

FACTOR ANALYSIS OF THE NUTRITION OF PATIENTS WITH PSORIASIS AT HOME IN THE AUTUMN SEASON

Nizom Jumakulovich Ermatov
Professor, Tashkent Medical Academy

Dilshod Bakhtiyarovich Khajiev
PhD researcher, Tashkent Medical Academy

Actuality problems. Negative environmental factors, including dust, allergens, various colored drinks, salty and spicy foods, create conditions for the development of various nutritionally related diseases and their complications and metabolic diseases, which occur due to a lack of proteins and essential amino acids in the daily diet.

Psoriasis is a chronic relapsing disease, a disease that causes medical and social losses, and the normalization of a multifactorial natural nutritional state is important in improving the quality of life of patients by reducing the development and exacerbation of the disease, as well as clinical symptoms [1,3,5,6].

The role of foods rich in vitamins C and E, as well as selenium and trace elements, in the daily diet of patients with psoriasis is significant [5,6].

One of the main risk factors in the life of patients with psoriasis is the diet, behavior, culture, and assessment of its nutritional and biological value.

Taking into account that in the hot season of the year the daily diet consists mostly of alkaline products, that is, fruits and vegetables, in this study we analyzed the state and diet in the autumn season.

Materials and methods of the study. The study was conducted in the autumn season of the year, as a separate season, at the beginning, middle, and end of each month, a total of 27 (an average of 9 per month) meals were analyzed for their composition and structure.

The daily diet of patients and its physiological composition are in accordance with the requirements of the Sanitary and Epidemiological Regulations No. 0007-2020 “Average daily rational nutrition standards aimed at ensuring healthy nutrition for age, sex and professional activity groups of the population of the Republic of Uzbekistan” [4]. The chemical composition of the daily diet was determined according to the “Chemical composition of food products” [2].

The statistical processing of the research results was carried out using the personal computer application package “Statistica for Windows 7.0”.

Analysis of the results obtained.

In the autumn season, characteristic changes in the diet compared to other seasons are observed. This mainly depends on the temperature. During the season we conducted the study, despite the extremely hot summer, September was hot, and October and November were also dry, and despite the fact that patients required more fluids due to dry skin, it was found that patients consumed less fluids, which increased the clinical symptoms of the disease and worsened the quality of life of patients. In the patients' diet, high-fat meat products and sausages made up 53.6% of the daily intake in men and 52.7% in women, and the level of consumption of smoked fish products was 25.2-19.7% in the same order.

The consumption of lean meat products was significantly reduced.

The consumption level of premium bread and bakery products was 155.5% in men and 145.8% in women.

The consumption level of confectionery products was 2.5 times higher than the established physiological amount in men and 3.3 times higher in women, the consumption level of coffee was 3.5 times higher than the established physiological amount in women and 3.0 times higher in men, the consumption level of salt was 4.0 times higher in men and 3.5 times higher in women.

The amount of milk, cream of various fat content and butter in the daily diet of patients was significantly lower.

Although cheese is included in the list of products with high acidity, the consumption level of cheese is 2.2 times lower in men and 2.5 times lower in women.

Margarine consumption is 3.8 times higher than the daily norm in men and 3.6 times higher in women.

Despite the high role of fiber-containing products in psoriasis, the level of provision of cereals in the daily diet was 35.6% in men and 45.7% in women.

Despite the fact that cereals constitute the basis of the diet in psoriasis, it was found that the consumption of cereals is significantly lower than the physiological norm.

The level of consumption of fruits and vegetables in the daily diet of patients is significantly lower, despite the autumn season, only the level of consumption of tomatoes is 1.2 times lower in men and 1.3 times lower in women. Among fruits, the level of consumption of apples is 2.2 times lower in men and 1.2 times lower in women.

Our research shows that the sharp difference in the level of consumption of basic food products of patients with psoriasis created conditions for the exacerbation of their disease.

Despite the autumn season of the year, the daily diet contained insufficient amounts of legumes, rye bread, cabbage, cucumbers, fruits and vegetables, lean meat, dairy products, fruits and vegetables, and an excess of high-grade flour, coffee, bakery products, salt, margarine, spices

and confectionery products. This indicates that the patients created conditions for the exacerbation of the disease.

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