

УДК 616.517-08:615.339:579.8

## PROBIOTICS IN THE COMPLEX TREATMENT OF PSORIASIS PATIENTS

**Hajevska M.Yu.<sup>1</sup>, Poklitar M.V.<sup>2</sup>, Kovaliuk D.O.<sup>2</sup>, Hudyma R.B.<sup>2</sup>**

<sup>1</sup>*PhD, Scientific director;* <sup>2</sup>*intern of the department of dermatovenerology, Higher State Educational Establishment of Ukraine "Bukovinian State Medical University", Chernivtsi*

**Key words:** probiotics, therapy, psoriasis.

Psoriasis (psoriasis vulgaris)-is chronic recurrent skin disease with monomorphic rash and possible involvement of visceral organs and musculoskeletal system. Nowadays Psoriasis is characterized with higher behavior that proves the significance of treatment of psoriatic patients. The aim of the work is to study the effectiveness of Enterozhermina drug in complex treatment of Psoriasis. We examined 28 psoriatic patients (12 male and 16 female, aged 20 to 58 years old with duration of dermatosis from 10 to 19 years. To include patients to investigation they should have clinical manifestations of psoriasis, patients' age should be 19 years and over dermatosis duration of more than 10 years and with absence of acute or chronic disease. Investigation complex includes clinic examination, laboratory examinations and microbiological study of stool. To evaluate the clinic manifestations of Psoriasis and to analyze the effectiveness of dermatoses treatment we identify skin affect index and Psoriasis Area Severity Index (PASI) analysis with the help of standard technique. According to the clinical investigation all 28 patients were diagnosed with common form of ordinary (vulgar) psoriasis. We explored that 17 patients have a progressive phase of dermatosis and another 11 patients have stationary phase of dermatosis. In order to optimize the treatment of patients with Psoriasis we use probiotic Enterozhermina in the complex therapy. An antagonism towards opportunistic and pathogenic organisms, and activation of lactobacilli breeding and compensation of B vitamins deficiency due to their synthesis, provide probiotic and immunomodulatory Enterozhermina function. We recommended the next regiment of taking Enterozhermina probiotics to psoriatic patients. During the progressive phase -3 capsules per day or 1 bottle of suspension 2 times a day for 12 days. The drug usage requires maximum drinking water to normalize the water -electrolyte balance. Established that the complex therapy of such patients provokes positive dynamics of psoriasis clinical manifestations on the 10 -14 day of treatment. Patients were observed an improvement in general condition, their sleep becomes better the intensity hyperemia of papules reducer, desquamation decreases, while bacteriological examination of faces shows an increasing of bifidus bacteria and lactobacilli normal number. Thus, the results of the study indicate that Enterozhermina drug is effective and important component of a complex therapy of adult psoriasis patients with different ages with stable clinical manifestations accompanied by functional and dysbiotic disorders of the gastrointestinal tract. Enterozhermina probiotics promotes a regression of erythematous or infiltrative skin rash. Also observed a PASI index decrease of study group patients at the end of their treatment process compared to its original rate (68.9%). Despite the fact that PASI index of patients who received only basic therapy decreases by 58% allowing us to recommend Enterozhermina Probiotics use in complex therapy of Psoriasis.