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GO‘DAKLAR RATSIONAL OVQATLANISHINING FIZIOLOGIK VA IMMUNOLOGIK ASPEKTLARI: KO‘KRAK SUTINING AFZALLIKLARI HAMDA GIPOGALAKTIYA PROFILAKTIKASI

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Annotatsiya: Mazkur ilmiy maqolada go‘dak yoshidagi bolalarning ratsional ovqatlanishi, ko‘krak bilan emizishning fiziologik va immunologik afzalliklari hamda onalarda gipogalaktiya sindromini barvaqt aniqlash va profilaktika qilish masalalari ilmiy va amaliy jihatdan tahlil qilingan. Ko‘krak sutining biologik faol komponentlari, oligosaxaridlar, sekretor IgA hamda mikrobioma shakllanishidagi roli ko‘rsatib berilgan. Onalarda gipogalaktiyaga olib keluvchi xavf omillari o‘rganilib, laktatsiyani saqlash va rag‘batlantirishning zamonaviy usullari bayon etilgan.
Kalit so‘zlar: ratsional ovqatlanish, ko‘krak suti, gipogalaktiya, sekretor IgA, mikrobioma, laktatsiya, profilaktika, go‘daklar.

Аннотация: В данной научной статье с физиологической и иммунологической точек зрения проанализированы вопросы рационального вскармливания детей грудного возраста, преимущества грудного вскармливания, а также ранняя диагностика и профилактика синдрома гипогалактии у матерей. Показана роль биологически активных компонентов грудного молока, олигосахаридов, секреторного IgA и формирования микробиома. Изучены факторы риска гипогалактии и описаны современные методы поддержки лактации.
Ключевые слова: рациональное вскармливание, грудное молоко, гипогалактия, секреторный IgA, микробиом, лактация, профилактика, младенцы.

Abstract: This scientific article analyzes the physiological and immunological aspects of rational infant feeding, the advantages of breastfeeding, and the early diagnosis and prevention of hypogalactia syndrome in mothers. The role of bioactive components of breast milk, oligosaccharides, secretory IgA, and gut microbiome formation is demonstrated. Risk factors for hypogalactia were studied, and modern lactation support techniques are presented.
Keywords: rational feeding, breast milk, hypogalactia, secretory IgA, microbiome, lactation, prevention, infants.

KIRISH. Go‘daklik davrida ratsional ovqatlanishni tashkil etish bolaning jismoniy, neyropsixik va immunologik rivojlanishini belgilovchi asosiy omillardan biridir. Jahon Sog‘liqni Saqlash Tashkiloti (JSST) va UNICEF tavsiyalariga ko‘ra, hayotning dastlabki 6 oyida faqat ko‘krak suti bilan emizish va keyinchalik mos keluvchi qo‘shimcha ovqatlar bilan birga emizishni 2 yoshgacha davom ettirish bolalar o‘limini kamaytirish hamda somatik

kasalliklarning oldini olishda eng samarali profilaktika hisoblanadi. biroq zamonaviy pediatrlar va akusher-ginekologlar amaliyotida laktatsiya disfunksiyasi — gipogalaktiya muammosi dolzarbligicha qolmoqda.

Ratsional ovqatlanish tushunchasi va ko‘krak sutining fiziologik afzalliklari

Ratsional ovqatlanish - bu bolaning yoshi, vazni va fiziologik ehtiyojlariga mos keluvchi, zaruriy oqsil, yog‘, uglevod, vitamin hamda mikroelementlar balansi ta’minlangan oziqlantirishdir. Ko‘krak suti go‘daklar uchun “altin standart” bo‘lib, uning tarkibi unikal biologik dinamikaga ega.

Immunologik va himoya omillari: Ko‘krak suti tarkibidagi sekretor immunoglobulin A (sIgA), laktoferrin, lizotsim va neytrofillar go‘dakning hazm va nafas yo‘llari shilliq qavatini patogen mikroorganizmlardan himoya qiladi.

Neyroontogenetik va metabolik ta’siri: Ko‘krak sutidagi ko‘p to‘yinmagan yog‘ kislotalari (DHA, ARA) bosh miya po‘stlog‘i va retseptorlarining shakllanishini tezlashtiradi.

Prebiotik va mikrobiotik rol: Ko‘krak suti oligosaxaridlari (HMOs) go‘dak ichagida Bifidobacterium infantis kolonizatsiyasini ta’minlab, sog‘lom mikrobiomani shakllantiradi.

Gipogalaktiya shakllanish mexanizmlari va profilaktikasi

Gipogalaktiya - emizikli onalarda sut bezlari sekretsiya funksiyasining pasayishidir. U birlemchi (neyroendokrin buzilishlar) va ikkilamchi (psixoemotsional stress, noto‘g‘ri emizish texnikasi, ratsion buzilishi) turlarga bo‘linadi.

Gipogalaktiya profilaktikasi chora-tadbirlari:

- **Erta emizish:** Tuqruqdan so‘ng dastlabki 30–60 daqiqa ichida bolani ko‘krakka qo‘yish (oksitotsin va prolaktin refleksini faollashtiradi).
- **Erkin emizish rejimi:** Bolaning talabiga ko‘ra (soat bo‘yicha emas) emizishni yo‘lga qo‘yish.
- **Nutritsion qo‘llab-quvvatlash:** Onaning kunlik ratsionida yetarli darajada suyuqlik, oqsil va laktogen mahsulotlar mavjudligini ta’minlash.
- **Psixologik korreksiya:** Onada stess holatini kamaytirish va oilada ijobiy psixologik muhit yaratish.

Xulosa. Go‘daklarni ratsional oziqlantirishda ko‘krak suti bilan emizish muqobilisiz fiziologik va immunologik vositadir. Gipogalaktiya profilaktikasi tug‘ruqqacha va tug‘ruqdan keyingi davrda onalarni emizish texnikasiga to‘g‘ri o‘rgatish, prolaktin-oksitotsin regulyatsiyasini saqlash hamda kompleks laktogen yordam ko‘rsatish orqali muvaffaqiyatli amalga oshiriladi.

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