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Clinical efficiency of mare's milk in children

Background: The main task of joint health care is the prevention of diseases. Functional products play a significant role in preventive medicine. One such promising nutra-ingredient is the freeze-dried mare's milk. Due to its physiological, balanced nutrient composition, easy digestibility, the mare's milk can be used with great benefit in dietary regimens when a diet is required, which as a result helps to cleanse the body, normalize metabolism, improve blood circulation and to some extent, slow the aging process.

Purpose: The purpose of the work is to study the clinical effectiveness of freeze-dried mare's milk in inflammatory bowel diseases and chronic constipation because of the dolichosigma.

Method: The company-producer was granted freeze-dried mare milk-Saumal. A pilot study was conducted on two groups of children 9-12 years old with inflammatory bowel diseases and chronic constipation because of the dolichosigma.

Result: In the first group, the product as an additional food was given to children aged 9-12 years with ulcerative colitis; children had a body mass deficit of more than 10%. Patients with this disease are contraindicated in the use of cow's milk, while at the same time requires a high-calorie diet with high protein content. As a result, after 90 days of application of the product, were observed the weight stabilization with a moderate increase of 500 g. In the second group, the product was given to children aged 9-12 years, with constipation, with diagnosis of dolichosigma, with insignificant effect from standard therapy. Normalization of stool frequency and consistency during the few weeks from the beginning of mare's milk was noted, no side effects were observed.

Conclusion: Thus, the testing of freeze-dried mare's milk-Saumal showed good clinical efficacy in children with inflammatory bowel diseases and chronic constipation. Further in-depth studies of the effectiveness of the therapeutic use of mare's milk in children are needed

Biography

Almagul Kushugulova has completed her PhD from Astana Medical State University and DMSc at National Biotechnological Centre. She is the Head of Human Microbiome Lab of National Laboratory, Astana Nazarbayev University. She has published more than 100 papers in Kazakhstan journals, 15 in reputed journals and has been serving as an Editorial Board Member of *Journal of Clinical Medicine of Kazakhstan*.

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