RESULTS OF THE USE OF NAN FERMENTED MILK MIXTURE IN YOUNG CHILDREN WITH DYSBIOSIS

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Annotation. *The beneficial properties of fermented foods are primarily due to the fact that in an acidic environment, the absorption of protein and fat improves, the absorption of iron and zinc increases, and digestive processes improve [1, 3, 5-9]. However, fermented milk products prepared on the basis of whole milk should not be used as breast milk substitutes in the diet of infants due to their high protein content, their high osmolarity, and insufficient amounts of vitamins and trace elements [2, 10-18]. The use of the NAN fermented milk mixture containing an adequate amount of high-quality protein (OptiPro) enriched with alpha-lactalbumin and all necessary vitamins, trace elements in children with dyspepsia and dysbiosis is very effective [4, 19-25]. The mixture also contains probiotics (B.lactis), which provide high functionality of this product.*

Keywords: *young children, fermented milk mixtures, dysbiosis.*

The relevance of the problem. Dysbacteriosis is one of the reasons for the increased incidence of infants at various stages of its development. The role of minor changes in the state of intestinal biocenosis in the genesis of abdominal syndrome and various intestinal dysfunctions is high. The study of the clinical picture and the state of intestinal microbiocenosis and assessment of the effectiveness of the NAN-fermented milk mixture in children with dysbiosis was the aim of this work.

Materials and research methods. The intestinal microflora and case histories of 46 infants with functional disorders of the gastrointestinal tract, who were admitted to the gastroenterology department of the Samarkand Regional Children's Multidisciplinary Medical Center, were studied.

Discussion of the results. Patients were admitted to the hospital with complaints from the mother about diarrhea (95.6%), undigested or fetid stools (86.7%), vomiting or regurgitation (76%), anxiety and anorexia (69.5%) and flatulence (50 %). All children became ill after a meal that was not appropriate for the child’s age in terms of quality or quantity.

The cause of dyspepsia in children was often the excessive use of fruit by the mother (84.7%), the irrational use of drugs (65.2%) and food prepared by the mother the day before (43.4%), and acute intestinal upset in the mother - 17.4%. A study of the intestinal microbiocenosis of patients upon admission to the hospital revealed a bifidoflora deficiency in all children. Bifidobacteria were seeded in 65.2% in the VI th, in 21.7% of the children in the VII th and in 6 children in the VIII th breeding.

To normalize the activity of the gastrointestinal tract and eliminate intestinal imbalance in the complex treatment of dysbiosis, we recommended diet therapy, in particular, a NAN-fermented milk mixture. The reason for its appointment was that the NAN-fermented milk mixture, reducing the pH of the gastrointestinal tract, is more rapidly absorbed, does not affect the absorption of food ingredients, contributes to the suppression of fermentation-putrefactive processes, conditionally pathogenic microorganisms and the growth of

bifidoflora, thereby improving and normalizing microbial landscape and eliminates dysbiosis.

30 children (I-group) received a NAN-fermented milk mixture, and the remaining 16 patients (II-group) received fresh mixtures. All children were mixed-fed. In children of the 1st group, flatulence disappeared on the 2 nd day, and by the end of the 3rd day, abdominal pains, dyspeptic disorders decreased and the general condition improved in 86.9% of patients. The level of bifidobacteria in all patients increased by 1-2 orders of magnitude.

Bifidoflora in 22 children of the I-group was determined in the VIII th dilution, in 8 patients - in the IX th, and in patients of the 2nd group in the VII th in 6 children and in 10 cases in the VIII th dilution. In group I patients, stool normalization was recorded on day 3. In group II, flatulence, dyspepsia symptoms, upset stool and bifidoflora deficiency lasted twice as long. Studies have shown that a NAN-fermented milk mixture with good probiotic properties helps normalize digestion in infants.

Conclusions. The results of the study showed that the inclusion of the NAN-fermented milk mixture in the complex treatment of sick children with intestinal microflora disorders accompanying functional disorders of the gastrointestinal tract helps to restore the function of the gastrointestinal tract and improves bifidoflora, which indicates the high biological value of the NAN fermented milk and its widespread use in the complex treatment of intestinal dysbiosis is recommended.

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