



O'ZBEKISTON RESPUBLIKASI SOG'LIQNI SAQLASH VAZIBLIGI

**O'ZBEKISTON RESPUBLIKASI SANITARIYA-EPIDEMIOLOGIK OSOYISHTALIK VA
JAMOAT SALOMATLIGI XIZMATI**

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THE PROBLEM OF NUTRITION IN FOOD ALLERGY

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Food allergy (FA) is an overexpressed immune response to food components, usually proteins, and the manifestations of which can be varied. Food allergies can occur in the form of bronchial asthma, atopic dermatitis, and even anaphylaxis. Allergy symptoms can appear when even a small amount of food is exposed to the skin, gastrointestinal tract, and respiratory system.

Aim of the study. Diet therapy for patients with food allergies, taking into account the allergenic properties of local food in a hot climate.

Materials and research methods. We have introduced into clinical practice modified immunoblot panels of allergens RIDA qLine Allergy (Germany) for in vitro allergy diagnostics. Each panel contains 5 standards calibrated according to the international reference protocols "1st WHO IRP 67/86 for human IgE" and 20 allergens. This test allows you to quantitatively measure the concentration of allergen-specific IgE (IU / ml) in the blood serum by the method of immune analysis, the results are also expressed in RAST-classes. Conditional norm of concentration of allergen-specific IgE is up to 0.35 IU / ml, this concentration is identical to 1 RAST class.

Results and discussion. After a detailed anamnesis of the disease, IgE antibodies were determined in patients with allergic diseases at the age of 1-70 years (n = 161) in order to choose an appropriate diet. With the help of food panels of allergens, 27 (47.4%) patients received negative results in the range of 0-0.9 RAST, 7 (12.3%) showed monosensitization, 23 (40.4%) - polysensitization. The average age is 30.0 ± 4.22 years. The results of high sensitization in patients to tomato (22.4%), carrots (16.3%), potatoes, honey, peas, wheat flour (14.3%), orange and apricot (12.2%), watermelon (10.2%), peach, apple, chicken meat (8.1%), walnut (6.1%), sunflower seeds, strawberries (4.1%), peanuts, chicken protein, chicken yolk and milk (2.0%) within 1-6 RAST; no allergic reaction to coffee has been reported.

Sensitization to food allergens was revealed before the age of 18, mainly in boys (17.5%) compared to girls (12.3%), from 19 years it predominates in females in different age categories. Thus, analysis using food panels of allergens (3 knots) showed that sensitization to food allergens occurs in women (68.4%) 2.2 times more often than in men (31.6%).

All patients with hay fever with combined food allergy showed an exacerbation of the disease during the flowering season of causally significant plants in the form of the development of more pronounced clinical symptoms. Among the most common allergens are fruits of the Rosaceae family: apples, pears, peaches, apricots, strawberries. Vegetables

and fruits play an important role in the development of food allergies in older children and adults. In this case, as a rule, certain proteins of fruits, vegetables and nuts act as the main antigens, an allergic reaction to which is often caused by preliminary sensitization to the pollen of some plants.

Conclusions. When selecting an elimination diet, the frequent presence of polyvalent sensitization, the rare presence of allergies to one food product, the formation of cross-allergic reactions, the frequent presence of latent allergens in finished food products are the main difficulties. In misdiagnosed food allergies, unnecessary food exclusion leads to a lack of essential nutrients, especially in children and adolescents. Timely diagnostics, knowledge of the characteristics of food allergens, depending on thermal stability and an individual approach when choosing an elimination diet prevents complications of food allergies.

ERTA YOSHDA OVQATLANTIRISH TURIGA KO'RA BOLALARNING KASALLANISHINI O'RGANISH

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Kirish. Hayotining birinchi yilida ovqatlantirish turining bolalar salomatligiga ta'sirini baholash sog'liqni saqlash amaliyotining dolzarb muammolaridan biri bo'lib hisoblanadi. Hayotining birinchi yilida yuzaga kelgan oziqlanishning buzilishi keyinchalik bolalar salomatligida tiklanmaydigan jiddiy o'zgarishlarning rivojlanishiga sabab bo'ladi.

Maqsad: Hayotining birinchi yilida ovqatlantirish turiga ko'ra katta yoshdagi bolalarning kasallanishini o'rganish.

Tadqiqot usullari va materiallari. Adabiyotlarda keltirilgan ma'lumotlar asosida erta yoshda ovqatlantirishning turiga qarab maktab yoshidagi bolalarning salomatligi taxlil qilindi. Bolalar ikki guruxga ajratilgan. Birinchi guruxni 8 oydan ortiq istisnosiz ko'krak suti bilan ovqatlantirilgan bolalar, ikkinchi guruxni erta sun'iy ovqatlantirishga o'tkazilgan bolalar tashkil qilgan.

Natija va muhokamalar. Birinchi guruxdagi bolalarga nisbatan, erta sun'iy ovqatlantirishga o'tkazilgan ikkinchi guruxdagi bolalarning ko'pchiligida nafas a'zolari patologiyalari aniqlangan, jumladan bronxial astma 2,2 baravar, surunkali bronxitlar 3,5 baravar, pnevmoniyalar 2,2 baravar ko'p uchragan. Ko'krak suti bilan emizib boqilgan bolalarga nisbatan, sun'iy ovqatlantirilgan ikkinchi guruxdagi bolalarda nafas a'zolari patologiyasidan keyin oshqozon-ichak trakti patologiyalari bilan bog'liq kasalliklar ikkinchi o'rinni egallagan. Jumladan surunkali gastrit 5,8 baravar, o't chiqarish yo'llari diskineziyasi 4,2 baravar, oshqozonning funksional buzilishi 6 baravar, semizlikning I–II darajasi 5 baravar ko'p uchragan. Katta yoshda ko'p uchragan nafas a'zolari va ovqat hazm qilish kasalliklari rivojlanishining xavf omillari taxlil qilinganida homiladorlikning