

EVALUTION OF YOGHURT EFFECT ON ACUTE DIARRHEA ON 6-24MONTHS OLD HOSPITALIZED INFANTS

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Objective. To determine the efficacy of local factory pasteurized yoghurt consumption in acute non-bloody and mucoid diarrhea on hospitalized 6-24 months infants as compared with that of routine treatment. **Methods.** In a case - control study, 6 to 24 months of age children with non-bloody and mucoid diarrhea with less than four days duration hospitalizing in Urmia; Imam Hospital, were assigned into two groups of taking yoghurt at least 50ml/kg per day and other oral intakes. Malnutrition, bloody stool and non-alimentary causes were excluded. The information and data was recorded on a pre-structured schedule. The selection continued until each group included twenty infants. Reduction of diarrhea times on discharge time to half and less than that of admission, regarded as response to treatment. Weight gaining, hospital residency, reduction of diarrhea times in Hospital periods compared in two case and control groups. **Results.** A total of 40 children was entered, twenty in each group. The standard deviation for age, weight and diarrhea times for two groups were very close. Mean hospitalization days, weight gaining, reduction of diarrhea times were 2.85-3.1, 350-287.5gr, and 4.35- 3.95 for case and control groups respectively. Comparing indexes revealed significant difference ($P<0.05$) only in reduction of diarrhea times. **Conclusions.** Referring to the results, it's concluded that use of local pasteurized yoghurt in treatment of acute diarrhea had positive effects and as a probiotic, it can promote recovery from diarrhea in children, mainly non-bloody. Regarding this study, universal use of yoghurt is recommended in acute non-bloody diarrhea.

