

肠道病毒组在疾病中的治疗潜力及其机制研究进展

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摘要: 肠道病毒组是人体肠道微生态系统中的重要组成部分。近年来, 肠道微生态与疾病的关系受到广泛关注, 越来越多的证据表明粪菌移植过程中病毒组的转移对粪菌移植的疗效起到了不可忽视的作用。本文根据近些年的相关研究, 综述粪菌移植中肠道病毒组在疾病中的治疗潜力, 总结肠道病毒组在疾病治疗中的可能机制, 同时对肠道病毒组在未来疾病治疗中的应用作出展望。

关键词: 肠道病毒组; 噬菌体; 治疗潜力; 机制

Research progress on potential and mechanism of intestinal virome in treating diseases

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Abstract: The intestinal virome is an important component of the human intestinal microecosystem. In recent years, the relationship between intestinal microbiome and diseases

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has attracted extensive attention. More and more evidence has demonstrated that the transfer of intestinal virome in fecal microbiota transplantation is essential for the efficacy of the therapy. By reviewing the relevant studies in recent years, this article summarizes the therapeutic potential and possible mechanisms of intestinal virome in fecal microbiota transplantation, and makes an outlook on the application of intestinal virome in disease treatment.

Keywords: intestinal virome; bacteriophage; therapeutic potential; mechanism

人类肠道微生物群落是非常复杂的微生态系统, 包括细菌、真菌、病毒和古菌等^[1-2]。肠道菌群指定殖在肠道的全部微生物群^[3], 其蕴含庞大的基因组, 与人类健康有着莫大的关系。粪菌移植(fecal microbiota transplantation, FMT)是将健康个体的粪便微生物(包括细菌、真菌和病毒等微生物)以及粪便中存在的微生物代谢产物移到患病个体的胃肠道中重建肠道微生态的一种疗法^[4], 在治疗肠道菌群失调相关疾病的临床实践中表现出较好的疗效^[5-6]。人类肠道病毒组(intestinal virome)包括真核病毒和原核病毒, 其中以噬菌体为主体的原核病毒占了大部分, 但还有 88%的噬菌体尚未分类^[7-8]。以往大多数研究将粪菌移植疗效和机制聚焦于肠道和粪便中的细菌, 随着技术的成熟、进步以及研究的不断深入^[9], 肠道病毒组作为细菌以外的“暗物质”, 在移植中起到的潜在作用渐渐展现出来^[10]。

2017年 Ott 等用无菌粪便滤液移植(fecal filtrate transplantation, FFT)治疗艰难梭菌感染患者的小病例研究^[11]引发了对粪菌移植治疗方式的新思考^[12]。不同于传统的粪菌移植治疗方法, Ott 等^[12]将来自健康且合适供体的粪便过滤去除细菌等大颗粒物, 将剩下含细胞碎片、蛋白质、抗菌化合物、代谢产物和寡核苷酸的无菌滤液移植到患病受体肠道中来治疗艰难梭菌感染。以往更多关注肠道菌群在疾病治疗中发挥的作用, 现在研究发现肠道病毒组在疾病治疗中也具有一定的潜力。

近年来, 研究者对移植中病毒组成分的认识不断深入, 越来越多证据表明粪菌移植中病毒组的转移在治疗艰难梭菌感染^[12]、炎症性肠病^[13]、新生儿坏死性小肠结肠炎^[14]、代谢病^[15]、移植抗宿主病^[16]和其他疾病中起到一定的治疗潜力。本文总结粪菌移植过程中病毒组的变化和肠道病毒组在疾病治疗中的临床研究, 进一步讨论肠道病毒组可能通过影响肠道微生态和宿主免疫在疾病治疗中发挥作用, 并且对肠道病毒组在疾病治疗中的安全性和有效性及未来应用提出一些看法。

1 人类胃肠道病毒组

人体许多部位携带有大量不同病毒, 而胃肠道是病毒在人体定殖最多的部位^[17]。统计显示, 每克肠内容物约含 10^9 个病毒样颗粒(virus like particles, VLPs)^[17], 数量庞大的病毒样颗粒构成了功能复杂的人类肠道病毒组。

人类胃肠道病毒组组成复杂, 具有丰富的多样性。Camarillo-Guerrero 等^[18]分析近 3 万个人类肠道宏基因组, 挖掘到超 14 万个人类肠道病毒基因组。此外, 人类胃肠道病毒组的组成还具有显著个体差异, 并受地域、生活方式、饮食、年龄等多种因素影响^[19-21]。Shkoporov 等^[22]对 10 名健康成年人粪便病毒组分进行为期 1 年的纵向研究, 发现人类胃肠道病毒组组成具有高度个体特异性和稳定性。Nishijima 等^[19]分析了 4 198 人个体肠道病毒组特征后确定了 97 个与个体肠道病毒组差异显著相关的内在或

外在因素, 其中疾病和药物对病毒组结构的影响最大。

研究表明, 人类胃肠道病毒组直接或间接影响人体免疫功能^[23]。许多肠道或肠道外疾病与胃肠道病毒组成分与状态的变化相关。人类胃肠道病毒组可能影响炎症性肠病、肥胖与糖尿病等多种疾病的发生与发展, 对人体的健康与疾病有重要作用^[21,24]。

2 肠道病毒组在疾病治疗中的潜力

2.1 艰难梭菌感染

艰难梭菌感染(*Clostridium difficile* infection, CDI)是由艰难梭状芽孢杆菌过度生长导致的严重肠道疾病^[25], 多发于成年人^[26], 是导致院内感染和死亡的最常见原因之一^[27]。艰难梭菌的孢子广泛存在于周围环境中, 通过多种途径传播^[28], 感染后症状轻者为不同程度的腹泻, 重者患伪膜性肠炎、感染性休克甚至死亡^[29]。大量研究发现, 粪菌移植可用于治疗艰难梭菌感染^[30-31], 在治疗复发性艰难梭菌感染(*recurrent Clostridium difficile* infection, rCDI)上有比较好的疗效^[32-34]。近年来, 艰难梭菌感染的粪菌滤液移植临床研究和粪菌移植治疗疾病过程中肠道病毒组的变化值得关注。

2017年Ott等^[12]对5名慢性复发性艰难梭菌感染患者进行粪菌滤液移植的一项开创性研究, 并随访6个月到33个月不等, 发现粪菌滤液对治疗艰难梭菌感染有长期疗效。在比较供体和受体病毒组谱中发现: 在对艰难梭菌感染有疗效的滤液中, 病毒样颗粒显示出噬菌体的复杂特征; 分析受体粪便样品的病毒组谱后发现, 粪菌滤液移植后患者病毒群落结构存在纵向变化^[12]。在粪菌移植供体肠道病毒组组成方面,

许多粪菌移植治疗艰难梭菌感染的研究表明, 应答者的粪便供体中有尾噬菌体(Caudovirales)占比显著高于无应答者^[35-37]。在粪菌移植后, 肠道微病毒科(Microviridae)噬菌体的多样性和丰富度与克拉斯噬菌体(crAssphage)的丰富度显著提高^[38]。在供体的噬菌体群落 α 多样性方面, 成功的粪菌移植供体显著高于失败的粪菌移植供体, 但是成功的粪菌移植供体丰富度较低^[39]。与健康人群相比, 艰难梭菌感染患者肠道微病毒科噬菌体丰度降低, 有尾噬菌体目和指环病毒科(Anelloviridae)噬菌体丰度增加, 但有尾噬菌体的多样性、丰富度和均匀度却下降^[35,40]。此外, 大量研究表明粪菌移植在治疗艰难梭菌感染中表现出的疗效至少可以持续半年, 甚至有长达4.5年或更长期的疗效^[12,36-37,40]。这可能与粪菌移植供体-受体配对以及特定噬菌体移植后的长期定殖有关。Draper等^[40]追踪了接受粪菌移植治疗个体的噬菌体定殖情况, 研究表明单个供体的多个受体表现出高度个体化的病毒定殖模式, 而且粪菌移植对受体肠道病毒组有长期影响, 肠道病毒组的长期微生物动力学作用不可忽视。

综上所述, 粪菌移植对艰难梭菌感染的疗效和长期效果与供体肠道病毒组组成及受体肠道病毒组定殖情况相关。肠道病毒组在治疗艰难梭菌感染中可能通过恢复肠道微生态稳态、调节肠道菌群代谢、与宿主免疫相互作用、改善炎症反应、强化肠道屏障等机制发挥治疗作用。

2.2 炎症性肠病

炎症性肠病(*inflammatory bowel disease*, IBD)是一种慢性、非特异性肠道炎症疾病, 分为克罗恩病(*Crohn disease*, CD)和溃疡性结肠炎(*ulcerative colitis*, UC), 其病因涉及复杂的遗传、环境、上皮、微生物和免疫等因素^[41]。近些年的研究发现粪菌移植对炎症性肠病有比较

好的效应^[42], 虽然目前尚无直接的肠道病毒组治疗炎症性肠病的临床和动物研究报道, 但是发现肠道病毒组可能在疾病治疗中有一定的潜力。

Clooney 等^[43]研究发现, IBD 患者的核心噬菌体与健康对照组显著不同。炎症性肠病患者与健康人群粪便中病毒样颗粒总数无显著差异, 早发性炎症性肠病(6 岁前 IBD 发病)患者中有尾噬菌体和微病毒科、指环病毒科噬菌体与健康对照组相比有所增加, 其中有尾噬菌体和指环病毒科的噬菌体数量变化与患者免疫抑制治疗有关^[44]。一项具有里程碑意义的研究表明, 炎症性肠病患者有尾噬菌体显著增加, 微病毒科噬菌体相对减少, 并且提到有尾噬菌体的扩张可能来自共生微生物中的原噬菌体, 也可能是来自外界环境^[45]。

对来自中国 3 个不同地区的 167 名受试者的研究发现, 溃疡性结肠炎患者黏膜有尾噬菌体、大肠杆菌噬菌体(*Escherichias phage*)和肠杆菌噬菌体(*Enterobacteria phage*)丰度增加, 而有尾噬菌体丰富性、多样性和均匀度均降低^[46]。可改变肠道菌群和恢复微生物多样性的粪菌移植疗法在治疗溃疡性肠病中展现出一定疗效。Paramsothy 等^[47]研究表明, 大剂量多供体的粪菌移植可能是溃疡性结肠炎的一种有前景的治疗方法。与粪菌移植治疗无应答的患者相比, 有临床效应的患者在移植后有尾噬菌体相对丰度较低^[48]。还有研究指出, 溃疡性结肠炎患者的真核病毒丰富度明显高于健康供体, 而且在粪菌移植前, 应答者的真核病毒丰富度已明显低于无应答者, 表明真核病毒丰富度可能是炎症性肠病粪菌移植的潜在诊断标志物^[49]。

与溃疡性结肠炎相比, 克罗恩病患者的病毒组改变更为明显, 这也可能是克罗恩病的病情相对更严重的原因^[43]。对日本 19 份克罗恩病患者的粪便样本与 16 份健康对照组的分析发

现, 克罗恩病患者克拉斯噬菌体与葡萄糖球菌噬菌体(*Staphylococcus virus*)占主导地位, 克拉斯噬菌体丰度增加显著^[50]。尽管目前尚无针对克罗恩病的粪菌移植治疗研究报道, 但是在克罗恩病患者肠道病毒组失调的背景下, 可恢复肠道病毒组多样性的治疗方法展现出一定的治疗潜力。

2.3 新生儿坏死性小肠结肠炎

坏死性小肠结肠炎(necrotizing enterocolitis, NEC)是新生儿期高病死率的急性坏死性肠道炎症疾病, 多发于早产儿人群, 与早产、肠道菌群失调、免疫应答和感染等多种因素相关^[51]。粪菌移植是一种比较有前景的治疗方法, 并且有动物研究发现肠道病毒组在治疗坏死性小肠结肠炎上具有一定潜力, 目前鲜见肠道病毒组治疗坏死性小肠结肠炎的临床研究报道。

Brunse 等^[14]采用健康乳猪的粪便材料进行粪菌滤液移植(fecal filtrate transplantation, FFT), 对剖宫产早产仔猪模型进行直肠粪菌移植(FMT)、直肠粪菌滤液移植(FFTr)、口胃粪菌滤液移植(FFTo), 对照用生理盐水, 5 d 后评估各组胃、小肠和大肠大体病理变化, 对回肠样本进行 RNA-Seq 发现 FFTr 和 FFTo 的疗效都优于粪菌移植, 是治疗早产仔猪坏死性小肠结肠炎的安全、有效的方法, 并且口胃粪便滤液移植的效果优于直肠粪便滤液移植。坏死性小肠结肠炎婴儿发病前 10 天肠道病毒 β 多样性趋于降低, 粪便样本微病毒科噬菌体丰度较健康婴儿低, 噬菌体 Gokushovirinae、Herelleviridae 和 Tectiviridae 的丰度也存在不同程度的降低, 而患婴中病毒家族的比例也随着时间变化^[52]。值得注意的是, 粪便滤液移植后仔猪肠道黏膜病毒多样性增加, 微病毒科噬菌体相对丰度增加^[14]。肠道病毒组的失调与坏死性小肠结肠炎发病相关, 粪菌移植后有益病毒的定殖有助于

恢复肠道微生态紊乱,可能是治疗新生儿坏死性小肠结肠炎的机制^[53]。

猪在胃肠功能和组成方面与人类有诸多相似之处^[54],有研究发现猪的消化道微生物群与人类有96%的功能相似性^[55],常规仔猪也广泛应用于研究早期营养对胃肠的影响,但是仔猪肠道的肠道菌群中双歧杆菌属(*Bifidobacterium*)和拟杆菌属(*Bacteroides*)与新生儿有明显差异^[56],这是值得注意的地方。肠道病毒组在治疗新生儿坏死性小肠结肠炎小猪模型上体现出比较好的治疗效果,说明肠道病毒组在治疗新生儿坏死性小肠结肠炎上具有一定潜力。目前对肠道病毒组治疗新生儿坏死性小肠结肠炎的动物研究和临床数据还比较缺乏,还有待进一步研究。

2.4 代谢疾病

肥胖和糖尿病都是威胁人类健康的全球性代谢疾病,其发病与遗传、生活习惯和环境等多种因素相关^[57-58]。近年来,研究人员发现肠道菌群变化在肥胖和糖尿病中发挥了重要作用^[59]。目前尚无代谢疾病的肠道病毒组临床治疗研究报告。

对人体肠道噬菌体与2型糖尿病关联性的研究证明,2型糖尿病患者人群中肠道噬菌体数量显著高于健康对照组,其中Myoviridae、Podoviridae、Siphoviridae和未分类的有尾噬菌体数量显著高于健康对照组,而且肠道噬菌体与细菌之间存在复杂的关系网络,并非简单的“此消彼长”关系^[60]。一项对中国的昆明和香港特别行政区共128名肥胖与101名瘦且健康的受试者对比研究发现,肥胖个体中有11种病毒富集,包括*Escherichia*噬菌体、*Geobacillus*噬菌体和*Lactobacillus*噬菌体;该研究表明,肥胖改变了肠道病毒的分类组成,减弱了病毒-细菌的相互作用,而患有2型糖尿病的人群有更多的病毒类群改变;此外,患有肥胖与2型糖尿病的中国

香港特别行政区人群中肠道病毒组的丰富度和多样性比健康人群低,而来自中国昆明的肥胖糖尿病人群与健康人群相比无明显差异,这也说明地域因素对肠道病毒组的影响^[61]。Rasmussen等^[15]饮食诱导肥胖的小鼠进行来自瘦且健康供体的一种通过无菌过滤的粪便病毒组移植(faecal virome transplantation, FVT)干预后,能够显著改善肥胖小鼠肠道细菌和病毒的微生物组成,并介导血浆代谢组变化,同时减轻了肥胖和2型糖尿病小鼠的症状,使血浆葡萄糖耐量恢复正常。

1型糖尿病是一种自身免疫疾病,其特征是胰岛 β 细胞进行性受损,研究发现2例1型糖尿病患者接受粪菌移植后其糖尿病临床相关指标显著改善^[62],与宿主免疫相关的肠道噬菌体可能在其病理生理中起到重要作用^[63]。Zhao等^[64]研究发现儿童1型糖尿病在肠道噬菌体群落变化后发病。与1型糖尿病患者相比,健康对照组的短尾噬菌体(足病毒)科(Podoviridae)的Shannon多样性和肌尾噬菌体(肌病毒)科(Myoviridae)的丰富度更高^[65]。多中心对照和动物试验的研究发现1型糖尿病儿童肠道中微生物群落丰富度和多样性都低于健康对照组,肠道菌群的失调和功能紊乱与1型糖尿病有因果关系^[66]。另外,有报道发现粪菌移植对新发1型糖尿病患者残存的 β 细胞功能有影响,能够阻止1型糖尿病的发展^[67]。

2.5 移植物抗宿主病

移植物抗宿主病(graft-versus-host disease, GVHD)是接受异基因造血干细胞移植(allogeneic hematopoietic stem cell transplantation, allo-HSCT)治疗难治性血液病病人的严重术后并发免疫反应,分为急性移植物抗宿主病(acute graft-versus-host disease, aGVHD)和慢性移植物抗宿主病(chronic graft-versus-host disease, cGVHD)。接受异体造

血干细胞移植的患者移植物抗宿主病的发病率高达 40%–60%，死亡率接近 15%^[68]。皮肤病变是移植物抗宿主病的最早期表现，其次是胃肠道和肝脏，并且会逐渐累及多个组织、器官和系统^[69]，其中胃肠道移植抗宿主病(gastrointestinal graft-versus-host disease, GI-GVHD)是异基因造血干细胞移植后死亡的最常见原因之一^[70]。已有研究发现肠道病毒组可能在移植物宿主病中发挥了一些作用，但是还缺少肠道病毒组治疗移植物抗宿主病的临床研究。

从 44 名接受异基因造血干细胞的移植物抗宿主病患者中收集的 201 份粪便样本分析发现，胃肠道移植抗宿主病患者在移植前和移植后的前几周内，微病毒科噬菌体丰富度降低但丰度增加，胃肠道移植抗宿主病患者的疱疹病毒科病毒(Herpesviridae)和巨细胞病毒(Cytomegalovirus)含量高于非胃肠道移植抗宿主病患者，而且在移植第 2 周后患者中 PBV 阳性样本比例下降^[71]。一项研究发现，粪菌移植对 11 例急性移植物抗宿主病患者和 2 例慢性移植物抗宿主病患者都有比较好的疗效，并且认为在移植物抗宿主病早期进行粪菌移植效果可能更佳^[16]。还有研究发现，粪菌移植能够作为治疗类固醇难治性胃肠道移植抗宿主病的治疗选择^[72-73]。此外，粪菌移植前后病毒组的变化也值得注意。对接受 4 次粪菌移植(前 3 次来自同一供体，第 4 次来自另一供体)治疗移植物抗宿主病患者肠道病毒组的纵向动态分析发现，患者肠道病毒组在每次粪菌移植后都发生了变化，即供体病毒在受体中所占比例逐渐增加，病毒的多样性稳定上升；第 1 次和第 2 次粪菌移植后 99%以上病毒序列为真核病毒，并且大多数为 Torque trno 病毒，第 3 次粪菌移植后原核病毒相对丰度上升；另外，粪菌移植前微病毒科噬菌体占原核病毒的 88.13%，随后被

有尾噬菌体取代^[74]。

2.6 其他疾病

肠道菌群失调与多种疾病相关，粪菌移植在八大领域的 85 种疾病中都有治疗价值^[75]。肠道病毒组作为肠道菌群的一部分，在疾病机制和粪菌移植治疗中可能发挥着一定作用。肠道病毒组在非酒精性脂肪肝、癌症和肠易激综合征方面也有少量研究。

对 73 例非酒精性脂肪肝患者粪便样本分析的研究发现，患者肠道病毒多样性低于对照组，晚期非酒精性脂肪肝患者肠道噬菌体比例显著降低^[76]。

癌症是一种致死率极高的恶性疾病。在癌症研究中发现肠道微生物对肿瘤的发展、恶性进展及对治疗的反应有一定影响^[77]。疱疹病毒(Herpesviridae)的富集可能与结直肠癌有关，并且噬菌体可能通过影响细菌微生物作用于结肠上皮来影响癌细胞行为^[78]。Hannigan 等^[79]也认为一些细菌具有致癌特性，移植后的肠道病毒(特别是噬菌体)可能通过改变细菌群落来间接影响癌症，当然也不排除噬菌体与宿主直接相互作用影响结直肠癌的发展。

在肠易激综合征(irritable bowel syndrome, IBS)的肠道病毒组研究中，Coughlan 等^[80]对 55 例肠易激综合征和 51 例对照组的粪便病毒样颗粒的宏基因测序发现，肠易激综合征患者的粪便病毒多样性明显低于对照组，个体特异病毒多于对照组。

3 肠道病毒组在疾病治疗中的可能机制

3.1 肠道病毒影响肠道微生态

肠道菌群产生的各种类型代谢物在调节宿主健康和疾病方面起着重要作用^[81]，研究发现

噬菌体可以通过影响肠道菌群代谢在疾病治疗中起作用。Hsu 等^[82]将数十种有代表性的人体肠道细菌定殖于无菌小鼠,然后利用 4 种噬菌体定向裂解细菌来研究噬菌体与肠道细菌的相互关系以及代谢调控,发现噬菌体引起细菌组成变化的同时也影响多种肠道代谢产物的变化,包括氨基酸、多肽、碳水化合物、脂类、核苷酸、辅助因子、维生素和异种生物。Campbell 等^[83]的研究也证实存在于肠道中的温和噬菌体 BV01 (第 1 个被探索的 Salyersvirus 科肠道病毒)改变宿主转录组和胆汁酸代谢,抑制胆汁酸解凝作用发生。

除了通过影响肠道代谢产物的变化治疗疾病,噬菌体还可能通过作用于致病细菌维持肠道健康。噬菌体一方面可能通过裂解作用直接杀死致病细菌^[84],另一方面可能通过改变宿主的表型基因来影响致病细菌的毒力,从而维持肠道健康^[85]。此外,Wang 等^[86]发现噬菌体的水平基因转移能够促进肠道细菌群落稳定,这可能在一定程度上能够解释肠道病毒组在有些疾病治疗中有长期疗效的原因。

肠道真菌群数量虽然相对较少^[87],但是在调节人体稳态和病理生理过程中起到的作用不可忽视^[88],病毒组通过影响肠道真菌群落来治疗疾病的潜力值得关注。Jiang 等^[89]的小鼠试验证明肠道共生真菌可以提高对感染和炎症疾病的保护,肠道共生真菌也可以影响肠道微生物群的组装,通过肠道细菌的协同作用影响宿主免疫^[88]。有限的研究表明,真核病毒和原核病毒与真菌群落的复杂相互作用在塑造肠道真菌群落上发挥核心作用^[13]。一个可能的机制是移植后的病毒组通过影响肠道真菌群落纠正肠道真菌群落失调的状态,维持肠道微生态稳定,从而间接达到治疗疾病的效果。

3.2 肠道病毒与宿主免疫反应

胃肠道不仅是消化和吸收营养物质的主要

场所,而且还是人体与环境作用的最大免疫界面,具有宿主 60%–80%的免疫细胞,是体内最大的免疫器官^[90],在维持肠道免疫稳态和机体健康上起着重要作用^[91]。肠道黏膜和肠道免疫细胞是肠道免疫系统的重要防线^[92],研究发现肠道病毒组可能通过肠道黏膜和肠道免疫细胞影响宿主免疫反应,进而影响相应的疾病治疗^[21,93]。

3.2.1 肠道病毒与肠道黏膜

肠道黏膜覆盖于人体肠道表面,是肠道组织抵抗外界病原微生物侵袭的第一道防线,肠道黏膜的稳态和肠道黏膜免疫对机体健康至关重要^[94]。黏膜样本中噬菌体含量远多于细菌,可能是细菌的 20 倍^[95]。2013 年 Barr 等^[96-97]提出了“噬菌体黏液黏附”模型(BAM 模型),噬菌体可以通过暴露在外壳上的 Ig-like 结构与黏液中的黏蛋白、糖蛋白结合嵌入胃肠道黏膜,抵御有害细菌侵害黏膜并限制病原体定殖,保护宿主肠道黏膜屏障。如噬菌体 536_P1 即使在没有宿主细菌存在的情况下,也能直接促进抗病毒细胞因子(如 IFN γ 和 IL-12)和趋化因子的产生,在细菌性肺炎小鼠上起到抗菌降低炎症的效果^[98]。而且黏膜中这种定位模型可以使得亚扩散(sub-diffusive)噬菌体种群与宿主相遇的可能性增加^[97],如 Caudoviriales 中结构蛋白的 Ig-like 区域^[99]和 crAssphages 中的 bacteroides-associated carbohydrate-binding (BACON)结构域^[100]。人类肠道中的噬菌体(如 *Lactobacillus*、*Escherchia* 和 *Bacteroides*)也可能通过肠道中的 Toll-like 受体 9 (TLR9)以微生物依赖的方式诱导 IFN γ ,可能引发噬菌体特异性和细菌特异性免疫^[101]。

3.2.2 肠道病毒与肠道免疫细胞

噬菌体是肠道原核病毒的主体^[8]。研究发现先天免疫细胞中的树突状细胞和巨噬细胞可能是识别黏附在黏膜上噬菌体的中心,黏附的

噬菌体通过胃肠道上皮细胞的转运与这些免疫细胞接触后驱动免疫反应^[102]。Gogokhia 等^[48]研究发现从人类粪便中分离出的噬菌体可以通过 TLR9 途径刺激小鼠的树突细胞, 噬菌体可以刺激噬菌体特异性和非特异性免疫反应, 激活免疫并增强肠道免疫力。另外, 噬菌体可以在内毒素诱导的氧化应激中阻止活性氧(reactive oxygen species, ROS)的合成来增强免疫系统^[103]。有研究发现噬菌体可通过抑制 T 细胞增殖、减少抗体产生, 从而促进宿主建立免疫耐受, 减少异体移植中的免疫排斥反应^[104], 这可能是肠道病毒组在治疗移植物抗宿主病中的关键之处。

肠道真核病毒对宿主免疫反应也起着关键作用。对鼠诺如病毒(mouse Norovirus, MNV)的研究表明, 真核病毒可以与宿主建立类似共生细菌的共生关系^[105], 这对肠道微生物稳态和宿主免疫至关重要^[106]。IL-22 是一种多效性细胞因子^[107], 可以介导鼠诺如病毒在肠道损伤和细菌感染模型中起保护作用^[105]。此外, 大多数的肠道病毒能够促进 T 细胞分化、Th1 极化和 IL-22 产生, 在宿主和微生物组之间传递信号^[106]。IFN- λ 是黏膜免疫的中心调节因子, 有研究报道共生病毒通过作用中性粒细胞诱导 IFN- λ 来预防右旋糖酐硫酸钠(dextran sodium sulfate, DSS)诱导的小鼠结肠炎, 是通过诱导干扰素(interferons, IFNs)对病理性的肠道炎症提供保护^[108]。同时, 有研究发现在免疫受损的小鼠中补充鼠星状病毒(murine astrovirus)可以促进肠道中 IFN- λ 产生, 从而保护小鼠免受肠道病原体的损害^[109]。肠上皮内淋巴细胞(intestinal intraepithelial lymphocytes, IELs)损伤导致细胞因子 IL-10、TGF- β 1 和 TGF- β 3 减少, 进而导致结肠炎易感性增加^[110]。共生病毒对肠上皮内淋巴细胞的稳态至关重要, 共生病毒和 RIG-I 信号可以通过维持肠上皮内淋巴细胞的稳态来预防小鼠肠道炎症和组

织损伤^[110]。宿主通过肠道 Toll-like 受体(TLRs)或 RIG-I 样受体(RLRs)感知肠道病毒核酸, 维持肠道稳态^[63]。TLR3 和 TLR7 可以识别肠道常驻病毒, 通过浆细胞样树突状细胞(plasmacytoid dendritic cells, pDCs)分泌的 IFN- β 改善肠道炎症, 在肠道稳态中发挥重要作用^[111]。此外, I 型 IFNs 信号通路可被 TLR3 和 TLR7 信号激活, 是肠道病毒抑制肠道炎症的可能机制^[111]。炎症反应是艰难梭菌感染的关键发病因素^[28], 可能肠道病毒组通过减轻炎症反应是治疗艰难梭菌感染的重要机制(图 1)。

4 有效性和安全性

2016 年 Manrique 等^[112]提出了人类核心病毒组(healthy gut phageome, HGP)的概念, 认为核心病毒组占肠道病毒的大部分且构成健康的肠道病毒群落, 更重要的是这些核心病毒还在超过一半的人体内共享。最近的研究表明, crAsslike phage (一种多属噬菌体家族)广泛分布于人类肠道^[8,113], 大部分为温带噬菌体^[114], 并且是肠道的稳定定殖者^[21]。克罗恩病患者肠道中存在“核心噬菌体”的丢失^[43]。肠道噬菌体大部分随粪菌移植转移^[115], Chehoud 等^[116]在溃疡性结肠炎患者的粪菌移植治疗过程中发现温带噬菌体的转移效率更高。有研究证实粪菌移植成功后病毒组持续定殖长达 12 个月^[40], Ott 等^[12]的研究发现粪菌滤液移植在治疗艰难梭菌感染有长期疗效。健康病毒组的转移和核心病毒组的稳定是粪菌移植成功和长期有效的关键^[117]。

供体和受体的匹配也是影响肠道病毒组在疾病治疗中有效性的重要方面。人体肠道病毒群受各种因素影响, 具有高度异质性^[21,118]。Zuo 等^[35]发现当供体的 Caudovirales 丰度高于受体时, CDI 患者在粪菌移植后更容易治愈。供体和受体肠道微生物的相似性和相容性影响粪菌

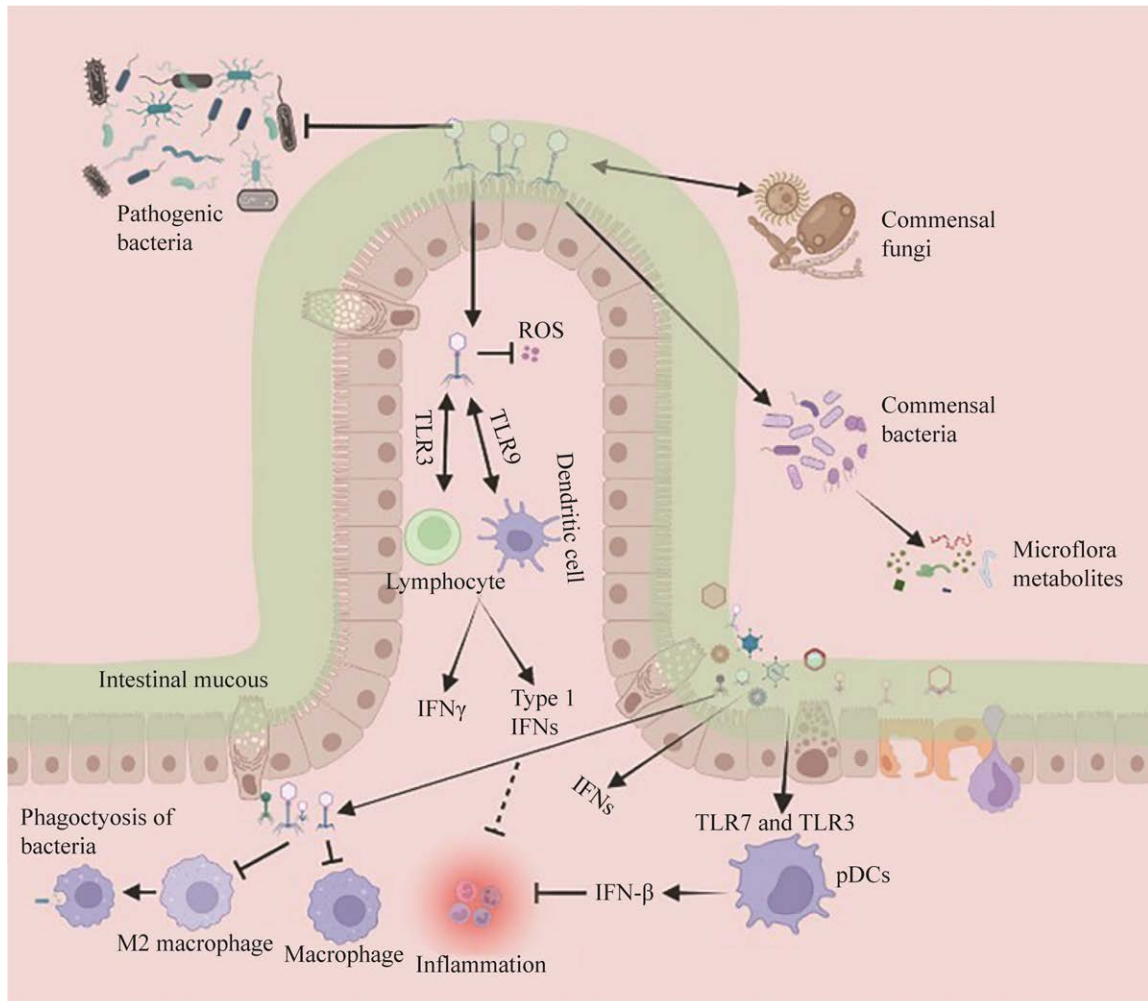


图 1 肠道病毒组在疾病治疗中的可能机制示意图 肠道病毒组可以与肠道真菌群落相互作用维持肠道微生态稳定. 肠道病毒可以通过影响肠道细菌群的代谢治疗疾病. 黏附在肠道黏膜的噬菌体可以抵御有害细菌侵袭肠道; 噬菌体经肠道上皮细胞转运后可以驱动免疫反应, 诱导免疫细胞释放 IFN γ 和I型 IFNs, 并且诱导产生的I型 IFNs 是治疗炎症的可能机制; 噬菌体通过阻止活性氧(ROS)合成来增强免疫系统; 噬菌体还可以诱导巨噬细胞刺激以抑制吞噬; 肠道病毒诱导浆细胞样树突状细胞释放 IFN- β 以改善炎症反应, 肠道病毒诱导干扰素(IFNs)来维持肠道健康

Figure 1 Schematic diagram of the possible mechanism of enterovirus in disease treatment. The enterovirome group can interact with the intestinal fungal community to maintain the stability of the intestinal microbiome. Enterovirome can treat diseases by affecting the metabolism of the intestinal flora. Bacteriophages adhering to the intestinal mucosa can resist harmful bacteria invading the intestine; After bacterial phage transport through intestinal epithelial cells, it can drive the immune response, induce the release of IFN γ and type I IFNs by immune cells, and induce the production of type I IFNs as a possible mechanism for the treatment of inflammation; Bacteriophages strengthen the immune system by blocking reactive oxygen species (ROS) synthesis; Bacteriophages can also induce macrophage stimulation to inhibit phagocytosis; Enterovirome induce the release of IFN- β by plasmacytoid dendritic cells to improve inflammation, and enterovirome induce interferons (IFNs) to maintain gut health.

病毒组移植的效果^[12,40]。与单一的供体来源相比,来自健康供体的混合病毒移植可以增加病毒的多样性,靶向更多的肠道微生物,增加肠道病毒组在疾病治疗上成功的概率^[15]。此外,制备的方法、移植的途径、剂量、药物和饮食的干预等也是影响病毒组在疾病治疗中有效性的因素^[14,116,119]。

总而言之,粪菌移植后无论是短期随访结果还是长期随访结果都显示是安全的^[120]。但是当受体的免疫功能比较差、黏膜屏障受损以及菌液回流等出现时,还是可能出现移植后不良反应^[121]。粪菌病毒组移植相较粪菌移植来说,因

为过滤去除了细菌,可以避免致病细菌感染^[122](图 2)。

5 总结与展望

近些年,越来越多的研究发现许多肠道内外疾病的发生发展与肠道病毒组变化有着重要联系,也有少量的临床和动物研究发现肠道病毒组在疾病治疗中起到一定的疗效。目前研究发现影响宿主肠道微生态和免疫反应是肠道病毒组在疾病治疗的可能机制。

相较于肠道细菌群,肠道病毒组在疾病发生发展和治疗方面还存在许多未知的机制,值

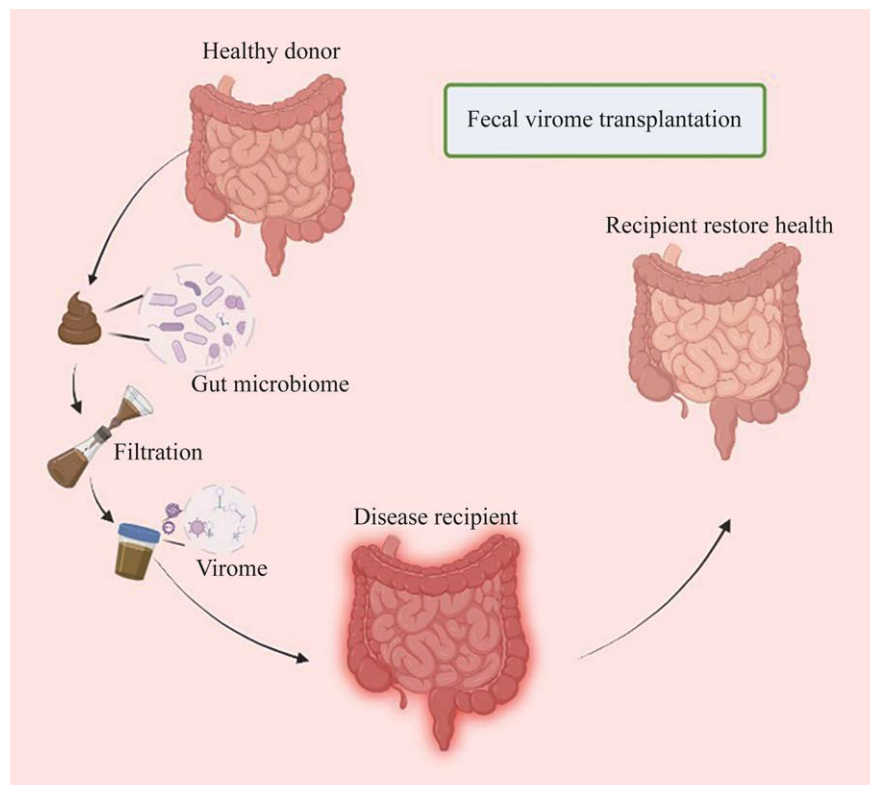


图 2 肠道病毒组治疗示意图 取来自健康且合适供体的粪便,经过滤除去细菌等大颗粒物,将留下的无菌滤液移植到患病受体肠道中,治疗患病受体疾病

Figure 2 Schematic diagram of enterovirome therapy. Feces from healthy and suitable donors are taken and filtered to remove large particles such as bacteria, and the remaining sterile filtrate is transplanted into the intestines of the diseased recipient to treat the diseased recipient disease.

得深入研究。目前,测序技术和数据库尚存在不足,对肠道病毒组的分类还不完善,超过 50% 的病毒宏基因测序序列未分类,核心病毒群 crAssphage 表型不清晰^[21],噬菌体和细菌的互作模型还存在局限性^[123]。另外,肠道病毒与真菌之间的作用也存在很大的空白,肠道病毒群与不同疾病之间的因果关系很大程度上不明确,肠道病毒组相关治疗的临床研究也很少。在安全性和有效性方面,目前的研究数据还较少,有关研究样本数大多不足 10 人,真核病毒的存在对移植的长期安全性仍具有不确定性^[115],并且移植过程中不止有病毒组的转移,病毒组以外成分所发挥的作用还有待研究。就像糖尿病患者肠道微生物群的情况在不同疾病阶段、不同个体和不同合并症中差异显著^[124]一样,肠道病毒组在同一疾病不同阶段以及同一疾病不同个体间也具有明显差异,也有待更深入的研究。

相关疾病和疾病模型中的肠道病毒组图谱的绘制工作将在未来对疾病发生发展机制和治疗提供基础性的工作。此外,针对不同肠道疾病可采用公认的动物模型并进行粪菌滤液移植来探索肠道病毒组在疾病的发生发展和治疗过程中起到的作用,并可使用无菌动物加上特定菌群和病毒类型,结合高通量测序技术来研究具体的发病机制或治疗机制^[125]。在明确机制后进一步采用精确的病毒组治疗或者用核酸片段、蛋白质甚至小分子物质来调控病毒组在肠道正常生理功能、稳态和疾病状态的具体机制,实现更安全的靶向疾病治疗。

虽然目前肠道病毒相关疾病治疗方面的临床研究和动物试验报道还比较少,但是已有的研究发现肠道病毒组在个别疾病治疗上具有长期疗效^[12],甚至在有些疾病的治疗上有着比粪菌移植更好的疗效^[14],这体现出肠道病毒组在

疾病治疗中的巨大潜力。肠道病毒组与肠道细菌群、真菌群和人体免疫系统之间错综复杂的关系是病毒组在疾病治疗上的关键因素。随着组学和测序技术的发展和运用,肠道病毒与肠道生态和宿主免疫的复杂关系将会越来越清晰^[126]。肠道病毒组的变化将为疾病早期筛查诊断提供新的思路,肠道病毒组也将在精准医疗方面提供个性化的靶向治疗方案,为疾病治疗带来更多可能。

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