THE USE OF PROBIOTICS IN COMPLEX THERAPY OF PATIENTS WITH CHRONIC GASTROENTEROLOGICAL PATHOLOGY

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Purpose: To evaluate the effectiveness of probiotics in the complex therapy of patients with chronic gastroenterological pathology.

Materials and Methods: A retrospective analysis of the intestinal microbiocenosis of 398 patients with chronic gastroenterological pathology was carried out. The examined cohort included patients with the following nosologies, exhibited on the basis of clinical and laboratory and instrumental data: gastropathy, refined duodenitis, chronic cholecystitis, chronic pancreatitis and others. Study of feces for dysbiosiswas carried out in the microbiological laboratory of the National Scientific Medical Center in Astana (Republic of Kazakhstan). Sowing of clinical material was carried out quantitatively on nutrient media in accordance with regulatory documents. Microorganisms, after isolation of pure culture and coloration according to Gram, were identified on the microbiological computer analyzer "Vitek 2- Compact" (bioMerieux). In order to correct the dysbiotic disorders, the patients were prescribed probiotics "Biovestin-lakto" 5 ml 2 times a day and "Normobakt" 1 tablet 2 times a day for 28 days.

Discussion and conclusions: Results of studies in patients with gastrointestinal pathology in 93% of cases showed varying degrees of shifts in the intestinal microflora due to decrease in the indigenous flora (bifidobacteria and lactobacilli) and activation of conditionally pathogenic bacteria of the genus Enterobacter, Klebsiella, Citrobacter, Proteus in association with the detection of Staphylococcus aureus and Fungi of the genus Candida. The analysis revealed a common pattern: as the increase dysbiotic disorders largely associated with progressive deficits bifidobacteria and lactobacilli as well as other representative on Applicants' indigenous anaerobic microflora, is an increase in the proportion of conditionally pathogenic microorganisms. Therefore, patients with the presence of intestinal dysbiosis of 3-4 degrees in complex therapy of the main pathology, bio preparations Biovestin-lacto and Normobactwere assigned to determine the effectiveness of probiotics.

Comparative analysis showed that in patients on a background correction probiotic "Biovestin-lacto" in the shortest time to increase the content of the representatives of indigenous microflora - bifidobacteria, lactobacilli and Escherichia coli with normal enzymatic activity. At the same time, the amount of lactose-negative E. coli, yeast-like fungi of the genus Candida and mold fungi decreased significantly, which in combination testifies to the correction of intestinal dysbiosis in persons with gastroenterological pathology. This was facilitated by the large bioavailability of this biological preparation, due to the form of release of the probiotic, species composition and high concentration of representatives of normal flora.

Thus, in patients with gastroenterological pathology, there are significant changes in the intestinal microflora. The use of probiotic "Biovestin-lacto" against the background of complex therapy of the underlying disease, promotes the rapid recovery of intestinal microbiocenosis.

Keywords - Chronic Gastroenterological Pathology, Dysbiosis, Probiotics.