

综 述

肠道巨噬细胞与肠道菌群相互作用在肠道疾病中的研究进展

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摘要 人体表面存在大量微生物, 其中肠道是微生物的主要栖息地。肠道微生物群落由数千种细菌、病毒、真菌和原生生物组成, 形成庞大且动态的微生物生态系统, 其中肠道细菌是肠道微生物群落的最主要组成部分。作为肠道免疫系统的核心组成部分, 肠道单核巨噬系统处于宿主与微生物组交互的关键位置, 频繁直接或间接接触大量外来抗原, 在区分食物抗原和共生菌的过程中发挥着关键作用。肠道巨噬细胞既可由血液单核细胞分化而来, 也可在胚胎发育过程中形成, 并在出生前定位于特定的组织生态位中。这些驻留在肠道的巨噬细胞因个体发育、组织位置和功能编程等因素表现出显著的异质性, 从而根据其所在微环境的不同而表现出不同的功能表型。其中, 肠道菌群通过直接和间接作用在塑造肠道巨噬细胞的过程中起到至关重要的作用, 从而对肠道疾病的发生、发展产生重要的影响。同时, 巨噬免疫反应对于塑造微生物的群落, 并且将微生物生态塑造成有利于宿主代谢活动方面也起着重要作用。肠道巨噬细胞与菌群的相互作用在多种肠道疾病(如炎症性肠病、抗生素相关性肠炎和肠易激综合征)中起到了重要作用。本篇综述重点介绍肠道巨噬细胞的来源、特点及其功能, 并探讨巨噬细胞与肠道菌群之间的相互作用及其在肠道疾病中作用的研究进展。

关键词 肠道; 巨噬细胞; 先天免疫; 微生物群; 相互作用

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Advances in the interaction between intestinal macrophages and the gut microbiota in intestinal diseases

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Abstract The human body harbors a vast array of microorganisms on its surface, with the intestine serving as the primary habitat. The gut microbiota comprises thousands of species of bacteria, viruses, fungi, and protozoa, forming a vast and dynamic microbial ecosystem, with intestinal bacteria being the most prominent component. The intestinal mononuclear phagocyte system, as the core component of the intestinal immune system, is positioned at a critical interface between the host and the microbiome. It frequently comes into direct or indirect contact with a large number of foreign antigens and plays a key role in distinguishing between food antigens and commensal bacteria. Intestinal macrophages can differentiate from blood monocytes or originate during embryonic development, and localize in specific tissue niches before birth. These resident intestinal macrophages exhibit significant heterogeneity due to factors such as individual development, tissue location, and functional programming. Consequently, the macrophages display different functional phenotypes depending on their microenvironment. Among these, the gut microbiota plays a crucial role in shaping intestinal macrophages directly or indirectly, thereby exerting a significant impact on the occurrence and progression of intestinal diseases. Concur-

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rently, the macrophage immune responses play an important role in shaping microbial communities and molding the microbial ecology to favor host metabolic activities. The interaction between intestinal macrophages and the microbiota plays a significant role in various intestinal diseases, such as inflammatory bowel disease, antibiotic-associated colitis, and irritable bowel syndrome. This review predominantly focuses on the origin, characteristics, and function of intestinal macrophages, while also exploring the advances regarding the interaction between macrophages and the gut microbiota and their roles in the pathogenesis of intestinal diseases.

Keywords intestines; macrophages; innate immunity; microbiota; interaction

人体表面寄生着大量微生物,肠道是微生物存在的主要位置。肠道微生物是由数千种细菌、病毒、真菌和原生生物组成的庞大且动态的微生物群落,肠道细菌是肠道微生物的最主要组成成分^[1]。肠道内的多样化和动态微生物群落在人类健康和疾病中发挥着关键作用。多种肠道疾病与肠道微生物群的变化有关。肠腔内高密度的微生物群落提供了多种益处,包括某些营养物质的合成、分解和免疫调节。然而,在缺乏适当监管的情况下,宿主对这些微生物的异常反应可能导致疾病的发生。

肠道免疫系统作为人体免疫系统的核心部分,处于宿主与微生物组交互的关键位置,频繁直接或间接接触大量外来抗原。对巨噬细胞的研究揭示了这些细胞具有清除和吞噬的强大能力,并被鉴定为对宿主防御和组织稳态至关重要的先天免疫细胞。同时,肠道巨噬细胞在区分有害抗原(例如病原微生物)和无害抗原(例如食物蛋白和常驻共生菌群)的过程中发挥关键作用,努力维持肠道微环境的稳定状态^[2]。由血液单核细胞分化而来的肠道巨噬细胞如果持续暴露于管腔内容物和共生微生物会产生低度的炎症,并促进固有层巨噬细胞的快速更新。随着科学技术的发展,研究发现部分生态位的肠道巨噬细胞在胚胎发育过程中逐渐形成,且在出生前已经定位于特定的组织生态位中,这些巨噬细胞因位置不同,接收来自周围环境的信息,与周围细胞密切相互作用并执行特定功能,表现出显著的异质性,造成巨噬细胞因其所在微环境的不同而表现出不同的功能表型^[3]。

肠道菌群和宿主之间存在密切的共生关系,其与免疫系统之间的关系错综复杂,肠道稳态的维持依靠宿主和微生物组之间的微妙平衡。肠道巨噬细胞和肠道菌群之间的相互作用不单局限于对共生微生物的耐受和对病原体的免疫作用,其中的肠道微生物可感知宿主肠道免疫系统的状态,并可直

接促进和调节肠道黏膜免疫,还可通过代谢产物等间接激活免疫防御功能。同样地,巨噬细胞在塑造微生物群落方面扮演着至关重要的角色,它们通过调节微生物生态,确保其有利于宿主的代谢活动。为了更好地理解这种关系,本文介绍肠道不同生态位巨噬细胞群的起源、特点和功能及其与肠道菌群之间的相互作用关系和在肠道疾病中的作用。

1 肠道巨噬细胞的概述

1.1 肠道巨噬细胞的起源 既往研究发现,不同器官中的组织驻留巨噬细胞具有相似的形态学、功能学和动力学特征,表明它们有共同的前体细胞,即单核吞噬细胞系统(mononuclear phagocyte system, MPS)^[4-5],并认为所有组织驻留巨噬细胞都是通过骨髓造血干细胞(hematopoietic stem cells, HSCs)经过严格调控的多阶段分化事件,经过几个确定的祖细胞中间体(髓系祖细胞、粒-单前体、单核细胞前体),最后形成血液中的单核细胞和组织巨噬细胞^[6-7]。

目前的大部分研究认为单核细胞可分为3种,即 Ly6C^{hi}CCR2^{hi}CX3CR1^{lo} 炎症/经典单核细胞、Ly6C^{lo}CCR2^{lo}CX3CR1^{hi} 巡逻/非经典单核细胞和中间型的单核细胞(小鼠中)^[8]。研究证明, Ly6C^{hi}单核细胞是肠道驻留巨噬细胞的主要前体细胞。炎症情况下,经典的 Ly6C^{hi}单核细胞通过表面的 Fc 受体、趋化因子受体、黏附分子和 Toll-样受体识别病原体相关的分子模式,同时通过诱导 CCR2 从外周血招募单核细胞至肠黏膜的炎症部位^[9-10],从而分化成熟成为组织驻留巨噬细胞。

但随着检测技术的不断发展,发现许多组织中的巨噬细胞并不单纯来源于传统造血途径的单核细胞。最近有研究通过 Ms4a3 表达追踪发现,血液中的单核细胞可直接通过髓系祖细胞分化为单核-树突状细胞祖细胞后进入组织分化为巨噬细

细胞^[11]。命运映射技术和联体共生实验发现大多数组织驻留巨噬细胞群主要起源于胚胎时期的卵黄囊和(或)胎肝的胚胎前体细胞,在没有炎症的情况下,通过自我更新维持组织驻留巨噬细胞池^[12-13]。目前关于每一波的胚胎前体造血对成年人不同成熟巨噬细胞群的确切贡献尚存在争论,但普遍认为一直到断奶时期,肠道驻留的巨噬细胞几乎全部被来自骨髓的单核细胞所取代。而最近研究通过泰莫西芬小鼠命运映射模型,发现肠腔的一部分生态位的巨噬细胞亚群,如黏膜下层和肌层神经丛巨噬细胞能够自我更新且一直持续到成年期^[14]。

1.2 不同生态位的巨噬细胞具有不同的功能 最早对巨噬细胞功能的认知源于研究人员在海星幼虫体内发现具有吞噬和清除能力的能动细胞。随着研究的不断深入,发现巨噬细胞不仅具有吞噬和清除的基本功能,定位于上皮下固有层的肠道巨噬细胞(lamina propria macrophages, LpMs)位于黏膜屏障的宿主防御前线,在维持对膳食蛋白质和共生细菌等无害抗原的免疫耐受和维持上皮屏障完整性起着至关重要的作用^[15]。LpMs是由循环引入的Ly6C^{hi}血液单核细胞持续补充并逐渐成熟为区域特异的巨噬细胞^[16-18]。研究发现,LpMs可通过跨上皮树突进入肠腔,或通过“球囊状”突起延伸到肠上皮细胞之间的间隙,接触与上皮细胞吸收的液体,从而进行抗原采样^[19-20],诱导Treg细胞和上皮释放的高水平IL-10、IL-33和IL-25^[21-22],从而维持免疫耐受的特性^[23-24]。此外,LpMs还通过清除凋亡上皮细胞维持上皮屏障完整性和肠道干细胞生态位,防止结肠炎症的发生^[25]。研究还发现,集落刺激因子1(colony stimulating factor 1, CSF1)缺陷小鼠表现出受损的肠道上皮和细胞更新缺陷,说明LpMs具有通过吞噬肠上皮细胞中的凋亡细胞来保持上皮完整的功能^[26-27]。

近年来,随着单细胞RNA测序技术的发展,揭示了稳态时除了上皮巨噬细胞外的其他肠道驻留巨噬细胞的异质性及其潜在的生物学功能^[28]。这些巨噬细胞根据其所占的不同生态位执行特定的功能,主要包括神经丛相关巨噬细胞和血管相关巨噬细胞等^[29-31]。

人体不仅要在黏膜层面抵御外来抗原,同样也要防止病原体向全身的扩散。研究发现,在肠道血管周围围绕着一群血管相关巨噬细胞,它们构建了所谓的肠血管屏障。研究揭示黏膜下血管丛中存

在一种长寿命的、自我维持的CX3CR1⁺巨噬细胞,其可表达与血管生成相关的基因,如*Hif1a*、*Mmp14*、*Adamdec1*和*Rgs1*^[14]。肠血管屏障中巨噬细胞受损会导致肠道细菌传播和结直肠癌肝脏转移,表明这些细胞在维持血管完整性方面起着关键作用^[32]。此外,在基底膜深层的血管周围可找到一群CD169⁺巨噬细胞,它们表现出很强的吞噬能力,可捕获颗粒物质,包括凋亡细胞、病毒和免疫复合物,参与对循环抗原耐受性的形成^[33],并在感知和清除循环抗原方面发挥作用,表明其可能在调节肠道炎症反应中扮演着重要的角色^[34-35]。

此外,主要分布在肠道肌层和黏膜下肌层的肠道肌间神经丛通过与交感神经和副交感神经纤维共同作用,发挥着协调肠道平滑肌的收缩、肠道分泌以及血流等功能^[36]。有研究发现,肌丛和黏膜下丛中都存在对神经细胞存活至关重要的神经元相关巨噬细胞亚群^[14]。通过CX3CR1⁺巨噬细胞的命运映射模型,发现35周后,肌间神经丛中超过80%的巨噬细胞保留了标记,黏膜下肌层神经丛中90%的巨噬细胞的标记是在出生时存在的,说明神经元相关巨噬细胞很少接受来自血液单核细胞的补充,具有自我更新的能力^[28]。黏膜下神经丛内的神经元相关巨噬细胞对神经元存活至关重要,因为它们的选择性耗竭会导致由Caspase-3介导的黏膜下神经元的凋亡,并损害神经元诱发的肠道阴离子分泌^[37]。而且,肌层巨噬细胞通过分泌骨形态发生蛋白2(bone morphogenetic protein 2, BMP2)与肠神经元上表达的BMPR结合来调节胃肠动力^[38-39]。

2 肠道巨噬细胞与肠道菌群的相互作用

微生物群除了在肠道组织长度、排便频率和粪便稠度、绒毛厚度、细胞增殖、潘氏细胞颗粒的发育以及黏液和抗菌肽的产生中发挥作用^[40],其对于调节先天性和适应性免疫细胞的稳态数量也起着重要的作用^[41]。同样,肠道免疫细胞也会调节微生物群组成^[42]。任何一方的破坏都会导致局部和全身疾病,这表明宿主免疫系统—肠道微生物群互利共生对于体内平衡和健康的必要性。

2.1 肠道巨噬细胞对于肠道微生物的影响 人类和小鼠的双胞胎研究表明,某些肠道细菌在不同个体之间表现出显著的遗传一致性^[43-45],这意味着肠

道菌群的组成不仅受到环境因素的影响,还受到宿主的调控。然而,宿主如何调控、哪些微生物能够在肠道中共生,其中免疫细胞特别是巨噬细胞在此过程中发挥的作用,尚未完全阐明。已有研究表明,巨噬细胞通过其表面的多种模式识别受体感知肠道菌群的变化。其中NOD2受体作为巨噬细胞等固有免疫细胞中的一个关键受体,在识别肠道菌群方面中发挥了重要作用^[46]。临床研究表明,NOD2基因的变异与克罗恩病等肠道炎症性疾病的发生密切相关^[47-48]。同时,该基因位点的SNP变异还与肠道微生物群的MetaCyc代谢路径丰富度相关,且与大肠杆菌的丰度密切相关^[49]。这些发现表明,宿主的NOD2基因变异可能通过巨噬细胞等免疫细胞的作用,影响大肠杆菌,并对肠道微生物群的功能产生显著影响,从而导致克罗恩病等肠道炎症性疾病。在一项斑马鱼的研究中发现,irf8突变斑马鱼缺失的肠道巨噬细胞会导致肠道微生物群失衡,表现为罕见的Lawsonia菌群占主导地位,且常见的核心共生菌减少。通过条件性恢复巨噬细胞中irf8基因的表达,成功逆转了巨噬细胞缺失导致的共生微生物丧失^[50]。此外,在小鼠结直肠癌模型中,用氯膦酸盐脂质体清除巨噬细胞的实验结果也显示,巨噬细胞的缺失改变了肠道微生物群的组成,表现为厚壁菌门的丰度增加。而另一项体内研究表明,巨噬细胞的消耗除了改变菌群的多样性,还会通过促进真菌过度生长,进一步影响肠道微生物群的平衡^[51]。这些研究表明,肠道巨噬细胞在维持肠道微生物群平衡中起着至关重要的调节作用。

2.2 肠道微生物群对于肠道巨噬细胞的影响 研究发现,肠道微生物群可以直接影响肠道各生态位的巨噬细胞的发育与功能。来源于外周血LY6C^{hi}循环单核细胞的肠道LpMs需要由肠道内共生细菌诱导下表达趋化因子受体CCR2以持续补充巨噬细胞池^[52]。一项单细胞RNA测序研究揭示,在无菌小鼠中,位于远端结肠绒毛顶端的CD11b⁺LpMs显著减少。通过菌群重新定植,这些与免疫效应功能有关的细胞群体得以恢复^[53]。肠道微生物群能通过调节肌间巨噬细胞分泌的BMP2和肠道神经元分泌的CSF1的表达,对肠道肌层巨噬细胞的功能产生影响^[54]。此外,研究发现,老年小鼠的微生物群能改变无菌小鼠肌层巨噬细胞的免疫特征,导致其表现出相较于年轻小鼠更多的促炎性特征,如TNF- α 水平的升高^[55]。在正常生理状态下,肠道血管相关巨噬

细胞在固有层血管上形成一个紧密交织的网络,参与维持肠道屏障的完整性。研究表明,当缺乏肠道微生物群时,这些巨噬细胞的接触网络会出现空隙,进而导致细菌的转位并进入血液循环^[56]。这些研究说明,肠道微生物群是肠道巨噬细胞成熟和发挥功能的直接相关因素。

此外,肠道微生物可以通过产生不同的代谢产物或者胞外囊泡等间接影响巨噬细胞的功能。首先,肠道微生物可以通过产生各种短链脂肪酸来调节肠道巨噬细胞炎症状态。研究表明,丁酸可以通过增强巨噬细胞的氧化磷酸化等代谢行为或者促进巨噬细胞的替代性激活,从而帮助恢复肠道菌群耗竭后受损的巨噬细胞功能^[57]。丁酸在巨噬细胞维持肠道免疫耐受性中也起着一定的作用。其通过抑制组蛋白去乙酰化酶,减少炎症反应,从而帮助巨噬细胞避免对无害的共生菌产生过度的免疫反应^[58]。其他短链脂肪酸如二十二碳六烯酸可通过H3K9/STAT6信号通路增加巨噬细胞上CD206和精氨酸酶-1的表达,从而减轻炎症并修复肠道屏障^[59-60]。其次,吲哚及其衍生物是肠道中的某些特殊菌群(如*Proteus vulgaris*、*Clostridium sporogenes*等)的将色氨酸通过特定酶分解后的代谢产物,研究发现,西方饮食引发的微生物群失调,抑制了吲哚衍生物的产生,从而影响AHR信号通路,导致巨噬细胞的免疫低反应性或耐受性^[61]。在盲肠和结肠中,肠道菌群会将初级胆汁酸转化为次级胆汁酸,这些次级胆汁酸可以激活巨噬细胞中的胆汁酸受体,如TGR5和FXR,从而发挥抗炎作用^[62-63]。胞外囊泡是由肠道微生物分泌的小囊泡,能够携带细菌产物(如微生物DNA等生物活性大分子)并将其递送到宿主的免疫细胞中。在肠道微生物失调的情况下,有害菌丰富的微生物DNA会传递至CR1g⁺巨噬细胞中,并通过激活cGAS/STING通路引发肠道的炎症反应。而有益菌*Akkermansia. muciniphila*产生的胞外囊泡能够被RAW264.7细胞吸收,并减少NO、TNF- α 和IL-1 β 的表达,表明*A. muciniphila*产生的胞外囊泡具有抑制炎症因子、降低炎症反应的作用^[64]。综上,肠道微生物可以通过多种途径间接调节肠道巨噬细胞的功能,从而影响肠道免疫和炎症反应。未来的研究应进一步探索这些机制的具体作用及其相互关系,以期肠道微生物干预提供新的策略。

3 巨噬细胞和肠道菌群的相互作用在肠道疾病中的作用

已经发现,肠道处于稳态时,巨噬细胞被精确编程,维持对共生菌的免疫耐受。而炎症性肠病(IBD)是肠道的持续性炎症性疾病(包括溃疡性结肠炎和克罗恩病),在这些IBD患者中产丁酸菌及代谢物丁酸酯的水平较健康对照组下降^[65],丁酸酯通过抑制GPR109a信号激活,使得巨噬细胞失去抗炎特性^[66]。多项研究指出,IBD患者粪便中的琥珀酸浓度为对照组的3~4倍^[67-68],IBD患者肠道中消耗琥珀酸的细菌属*Phascolarctobacterium*的丰度显著降低^[69]。此外,研究表明,琥珀酸-SUCNR1轴在巨噬细胞极化中发挥作用,在三硝基苯磺酸诱导模拟IBD疾病的小鼠模型中,SUCNR1缺陷小鼠免受急性炎症和组织损伤,这可能与结肠组织中极化的M1巨噬细胞减少有关^[70]。上述研究表明,肠道菌群与巨噬细胞的极化状态,与IBD的发生、发展有着密切的关系。

抗生素在杀灭病原体的同时,也不可避免地破坏肠道内的正常菌群平衡。这种菌群失调会导致肠道屏障功能受损,进而引发抗生素相关性肠炎。研究发现,抗生素引起的菌群失调会导致厚壁菌门和拟杆菌门的减少,以及粪便中短链脂肪酸浓度的降低,这与促炎性巨噬细胞的积累密切相关^[71]。研究还发现,抗生素扰乱正常的微生物群后,会导致CX3CR1⁺巨噬细胞依赖性炎症Th1细胞反应,并在病原体感染后导致Th1和Th17细胞扩增^[72],这表明CX3CR1⁺巨噬细胞在维持非炎症状态中的作用至关重要。当健康的共生微生物群存在时,这些细胞能够保持对Treg分化的耐受性,从而有助于维持免疫平衡。然而,当使用抗生素诱导的方法干扰共生微生物群时,CX3CR1⁺巨噬细胞对Treg分化的耐受性作用被削弱,导致免疫系统失衡,这一失衡可能促进了抗生素相关性肠炎的发展。

此外,当微生物侵入胃肠道组织时,激活的免疫细胞(如巨噬细胞或树突状细胞)可能会过度刺激肠道神经元,这是导致肠易激综合征(irritable bowel syndrome, IBS)患者疼痛和内脏敏感性加剧的原因^[73]。研究表明,肠道菌群紊乱小鼠中,肌层巨噬细胞数明显减少,并且存在胃肠运动障碍,通过粪便转移重新引入胃肠道微生物群会逆转这些影响^[74]。研究还发现,无菌小鼠的肠道肌层巨噬细胞

数较少,尽管后续实验通过微生物群的定植恢复了一部分肠道菌群,但由于阻断5-羟色胺(5-hydroxytryptamine, 5-HT)信号,肠肌神经元的发育仍然受损^[40]。而血清素/5-HT通过5-HT_{2B}依赖性芳基烃受体激活来重塑巨噬细胞功能^[75]。然而,目前缺乏直接证据表明胃肠道微生物群通过5-HT影响肌层巨噬细胞,从而影响肠道神经元并引起IBS。这些研究强调了胃肠道微生物群在肌层巨噬细胞与肠道神经元相互作用中的重要性,以及在IBS中的关键作用。

上述研究表明,肠道疾病患者的肠道微生物群及其代谢产物的失衡影响着巨噬细胞的极化和功能,推动肠道相关疾病的发生、发展。

综上,巨噬细胞和肠道细菌之间的相互作用错综复杂。通过深入研究巨噬细胞与肠道菌群之间的相互作用,我们可以更好地理解宿主与微生物群之间的复杂关系,从而为预防和治疗肠道相关疾病提供新的思路和方法。

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