

**BOLALARDA ALLERGIYA PROFILAKTIKASI VA
DAVOLASHDA ICHAK MIKROFLORASIGA YO'NALTIRILGAN
TERAPIYALAR**

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Bolalarda allergik kasalliklarning keng tarqalishi inson mikroflorasidagi o'zgarishlar, jumladan antibiotiklarni haddan tashqari qo'llash, oziq-ovqat sifati muammolari va shaharlashuv bilan bog'liq. Bola hayotining dastlabki yillarida ichak mikroflorasi buzilishi (disbiozi) immun tizimining buzilishi va allergik reaksiyalarning rivojlanishida muhim omil hisoblanadi. Shu sababli, probiotiklar, prebiotiklar, sinbiotiklar, postbiotiklar va najas mikroflorasi transplantatsiyasi (FMT) kabi ichak mikroflorasiga yo'naltirilgan terapiyalar allergiyaning oldini olish istiqbolli strategiyalari sifatida paydo bo'ldi.

Bolalarda allergik kasalliklar rivojlanishining oldini olishda mikrofloraga yo'naltirilgan terapiyalar — probiotiklar, prebiotiklar, sinbiotiklar, postbiotiklar va najas mikroflorasi transplantatsiyasining samaradorligini tanqidiy tahliliy baholash va yangi yo'nalishlarni ochish.

Tadqiqot doirasida 2000–2023 yillar oralig'ida PubMed/MEDLINE, Scopus va Web of Science ma'lumotlar bazalarida chop etilgan randomizatsiyalangan klinik tadqiqotlar, kohort tadqiqotlar va meta-tahlillar tahlil qilindi. Tadqiqotlarda prenatal va postnatal davrda mikrofloraga yo'naltirilgan intervension usullar qo'llanilishi hamda allergik kasalliklar rivojlanish xavfi baholandi.

O'rganilgan ilmiy manbalar tahlili shuni ko'rsatdiki, mikrofloraga yo'naltirilgan terapiyalar orasida eng barqaror ijobiy natijalar atopik dermatit profilaktikasida kuzatiladi. Ayniqsa *Lactobacillus rhamnosus* GG shtammi homiladorlikning oxirgi trimestridan boshlab ona va chaqaloqqa berilganda ekzema rivojlanish xavfini kamaytiradi.

Probiotiklarning oziq-ovqat allergiyasi va bronxial astma profilaktikasidagi samaradorligi yetarli darajada isbotlanmagan. Prebiotiklar (galakto-oligosaxaridlar va frukto-oligosaxaridlar) sun'iy oziqlantirilayotgan chaqaloqlarda ichak mikroflorasining foydali tarkibini qo'llab-quvvatlab, allergik kasalliklar xavfini kamaytirishi mumkin. Sinbiotiklar probiotiklarga nisbatan kuchliroq ta'sir ko'rsatishi ehtimoli mavjud. Postbiotiklar esa istiqbolli, ammo klinik dalillari cheklangan yo'nalish hisoblanadi.

Ichak mikroflorasi bolalarda immun tolerantlik shakllanishida muhim ahamiyatga ega bo'lib, allergik kasalliklarning oldini olishda muhim terapevtik nishon hisoblanadi. Shu bilan birga, mavjud ilmiy dalillar mikrofloraga yo'naltirilgan terapiyalarni keng populyatsiyada umumiy tarzda qo'llashni asoslamaydi. Ushbu yondashuv faqat yuqori xavf guruhlarida, individual va shtammga xos tarzda qo'llanishi lozim. Kelgusida uzoq muddatli, chuqur tahlilga asoslangan klinik tadqiqotlar o'tkazilishi zarur

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