

CHARACTERISTICS OF THE DAILY DIETARY STATE OF MALE PATIENTS WITH PSORIASIS IN THE WINTER SEASON

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Psoriasis is a chronic immune-mediated inflammatory skin disease characterized by red, itchy rashes, most often occurring on the wrists, knees, scalp and lower back, but can occur on any surface of the skin, and negatively affects the quality of life of patients and ruins their lives, disrupts their mental and psychological state, and in some cases causes family conflicts, leading to death and a threat to their own life.

In addition to the psychological and social burdens associated with psoriasis, it is a chronic, relapsing disease, which is associated with high costs for patients and healthcare systems. Maintaining and adhering to a multifactorial natural diet can reduce the development and severity of the disease, as well as clinical symptoms, and, conversely, can reduce the deterioration of the quality of life of patients and improve mental health [1,3,5].

The importance of vitamins, low-fat dairy products, melon products, and products rich in selenium and trace elements in the daily diet of patients with psoriasis has been emphasized in the works of a number of authors [5]. In the daily diet of patients with psoriasis, it is necessary to exclude the presence of essential amino acids, tobacco products, salty and spicy foods, and diseases of the gastrointestinal tract.

The purpose of the study was to conduct a hygienic analysis of the patients' nutritional status and diet, taking into account the lack of alkaline-containing products, i.e. fruits and vegetables, in the daily diet during the winter season.

Materials and Methods

The study analyzed the composition and structure of a total of 45 (an average of 15 per month) daily diets in December, January and February of the year based on a questionnaire.

The patients' daily diet and its physiological composition were based on the requirements of the sanitary norms and rules of SanNvaQ 0007-2020 "Average daily rational nutrition standards aimed at ensuring healthy nutrition for age, gender and professional activity groups of the population of the Republic of Uzbekistan" [4], and the chemical composition of the daily diet was carried out in accordance with 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".

Results and Discussion

In the winter season, there are characteristic changes in the diet compared to other seasons. This is mainly due to the temperature of the season, and in the cold season, patients mainly eat a lot and irregularly, and their diet contains an excess of products with an acidic environment. Despite the fact that in the season we conducted the study, compared to other seasons, patients had a greater need for fluids due to dry cold and sharp changes in temperature, but patients consumed less fluid, and from prohibited drinks, sugary coffee exceeded the established norm by 5-5.5 times, which increased the clinical symptoms of the disease and reduced the quality of life of patients. At the same time, it was found that the amount of table salt in their daily diet was 5.5-6.0 times higher, the amount of vegetable oil was 2-2.5 times higher, salted cabbage, tomatoes and cucumbers, their canned products were consumed, the level of consumption of sweets and sugar was 2.5-3.0 times higher, and alcoholic beverages were consumed.

In the patients' diet, high-fat meat products, sausage products made up 63.6% of the daily intake in men, and the level of consumption of smoked fish products was 35.2%. The consumption of lean meat products was sharply reduced. The daily intake of chicken meat was sharply increased compared to other meat products.

From bakery products, the level of consumption of premium bread was increased in men by 3.5-5.5 times.

The level of consumption of confectionery products was 4.5 times higher than the established physiological amount in men.

The daily diet of patients contains significantly less milk, cream of various fat content and butter, and from products with high acidity, cheese is limited, but the consumption level of cheese is 3.2 times lower in men, and the consumption level of margarine-containing products is excessive.

Despite the high role of fiber-containing products in psoriasis, the level of provision of porridge in the daily diet in men was 45.5%.

The level of consumption of fruits and vegetables in the daily diet of patients is sharply reduced in the winter season, as evidenced by the fact that only the consumption level of fresh tomatoes and cucumbers is 2.2 times lower in men. Among fruits, the level of apple consumption is 65% lower in men. The amount of citrus fruits, tangerines and oranges, was 65-70%.

Our studies show that the presence of sharp differences in the level of consumption of basic food products by patients with psoriasis created conditions for the exacerbation of the disease.

In the winter season, the daily diet included 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, pickles and confectionery products. This indicates that the patients' disease worsened and relapsed.

References

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