



BASIC PROVISIONS FOR VITAMIN PROPHYLAXIS IN CHILDREN

Mirzaeva M. M.

Andijan State Medical Institute

Andijan City, Yu. Atabekov street №1

Annotation:

When using vitamin and vitamin-mineral preparations for the purpose of correcting the diets of children and adolescents, it should be taken into account that not only insufficient, but also excessive consumption of vitamins and minerals over a long period of time (primarily vitamins A, D and microelements) contributes to the disruption of metabolic processes in the body, reduces the antioxidant and immune status of the body. It negatively affects its resistance to adverse environmental factors. Therefore, to carry out additional fortification of food rations for preventive purposes, it is unacceptable to use preparations containing therapeutic doses of vitamins. The use of vitamin and vitamin-mineral preparations for children and adolescents is one of the most important conditions for ensuring their harmonious growth, timely maturation of the morphological structures and functions of various organs and tissues, optimal parameters of psychomotor and intellectual development, and the body's resistance to infections and other unfavorable external factors. The fortified nutrition of children, as well as their health status, should be the subject of special attention of the state

Relevance

Additional vitamin supplementation for children should be carried out from November to April inclusive, and when living in environmentally unfavorable areas for longer periods - from October to May.

Goal of the Work

The leading factor in the degree of negative impact on children's health is currently a deficiency of "micronutrients" - vitamins, microelements, individual polyunsaturated fatty acids and others, leading to a sharp decrease in the body's resistance to adverse environmental factors due to disruption of the functioning of antioxidant defense systems and the development of immunodeficiency states.

All over the world, special attention has been drawn to nutrition problems, due to objective reasons. Most groups of the population, including children, adolescents and young adults, have reduced energy expenditure to a minimum level. This is man's retribution for the benefits of civilization. A sharp decrease in energy





expenditure is accompanied by an equally sharp decrease in the need for energy, and therefore in food as its only source. At the same time, the need for other vital nutrients, in particular micronutrients, has changed slightly, and the nutritional density of the diet, i.e. its saturation with useful substances, including micronutrients, has remained virtually unchanged. This is the objective reason why modern man cannot, even with a theoretically adequate diet from ordinary natural products, obtain micronutrients in the required quantities. Thus, micronutrient deficiency is programmed. In order to eliminate and prevent iodine deficiency conditions in children due to a lack of stable iodine in the external environment, periodic use of vitamin preparations containing stable iodine in an age-specific daily dosage (no more than 150 mcg per day) is recommended.

Material and Methods

When carrying out fortification in order to prevent polyhypovitaminosis conditions and improve the provision of vitamins and minerals to children and adolescents, the appropriate vitamin and vitamin-mineral preparations should be taken during or after meals (preferably in the first half of the day.)

Fortified drinks from effervescent tablets and granules are prepared immediately before consumption.

The occurrence of side effects in children and adolescents taking multivitamin or vitamin-mineral preparations requires consultation in each specific case with specialists to decide on the possibility of further taking these drugs.

Additional prescription of vitamin and vitamin-mineral preparations for children of the first year of life is carried out in exceptional cases according to indications under the supervision of a doctor, taking into account the strict selection of vitamins and minerals in accordance with age needs, as commercially available milk and other nutritional formulas for children of the first year life are adapted and enriched with a complex of essential substances necessary for this period of child development.

Vitaminization of nutrition for children in their second and third year of life should be just as careful.

Additional vitaminization in educational institutions can only be carried out under the supervision of medical personnel using developed schemes and methods.

Results and its Discussion

The formation of chronic environmental overstrain syndrome in the overwhelming majority of the child population of the republic requires the urgent development of preventive medicine. In the process of evolution of adaptation processes, their





activation is possible with the help of biological, psychological and social measures. The main thing is not to start your actions by prescribing chemicals. The systemic improvement of the child population should be based on natural therapeutic technologies of detoxification and elimination, correction and stabilization of cellular metabolism. The problem of finding new sources of nutrients and expanding food production is becoming of paramount importance. It is necessary to improve the nutritional structure of the population - this is the use of high technologies in the food industry and the creation of a wide range of natural products of a modified (predetermined) chemical composition.

The highest achievement of this area is specialized baby food products necessary to ensure the future health of the nation. To improve nutrition, in particular to eliminate micronutrient deficiencies, there is widespread use of so-called biologically active food additives.

Conclusions

Dietary supplements are concentrates of natural minor food components, such as vitamins, minerals and microelements, individual fatty acids, phospholipids, etc. The use of dietary supplements makes it possible to compensate for the deficiency of essential nutrients, increase the body's nonspecific resistance to the effects of adverse environmental factors, carry out correction of immunity, individually nutrition as much as possible. The proposed program for correcting endogenous defense systems in children living in environmental conditions will allow us to outline ways of rehabilitation and, to a certain extent, help prevent the irreversible depopulation development of our society.

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