatment are effective in altering the gut microbiome in a way that alleviates depression-like symptoms. In patients with depression, the composition of gut microflora is altered, which can affect specific brain functions that play a role in MDD. Based on the evidence, altering the gut microbiome holds promise as an alternate treatment for depression.