CLINICAL SIGNIFICANCE OF INTESTINAL MICROBIOTA IN NEWBORNS WITH MATERNAL ALLERGIES

Behzod Yunusov
Ilxomjon Abdulfattoyev
Bobur Mirzo Karimjanov
Students of Andijan State Medical Institute

Abstract:*The effect of microflora on immunity. Close relationship: Intestinal microbiota and immunity The role of intestinal microbiota in immune responses is described in detail:*

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ALLERGIES IN PREGNANT WOMEN ARE SYMPTOMS

Symptomatology also varies depending on the type of allergic reaction. For example, food allergies in pregnant women cause swelling in the abdomen and other parts of the body [1-2]. Skin allergies in pregnancy, usually on the hands and face, may have a local or aggravated approach [3].

It is possible to block or tear the nose during allergies during pregnancy. It should be noted that almost 40% of pregnant women suffer from colds, so it is necessary to begin treatment of allergic rhinitis after a clear diagnosis of the presence of allergies [4-5].

Depending on the symptoms and nature of the reaction, allergies during pregnancy are divided into mild and severe. If in the first case the woman is not completely cured, in the second, the allergy requires a combination of the drug [6].

Allergies in pregnant women - what are the consequences?

Allergic reactions in the mother's body are not dangerous for the fetus because the antibodies do not enter the placenta [7]. A woman’s general condition, as well as the use of antihistamines - these allergies can be dangerous in pregnancy. In severe forms of allergic reaction (bronchial asthma, anaphylactic shock, Quincke's tumor, etc.), the fetus may be affected by hypoxia [8-9].

Features of allergies during pregnancy

Regardless of what you are doing during pregnancy, whether it is a seasonal allergy or a sudden reaction to the stimulus, it is important to know that the baby has no effect in such a situation. Such a severe form of allergic reaction as bronchial asthma is still not a contraindication for pregnancy today [10].

It should be noted that about 30% of pregnant women are associated with allergies. Only the amount of cortisol is increased during pregnancy, which alleviates the allergic reaction [11]. Allergies can occur even if you are not already harmed by things like this.

After changing the hormonal balance, your body can react very differently to potential allergens - which is why allergies can get worse during pregnancy [12-13].

Healthy gut microbiota

Food enters the body through the intestines, which in turn are the first means of protection against harmful invaders. The gut contains 70-80% of immune cells and 100 trillion bacteria, which are necessary for the development of a stable immune system [14]. The gut microbiota in adults can weigh up to 2 kg, and there are as many bacteria as there are cells in our entire body.

A microbiota is an association of microorganisms (bacteria, fungi, etc.) that live together on and inside our body [15]. Like fingerprints, they are unique to each person. Although it may seem unusual for you to have trillions of live microorganisms in your gut, your baby will benefit from them every day. A healthy gut microbiota has many functions that support your baby's health:

a) Protect your child from harmful microorganisms;

b) Production of some beneficial vitamins, such as B12, folic acid and K1;

c) Help your baby's body digest certain foods, such as dietary fiber.;

d) Influence of intestinal microflora on immunity. Close relationship: intestinal microbiota and immunity The role of intestinal microbiota in immune responses;

House mushrooms. The holidays are over, the holidays with them. Many are already starting to think about proper nutrition, some after the holidays, and others consciously approaching their health [16]. For those who are not eating right yet, I want to emphasize the effect of the gut on our immunity [17]. Most of you already know that our immunity depends on our gastrointestinal tract, so isn’t it time for us all to pay more attention to it? After all, first of all, in the struggle to strengthen immunity, it is necessary to take into account the desires of our body, which are directly related to our diet [18-20].

The immunity of the human body depends on the condition of the intestines. This has been scientifically proven in many studies. The intestinal immune system is the largest and at the same time the most complex of those available. It contains 4-5 times more lymphocytes than blood [21].

And they are located under the cells of the mucous membrane. The immune system and the gut are closely linked. And the direct effect of the gut on immunity is enormous [22].

There are many different cells that assign themselves one or another function. These cells are located in various structures of the body: in the blood and tonsils, in the appendix and lymph nodes, in Peyer's patches, and so on. And about 75% of them (these cells) are accumulated only in the intestines!

Many different microorganisms live in the intestines. Studies have shown that it contains more than 410 species. This is, as a rule, a microflora that has a positive effect on the body, among other things, helps digest food. But pathogenic microflora is also present.

It is always present in the gut, but its ratio is always controlled by bacteria loyal to the body.

But this ratio, when this balance is disturbed, the number of pathogenic microorganisms increases rapidly. It affects the overall physical and emotional state. But that's not all!

This condition inhibits the immune function of the gut. Experts say that if a person's immunity is weakened, then the cause should be sought, first of all, in the "banal" dysbacteriosis.

The gut performs local and general immune organ functions. If necessary, special cells from it enter the general bloodstream and are transported to a specific place through it. If for some reason the permeability of the intestine is impaired, it leads to the same negative consequences: the weakening of the body's defenses.

In fact, anything that is good for the gut is good for the immune system, and vice versa - anything that can potentially damage the gut is also bad for the body’s defenses.

Intestinal dysbacteriosis and immunity

Intestinal microflora plays a regulatory role in immunity. Its disorder is associated with various autoimmune diseases. The imbalance of the microflora is very closely related to general immunity and local immunity. It is not surprising that even people say that the main protection of the human body is in the stomach.

Intestinal microflora and immunity, as an integral part of it, can suffer from a variety of negative factors that adversely affect them. They can be internal and / or external. What are these factors and how dysbacteriosis manifests itself - see below.

1. Babies suffer greatly if they do not have a microflora. Even the most modern formulas from well-known manufacturers can not replace natural breast milk, which, among other things, is a real panacea for the intestines of a child who is not yet fully formed functionally.

2. Stressful situations. It is known that short-term stress, as a rule, has a positive effect on the body, it is impossible to talk about severe stress of a chronic nature. This is especially detrimental to the immune system - and because it contributes to the development of dysbacteriosis.

3. Diarrhea (liquid stools) for a very long time. Dysbacteriosis, it should be noted, can have both a cause and a consequence. In the second case, it aggravates.

4. Staying on a strict diet for a long time. In other words, fasting. This point is especially important for those who are trying to solve their health problems by limiting the amount of food consumed, keeping it to a minimum!

5. Use of antibiotics, appropriate compensatory therapy in the form of lacto- and bifidobacteria is not prescribed or after. Antibiotics are not only an aid to immunity, but also its worst enemy. Therefore, their use should be carried out only for the appointment of an authorized qualified specialist and in no case independently.

6. Infection with pathogenic microorganisms can not withstand the body's defenses with this. They (these microorganisms) are assimilated in the gut, often going into remission, but recurring very often.

7. No proper nutrition, in particular - and provoking food allergies. Or add a lot of meat products to your diet, you will get enough useful plant fiber. Other reasons.

Symptoms of dysbacteriosis. These should include, first of all: dyspeptic syndrome (diarrhea, flatulence, bloating, itching with an unpleasant taste, stomach upset, etc.), food allergies, malabsorption syndrome (intestinal inability to process and) . assimilation of these or other nutrients necessary for the normal functioning of the body), the manifestation of intoxication and, most importantly, as mentioned several times, this disorder is to maintain a normal level of immunity.

How to deal with immune disorders caused by imbalances in the intestinal microflora? Pay attention to the causes of the data pathological conditions. After eliminating them, the chances of overcoming dysbacteriosis may be high.

Sometimes doctors simply prescribe a diet rich in plant fiber, vitamins and minerals, and beneficial bacteria (usually in capsule form). Eliminate any negative effects in the gut (stress, hypothermia, drinking and smoking, insomnia, overeating and frequent physical overwork, etc.) and your immunity will thank you!

How to improve the immunity of the stomach and intestines. There is no gastrointestinal immunity that needs to be declared at the same time. This body is definitely under immune protection, but it is common. The stomach itself is not one of the organs of the body’s immune system.

However, it is recommended to take into account intestinal immunity, as it is directly involved in the formation and maintenance of immune cells, while also serving as their main repository. However, you can also boost immunity through the stomach. See below for how to do this.

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