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## Gut health & glow-an overview of enterodermatic symbiosis

**Pallavi Phadnis**

Chirayu Medical College &amp; Hospital, India

Skin and gut are the largest interfaces that harbor microorganisms in varied shapes and sizes. This microbiome has a significant symbiosis that can be affected by genetics, host factors, environmental factors, exogenous compounds, diet and dermatological diseases which alter the function as well as structure. This causes a profound impact on one's health. The gut-skin axis equilibrium is maintained by the immune mechanisms that govern the process. However, once this balance is disturbed leading to dysbiosis, several toxins accumulate leading to systemic inflammation that gives birth to dreadful diseases. Hence understanding

the pathophysiological mechanisms associated with this relationship can assist in discovering novel treatments that would strategically prove to be beneficial in maintaining a healthy and balanced life.

### Biography

Dr Pallavi Phadnis is a dermatologist by profession and currently works with one of the corporate skin care brand in India. She holds a Master degree (M.D) in Dermatology, Venereology & Leprosy and has 3+ years of expertise in clinical, diagnostic and Aesthetic dermatology. She has published up to 4 research articles in indexed journals and has presented more than 5 research papers at national and international dermatology conferences.