

## INTESTINAL DYSBACTERIOSIS

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### Abstract

Human skin and mucous membranes are home to hundreds of types of microorganisms. More than 60% of all microbes enter the gastrointestinal tract, and the rest enter the respiratory and urinary systems[1,2]. Microorganisms living in the gastrointestinal tract are very important for humans. They cover the mucous membrane of internal organs, prevent the development of infectious diseases and the entry of disease-causing bacteria.

### Keywords

medicinal preparations, immunocomponent, neutra bacteria, transversely

### INTRODUCTION

Bacteria (from the Greek word bacterion means stick) are a large group of single-celled microorganisms. Bacteria have a cell membrane, a large amount of deoxyribonucleic acid (DNA), and a simple nucleus. Mitochondria and chloroplasts are usually absent, chromosomes and nuclear envelope are not visible. Bacteria reproduce by dividing transversely (sometimes by elongation or budding). Most bacteria are rod-shaped.

However, spherical, filamentous or twisted microorganisms are also included in bacteria. Some bacteria (mas, filamentous B., azotobacter, etc.) are close to blue-green algae, and some bacteria are related to light fungi - actinomycetes; spirochetes and some other bacteria are like single-celled protozoa[3,4,5]. Bacteria are different in size, shape, structure, mobility.

Bacteria are identified on a stained smear.

- Tuberculosis mycobacteria - in pulmonary tuberculosis
- Pneumococci - in mucous-bloody sputum in croupous pneumonia and chronic bronchitis
- streptococci and staphylococci - in purulent sputum in lung abscess, bronchiectasis, bronchitis and pneumonia;
- Friedländer's diplobacilli - in pneumonia.

It participates in the processes of absorption and digestion of food components, micro and macroelements, and they themselves produce vitamins and biologically active substances. Normal microflora maintains human immunity, it stimulates immunocomponent cells and prevents the development of food allergies[6,7,8]. The composition of the "kingdom" of intestinal microorganisms is not the same: it contains beneficial bifidobacteria, lactobacilli, Escherichia coli, bacteriodes, "neutral" bacteria, peptostreptococcus, clostridium, staphylococcus, proteus, which are not beneficial for the body and do not live in one place for a long time. Klebsiella, Veylonella, "bad" microorganisms have the ability to cause harm.

Intestinal dysbacteriosis is a decrease in the number of beneficial bacteria, but an increase in "neutral" and "bad" ones. These changes are temporary: beneficial microorganisms themselves restore the balance. If this situation does not pass, it is necessary to restore the intestinal microflora with some medicinal preparations. Causes of intestinal dysbacteriosis A child's intestine is sterile at the beginning. During childbirth, the penetration of intestinal microorganisms through the birth canal of the mother begins. who live, get acquainted with a large number of bacteria on the hands of the medical worker, on the mother's body, and on the clothes. Initially, the microflora consists of

various organisms, sometimes absent from the intestinal tract, but gradually changes to normal under the influence of special growth factors contained in breast milk.

Therefore, it is important to put the baby to the breast in time after delivery and to keep breastfeeding longer. Intestinal dysbacteriosis in babies can develop due to taking antibiotics by the child or nursing mother, late breastfeeding or not breastfeeding at all, hypoxic-ischemic damage to the child's CNS, and accompanying dysbiotic changes in the mother's body. The cause of intestinal dysbacteriosis in older children is irrational eating, stress, it is important to examine feces in diseases of the digestive organs[9,10,11]. Clinical examination of feces (coprogram) is important in the diagnosis of diseases of the intestine, pancreas, biliary tract, and other stomach diseases caused by broad-spectrum antibiotics or various pharmacological drugs. Symptoms of intestinal dysbacteriosis

What are the main symptoms of intestinal dysbacteriosis? On the part of the intestinal tract, it is a significant amount of undigested round stool masses, fetid smell of stool, increased discharge of fetid purulent odor, pain in the abdomen, nausea, tension, fatigue, loss of appetite, and a lot of vomiting. Intestinal dysbacteriosis causes a decrease in body mass gain and even loss of body mass in a child[12]. The appearance of the child indicates the condition of the internal organs: the child looks pale, the skin is dry and scaly, cracks appear in the corners of the mouth. The child is bothered by itching and allergic rashes on the skin, sometimes rashes appear on the mucous membranes, stomatitis develops. The child often catches colds, intestinal infections. Treatment of intestinal dysbacteriosis is complex and lasts a long time.

#### **MATERIALS AND METHODS**

The first stage of treatment is to completely get rid of or reduce the amount of unnecessary microorganisms. For this, special bacteriophages are used as intestinal antiseptics. In severe cases, antibiotics can be prescribed when other substances have no effect. Along with antimicrobial therapy, sorbents are used, which remove and bind unwanted bacteria in the intestinal cavity. The child is prescribed enzyme preparations to ease the absorption and digestion of food. After cleaning the intestine from a large number of unnecessary microorganisms, enrichment with normal microflora begins. There are special preparations that perform the function of normal microflora and create conditions for the growth of beneficial microorganisms.

It is used for the diagnosis of intestinal dysbacteriosis:

- coprogram - shows the degree of digestion of food components in the intestine, and whether there are signs of inflammation;
- the analysis of stool posev for conditionally pathogenic flora shows the level of "neutral" bacteria, which is not considered an indicator of normal flora;
- litter sowing for dysbacteriosis - method, normal and conditional amount of pathogen, as well as their sensitivity to various drugs is determined.

Garbage analysis collection conditions are important: it should not be stored in the air and at room temperature for a long time, and it should be freshly collected, as well as in sufficient quantity (not less than 5-10 grams).

When taking stool analysis for dysbacteriosis, it is necessary to stop taking normal flora preparations[13,14]. Acid-base status in norm and pathology. Pathobiochemistry of the kidney. Water-electrolyte exchange, its control and violation. In the body, there is a concentration of the metabolic system, the production and absorption of hydrogen and hydroxyl ions, and the change of buffer substances is called the acid-base state.

The continuous passage of physiological processes and the occurrence of pathological conditions change the activity and speed of biochemical reactions. The nature of physiological processes is influenced by the acid-base system of all biological environments. In practical medicine, the acid-alkaline state of blood and urine is more studied due to the fact that its chemical composition

is easily controlled. In the correction of plasma KAH, substances are administered by symptomatic, substitutional and pathogenetic methods of treatment, which can affect the nature of the main functions of the body. The main biological and physiological importance of water in the body is that it participates in reactions, serves as a source of energy in thermoregulatory processes, for environments and mixing other BAMs. Sodium cation is actively involved in the environment of the organism and participates in the homeostasis shift in compensation processes. Dyshydria is the condition associated with  $\text{Na}^+$  and water imbalance. Its laboratory diagnosis is based on parameters of osmotic pressure[15,16,17,18], level of sodium cation in plasma, indicator of blood viscosity and fluidity (hematocrit level, plasma protein concentration), volume of diuresis, number of relative density of urine and sodium content.

Clinical symptoms together with objective data of laboratory diagnostics help the practitioner to justify the type of dyshydria and the correction of these conditions.

## DISCUSSION AND CONCLUSION

Dysbacteriosis leads to the following consequences: by weakening bile salts, it leads to a violation of fat digestion → fatty diarrhea and the absorption of fat-soluble vitamins is disturbed[19,20]; Depletion of vitamin B12 reserves → megaloblastic anemia; damage to enterocytes of intestinal cells and disaccharide digestion disorder; increased penetration of bacterial antigens into the bloodstream.

It is recommended to use prebiotics and probiotics to maintain health and restore the balance of microflora.

Prebiotics are non-microbial substances that have a positive effect on the body by selectively stimulating the growth of normal intestinal microflora or increasing its metabolic activity.

Probiotics are live microorganisms and substances of microbial origin, which, when taken in a natural way, have a positive effect on the physiological, biochemical and immune reactions of the human body by stabilizing and normalizing the activity of normal microflora.

At the same time, it is recommended to take vitamins to eliminate the symptoms caused by the violation of synthesis and absorption of vitamins and the development of hypovitaminosis: fatigue, drowsiness, decreased work efficiency, as well as brittle and dry hair and nails and skin problems.

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