

Il microbioma intestinale nella pratica clinica: the time is now

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Abstract:

The human microbiota represents the set of microbes in our body. In recent years, thanks to the advancement of analytical techniques, we have been able to study its composition and functions in detail, and we have realized that the microbiota has a symbiotic relationship with the human body, that is, that it cooperates with it in order to ensure the survival of both. These discoveries have led to a real revolution in the field of medicine, disrupting several concepts of modern science (e.g., some of Koch's postulates), showing that the formation, development and maintenance of our microbiota in a physiological or pathological sense, on the one hand depend on the events that happen to us (physical trauma, psychological trauma, lifestyles, pathologies or drug therapies), and on the other hand constitute one of the mechanisms of development of a great number of chronic diseases.

They form the biological basis of an integrative vision of medicine, one that does not focus solely on diagnostic and therapeutic technicalities, but one that contemplates the individual and takes care of him or her in his or her entirety and in all aspects.