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水产动物肠道菌群及其对宿主生长性能影响研究进展

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摘要: 目前,水产养殖业提高养殖效益和经济效益的手段较少,导致行业发展缓慢。肠道菌群与水产动物的生长速度、激素水平、营养代谢和免疫功能有着重要联系。肠道菌群稳态为水产动物的生长繁殖提供了有利条件。水产动物和肠道微生物之间的关系表明,宿主-微生物的相互作用可能影响宿主的生长性能。为了提高肠道菌群与宿主之间相互作用的见解,以生长性能为主要切入点,以理解肠道微生物在宿主生长过程中的潜在作用。探究水产动物肠道菌群的功能机制有助于提高养殖的产量和质量,促进水产养殖业的发展。综述了肠道菌群的作用、肠道菌群与水产动物生长性能的关系以及肠道菌群调控生长性能的机制,旨在为相关研究提供参考。

关键词: 肠道菌群;水产动物;生长性能

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Progress on gut microbiota of aquatic animals and its effects on host growth performance

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Abstract: At present, the aquaculture sector possesses limited approaches to enhance breeding efficiency and economic effectiveness, thereby leading to the sluggish development of the aquaculture industry. The gut microbiota has an important relationship with the growth rate, hormone levels, nutrient metabolism and immune function of aquatic animals. The homeostasis of gut microbiota provides favorable conditions for the growth and reproduction of aquatic animals. This relationship between aquatic animals and gut microbes suggests that host-microbe interactions may influence host growth performance. To improve insights into the interactions between gut microbiota and host, growth performance is used as the main entry point to help understand the potential role of gut microbes during host growth. Exploring the functional mechanism of gut microbiota in aquatic animals is helpful to improve the yield and quality of aquaculture and promote the development of aquaculture. The role of gut microbiota, the relationship between intestinal flora and growth performance of aquatic animals, and the mechanism of gut microbiota regulating growth performance are reviewed to provide reference for the relevant research.

Key words: gut microbiota; aquatic animals; growth performance

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0 引言

肠道菌群在水产动物的健康生长中起着至关重要的作用。水产动物肠道中始终存在着大量的微生物,其与宿主的健康及生长性能有着密切关系^[1,2]。近年来,关于肠道菌群与生长性能的研究在水产养殖行业中备受关注。随着水产养殖集约化的迅速推广,目前水产养殖业已经成为发展最快的粮食产业之一^[3]。为了在现有资源条件下提高水产品的产量与效益,越来越多研究利用肠道菌群开发益生菌,以提高水产动物的养殖产量^[4,5]。

水产动物的肠道是非常重要的器官之一,它主要负责消化和吸收营养物质,以维持动物的生命活动^[6,7]。肠道发育是一个复杂的过程,在个体未孵化前,它们的肠道没有发育完全。因此肠道微生物在宿主出生时才会定植在其肠道内,形成特定的生态环境^[8]。不同种群之间的肠道菌群有所不同,例如,鱼类、甲壳类、贝类及棘皮类水产动物之间的优势菌群会有差异,人们对它们的肠道菌群了解甚少,对宿主肠道微生物与生理功能之间关系的研究更少。在孵化时,就产生了肠道菌群与宿主之间的相互作用,菌群存在于宿主的整个生长周期,维持着宿主正常发育。在不同生长阶段,肠道菌群会发生变化^[9,10]。此外,宿主肠道中有着大量的优势菌群,它们与宿主及外部环境相互作用,维持宿主肠道微生物稳态和抵抗病原体^[11,12]。水产动物的生长机制与肠道菌群密切相关,例如,生长性能、营养吸收^[13]、免疫反应^[14]和宿主抗病^[15]等。本文综述了肠道菌群的作用及其在水产动物生长中的功能机制。

1 肠道菌群的作用

肠道菌群主要是指定植在宿主肠道中的细菌群落^[16]。每个宿主都有特定的肠道菌群,其中,人类肠道菌群中存在着数十亿微生物,肠道菌群具有复杂的多样性,主要包括细菌、古细菌、酵母和真菌,由100~1 000种核心微生物共同组成^[17,18]。健康的肠道有助于消化、排毒,并且为抵抗病原体的入侵形成一道防御屏障^[19,20]。肠道微生物系统庞大,其与身体的各个器官有着密切联系。其中,肠道黏膜层直接作用于肠道菌群,黏膜层损伤会导致菌群结构破坏,影响宿主生理健康,如肠道炎症、食欲不振、发育迟缓和病毒感染等。健康的肠道菌群会使宿主免疫系统处于耐受性和防御活性的平衡状态^[21]。肠道菌群失衡会影响微生物群落结构,同时减少微生物多样性,导致病原体大量繁殖、共生菌缺失及代谢能力

下降^[22]。肠道菌群在改善宿主的生理和免疫反应方面发挥着关键作用,还能促进维生素合成与营养消化,调节代谢过程。肠道微生物调控代谢合成特定的酶,以分解食物中的化合物分子,从而控制宿主的饥饿感与饱腹感,影响宿主对食物的需求^[23]。此外,通过定植不同的肠道微生物,可以有效改善宿主肠道中的生理状态,促进生长发育。因此,探讨水产动物的肠道菌群功能可以为养殖产业提供一定的参考。

2 肠道菌群与水产动物生长性能的关系

肠道菌群在水产动物生长发育中发挥重要作用。宿主肠道在正常发育分化的过程中,其肠道微生物丰度会适应性变化,以达到宿主-微生物群落的平衡^[24]。

2.1 鱼类

鱼类的肠道存在好氧型与兼性厌氧型微生物,平均细菌密度在 $1 \times 10^7 \sim 5.8 \times 10^8$ 个/g之间,其中,变形菌门(Proteobacteria)、厚壁菌门(Firmicutes)、拟杆菌门(Bacteroidetes)、放线菌门(Actinobacteria)和梭杆菌门(Fusobacteria)通常被认为是肠道的优势菌群^[25-27]。研究表明,丁酸梭菌(*Clostridium butyricum*)可以促进大黄鱼幼体的生长,有效提高丁酸梭菌的相对丰度,降低部分潜在致病菌的丰度,维持宿主的肠道健康^[28]。在鲫鱼(*Carassius auratus*)饲料中添加粪肠球菌(*Enterococcus faecalis*) YFI-G720,其肠道内的气单胞菌(*Aeromonas*)和不动杆菌(*Acinetobacter*)相对丰度降低,粪肠球菌定植能力较强,能够产生天然的抗生素和细菌素等抑菌物质,有效抑制部分致病菌,改善宿主健康状况,促进生长^[29]。从罗非鱼(*Oreochromis niloticus*)肠道中分离出来的鲁梅氏杆菌(*Rummeliibacillus stabekisii*)可以增加肠道内的消化酶,如蛋白酶、纤维素酶和木聚糖酶,有效提高了芽胞杆菌(*Bacillus*)和乳杆菌(*Lactobacillus*)的相对丰度,增强了宿主的免疫力,从而提高生长性能^[30]。丁酸球菌(*Butyricoccus*)是快生长鳊鱼(*Siniperca chuatsi*)的优势菌,随着生长速度的增加,腹腔内脂肪比例以及血浆中甘油三酯和总胆固醇水平逐渐升高^[31]。不同体重的黄条鰺(*Seriola lalandi*)肠道菌群结构存在差异,50 g的个体中优势菌属为假单胞菌属(*Pseudomonas*)、弧菌属(*Vibrio*)和葡萄球菌属(*Staphylococcus*),而370 g的个体中,优势菌属为微杆菌属(*Microbacterium*)和弗朗西斯菌属(*Francisella*)^[32]。此外,不同生长速率的七彩神仙鱼(*Symphysodon haraldi*)肠道菌群结构

不同,在慢生长的幼鱼肠道中,邻单胞菌(*Plesiomonas*)丰度相对较高,而快生长幼鱼中,芽胞杆菌和乳球菌(*Lactococcus*)丰度相对较高^[33]。不同生长速度的大口黑鲈(*Micropterus salmoides*)的肠道微生物丰度有显著差异。在菌门上,生长速率快的大口黑鲈放线菌门高于生长速率慢的大口黑鲈;而在菌属上,盐单胞菌属(*Halomonas*)和双歧杆菌属(*Bifidobacterium*)相对丰度显著高于生长速率慢的鲈鱼^[34]。在异齿裂腹鱼的4个不同年龄阶段,其肠道菌群有显著差异,随着裂腹鱼的生长,假单胞菌属和莫拉氏菌属(*Moraxellaceae*)显著减少,而地芽胞杆菌属(*Geobacillus*)显著增加。在大西洋鲑鱼(*Salmo salar*)的不同发育阶段,肠道微生物群落丰富度不断变化,有研究证实了其肠道菌群变化与年龄有很大关系^[35]。在斑马鱼(*Danio rerio*)的7个不同年龄阶段,其肠道菌群丰度有显著差异^[36]。在一组虹鳟(*Oncorhynchus mykiss*)生长速度与肠道菌群的研究中,梭状芽胞杆菌属(*Clostridium*)、纤毛菌属(*Leptotrichia*)和消化链球菌属(*Peptostreptococcus*)对虹鳟的生长有促进作用,相反,棒状杆菌属(*Corynebacterium*)和类梭菌属(*Paeniclostridium*)影响虹鳟生长^[13]。另外,有研究显示,3组实验欧洲鳗鲡(*Anguilla anguilla*)的生长速率也受肠道菌群的影响,快生长的鳗鲡肠道菌群的优势门为梭杆菌门,而慢生长和正常生长鳗鱼肠道菌群的优势门为螺旋体门(*Spirochaetes*)^[37]。其中,梭杆菌门与核苷酸、碳水化合物、聚糖生物合成和脂质代谢等个体代谢有关,在鱼类肠道中具有消化和免疫等作用,对鱼类的生长有着重要影响^[38,39]。螺旋体对花鳗(*Anguilla marmorata*)的生长有抑制作用,被证实与一些水产动物的疾病有关^[40,41]。因此,相对丰度较高的梭杆菌门、厚壁菌门、变形菌门和放线菌门等肠道菌群有助于提高鱼类的生长性能。

2.2 甲壳类

肠道菌群被证明对甲壳类的生长和健康有着重要的作用。在斑节对虾(*Penaeus monodon*)的4个发育阶段,拟杆菌门、放线菌门、变形菌门和浮霉菌门(*Planctomycetes*)被确定为是斑节对虾肠道中的优势菌群^[42]。研究表明,乳球菌、湖丝藻属(*Limnithrix*)和节螺藻属(*Arthrospira*)在快生长的斑节对虾肠道菌群中相对丰度较高,通过影响酶活和免疫反应提高斑节对虾的生长性能,沈氏菌(*Shimia*)、假交替单胞菌(*Pseudoalteromonas*)、别样玫瑰变色菌(*Aliiroseovarius*)、意大利小海员菌(*Nautella*)、太平洋白单胞菌(*Albimonas*)和四生球菌(*Tessaracoc-*

cus)等在慢生长的斑节对虾肠道中相对丰度较高。意大利小海员菌在特定环境下会表达毒力性,而假交替单胞菌、别样玫瑰变色菌和沈氏菌与斑节对虾疾病有关,这些都是影响斑节对虾生长性能的重要因素^[43,44]。在中华绒螯蟹(*Eriocheir sinensis*)肠道菌群中,优势菌群为厚壁菌门、变形菌门、柔壁菌门(*Tenericutes*)、绿弯菌门(*Chloroflexi*)和放线菌门^[45]。研究表明,在中华绒螯蟹不同发育阶段,其软壁菌门(*Tenericutes*)和“*Candidatus Hepatoplasma*”的丰度逐渐增加,而“*Candidatus Bacilloplasma*”的丰度始终较高,变形菌门在其不同阶段具有显著性差异^[46]。凡纳滨对虾(*Litopenaeus vannamei*)肠道菌群有固定的微生物群落结构,主要优势菌群包括拟杆菌门、变形菌门、厚壁菌门、放线菌门^[47]。拟杆菌门是与机体营养代谢相关的重要菌群,有助于宿主分解含氮物质,调节血糖血脂,维持肠道菌群稳态^[48]。降低变形菌门相对丰度能促进凡纳滨对虾消化吸收和营养代谢,提高其免疫力,促进凡纳滨对虾生长。

2.3 贝类

贝类是重要的水产养殖资源,但是关于其肠道微生物的研究较少。有研究表明,肠道菌群可以影响贝类的消化和营养吸收,从而提高其生长性能^[49]。在杂色鲍(*Haliotis diversicolor*)生长的4个不同阶段, γ -变形菌群存在于4个发育阶段,芽胞杆菌和假交替单胞菌是幼虫期的优势菌群,而弧菌属在第一次摄食后定植于肠道内^[50]。皱纹盘鲍(*Haliotis discus hannai*)中,支原体(*Mycoplasma*)、冷泥杆菌(*Psychrilyobacter*)、弧菌属和海生海藻杆菌(*Algibacter*)是肠道菌群中的优势菌群,在生长速度快的鲍鱼中,冷泥杆菌的丰度最高^[51]。大西洋嗜冷泥杆菌(*Psychrilyobacter atlanticus*)可以使用葡萄糖、果糖和N-乙酰-D-氨基葡萄糖作为碳源,产生H₂和乙酸盐,作为发酵产物,而不会降解淀粉和纤维素等常见的多糖^[52]。冷泥杆菌会产生乙酰辅酶a、醋酸酯和短链脂肪酸来降解未消化的低聚多糖,从而影响生长^[53]。

2.4 棘皮类

肠道微生物与棘皮动物的生长有着密切关系。快速生长和缓慢生长的日本刺参(*Apostichopus japonicus*)肠道菌群的多样性和组成存在显著差异,变形菌门是日本刺参的主要核心菌群,在快速生长的个体中,浮霉菌门和疣微菌门(*Verrucomicrobia*)为优势菌群,而在缓慢生长的个体中,拟杆菌门和厚壁菌门为优势菌群,红杆菌科(*Rhodobacteraceae*)在快

速生长个体中显著增加,红杆菌科含有大量聚羟基丁酸代谢基因,该菌能加快聚羟基丁酸降解,并为宿主提供能量,促进刺参的生长^[54,55]。在绿海胆(*Lytichinus variegatus*)肠道菌群中,蓝藻门(Cyanobacteria)、梭杆菌门和浮霉菌门为主要菌群,而海藻是海胆的主要食物来源之一,所以其腔液与肠道中的蓝藻门丰度最高^[56]。

3 肠道菌群调控生长性能的机制

3.1 肠道菌群调控生长激素

水产动物的生长发育会受到内外环境的影响,只有内外影响因素达到动态平衡时,才能实现生长性能的提高。当外界环境相同时,水产动物的生长性能由自身的激素、代谢水平和免疫力等因素决定(见图1)^[57]。生长激素(growth hormone, GH)和胰岛素样生长因子1(insulin-like growth factor 1, IGF-1)共同组成促生长轴,该轴在调控水产动物的代谢水平、生理过程和生长发育方面起着至关重要的作用。GH可以直接作用于组织器官,并且还能通过下丘脑-垂体-靶器官调节其他激素共同影响个体的生长。GH和IGF-1水平降低会导致机体生长迟缓。有研究证实,植物乳杆菌(*Lactobacillus plan-*

tarum) 细胞壁或纯化的NOD2配体可以被肠上皮细胞中的模式识别受体NOD2感知,与对照相比,植物乳杆菌细胞壁改善了宿主的生长速率,增加了IGF-1和肠隐窝中的Ki67+细胞数量以及提高I型IFN反应基因表达,因此,证明植物乳杆菌细胞壁可以通过提高外周组织的GH识别度并增强IGF-1的循环水平来支持幼体生长激素轴的反应,以缓解宿主生长迟缓的问题^[58]。大肠杆菌(*Escherichia coli*)通过影响GH-肝脏-IGF-1轴使宿主生长滞缓,由于丝氨酸/苏氨酸蛋白激酶(serine/threonine kinase proteins, STK/AKT/PKB)受生长信号调节,可以被胰岛素激活,而实验组中肝脏产生的IGF-1稳定性受损或减少,导致AKT通路磷酸化降低^[59]。此外,经过鼠李糖乳杆菌(*Lactobacillus rhamnosus*)处理的斑马鱼表现出IGF-1、IGF-2、过氧化物酶体增殖物激活受体(peroxisome proliferators-activated receptors, PPARs)- α 和 $-\beta$ 水平升高, *VDR- α* 和*RAR-gamma*的基因高表达,提高促性腺激素释放激素(GnRH3-GFP),加速了性腺发育和性别分化。

3.2 肠道菌群调控代谢水平

肠道菌群可以直接或间接调控宿主的代谢水平,从而影响宿主的生长,主要体现在生物结合、生

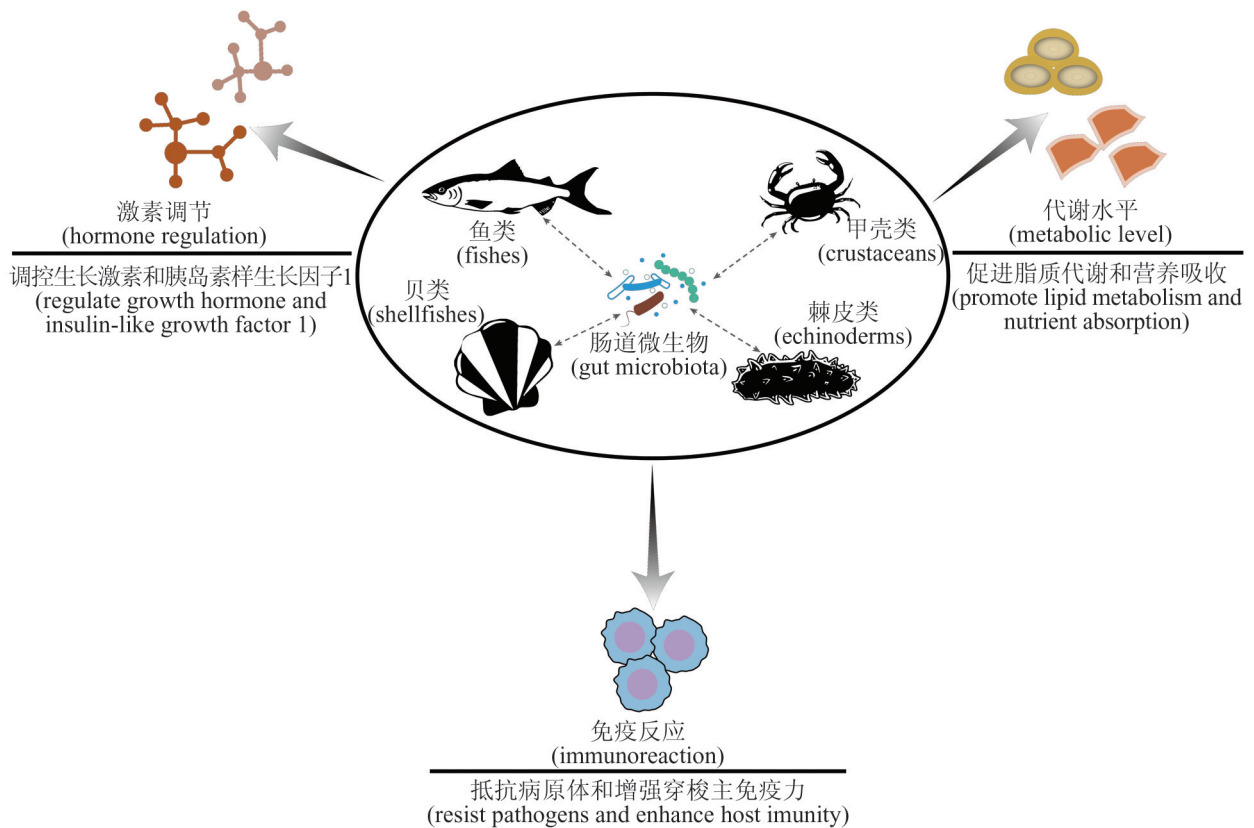


图1 肠道菌群调控宿主生长性能的机制

Fig. 1 Mechanism of gut microbiota regulating host growth performance

物转化和生物运输方面。厚壁菌门和拟杆菌门是水产动物中最重要的两类菌门。目前已有研究证明两者对宿主的生长具有重要影响。通过厚壁菌门/拟杆菌门值可以衡量宿主的生长情况,高比值代表宿主脂肪过多沉积,而低比值代表体重下降^[60]。脂质是生物的重要组成部分,也是一组重要的营养物质。罗伊氏乳杆菌(*Lactobacillus reuteri*)可以增加肠道内绒毛高度和黏蛋白分泌,促进肠道营养消化和脂质保留率,并且随着罗伊氏乳杆菌的增加,肠道 TJ 蛋白(tight junction proteins)编码基因 *Hif1 α* 、*ZO-1* 和 *Occludin* 表达水平上调^[61]。肠道菌群的主要代谢产物是短链脂肪酸(short chain fatty acids, SCFA),可利用该代谢物调控器官和组织之间的互作,从而提高增重率^[62]。SCFA 可以促进线粒体脂肪酸氧化和能量消耗,并且能通过激活游离脂肪酸受体来调节信号通路,从而消耗自身的能量^[63]。拟杆菌属(*Bacteroides*)、普雷沃氏菌属(*Prevotella*)可以降解特定纤维和营养物质,通过与碳水化合物发酵增加短链脂肪酸含量^[64]。胆汁酸在水产动物生长过程中起着关键作用,可以促进脂质代谢和营养吸收,提高生长性能^[65,66]。肠道菌群可以通过胆汁酸代谢酶进行去结合、异构化、7 α -脱羟基和酯化等来调控胆汁酸的化学多样性,从而影响宿主的代谢水平、能量平衡和营养吸收等^[67,68]。例如,艰难梭菌(*Clostridium difficile*)可以通过 7 α -脱羟基将胆酸和鹅去氧胆酸分别转化为去氧胆酸和石胆酸^[69]。厚壁菌门和拟杆菌门可以协助消化加工复杂的多糖,刺激鱼类肠道脂肪酸吸收和脂质代谢,共同促进鱼类营养物质的消化^[70,71]。变形菌门和放线菌门可以分解代谢中产生的化合物,并维持肠道菌群的稳态,改善鱼类的健康^[72,73]。此外,肠道菌群与维生素相互作用,维持宿主的健康生长。维生素 B1 与厚壁菌门的相对丰度呈正相关,缺乏维生素 B1 会影响厚壁菌门合成途径,另外,维生素 B1 会介导丁酸盐产生细菌,而这些细菌生成丁酸盐的能力受到肠道中乙酸含量的影响^[74]。

3.3 肠道菌群调控免疫反应

肠道菌群与免疫系统互作是宿主健康发育的基础。肠道优势菌群可以通过抑制病菌、降低病原体毒力和增强宿主自身免疫力等方式来提高生长性能^[75]。水产动物免疫系统主要由先天性免疫和适应性免疫组成,两者共同抵抗病原体,维持宿主的生长健康。免疫细胞分为淋巴细胞和吞噬细胞,淋巴细胞参与特异性免疫,而吞噬细胞参与非特异性免疫,两者在免疫反应中都起关键性作用。研究表明,多形拟杆菌(*Bacteroides thetaiotaomicron*)可以减少肠

道上皮细胞中的促炎因子 NF- κ B(nuclear factor- κ B)信号传导,参与宿主的免疫调控和抑制炎症^[76]。经核酸酶处理的鼠李糖乳杆菌 GCC-3 显著增加了斑马鱼体内酰基辅酶氧化酶 3(acyl-CoA oxidase 3, ACOX3)和增殖物激活受体 γ 辅激活因子 1 α (proliferator-activated receptor- γ coactivator 1 α , PGC 1 α)的表达,而 PGC 1 α 主要具有抗炎和促进细胞分化的作用^[77,78]。施氏假单胞菌(*Pseudomonas stutzeri*) F2 可以激发斑鲈(*Lateolabrax maculatus*)血清中超氧化物歧化酶、溶菌酶和过氧化氢酶的活性,增强肝脏中谷胱甘肽过氧化物酶的活性,丰富肠道微生物多样性,提高其免疫力和生长性能^[79]。研究发现,从海参肠道中分离的地衣芽胞杆菌(*Bacillus licheniformis*) CQN-12 和解淀粉芽胞杆菌(*Bacillus amyloliquefaciens*) CQN-2 可以刺激超氧化物歧化酶、溶菌酶和过氧化氢酶的 mRNA 表达,激发先天免疫并改善肠道内的微生物群落^[80]。地衣芽胞杆菌还可以上调促炎细胞因子 TNF- α (tumor necrosis factor- α)和 IL-6(interleukin-6)以及抗炎细胞因子 IL-10(interleukin-10)和 TGF- β (transforming growth factor- β)的蛋白水平,增强宿主的免疫反应^[81]。

4 结束语

中国水产养殖产量逐年增加,人们对水产品的需求也日益增加,如何缩短养殖周期与提高养殖质量一直是该行业的难题。目前只能通过传统育种、现代分子育种和科学饲养等方式提高生产产量。利用肠道菌群开发益生菌无疑是为产业提供了一种新的方式。益生菌的投入可以提高水产动物的生长性能和免疫力,减少养殖中抗生素的使用,为人们的健康提供保障。

此外,肠道菌群是近年来微生物学、医学、免疫学等领域的主要研究热点之一。16S rRNA 基因测序和宏基因组测序是肠道菌群研究中应用最广泛的方法。肠道菌群与多组学联合分析是目前研究的一种趋势,可以通过全新的视角去发现肠道菌群与其他功能之间的互作关系,但是更深入的分子机制方面的研究较少。由于肠道菌群系统过于庞大,大多数研究只从现有数据库中进行筛选,冗余基因往往被丢弃,因此这方面的研究可能是未来需要重点关注的方向之一。

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