

MODERN IDEAS ABOUT THE VALUE INTESTINAL MICROFLORA

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In recent times, new data about the role of intestinal microflora in humans appear. As it is known, intestinal flora includes more than 1,000 different species of bacteria. It is clear that the intestinal microflora can be considered as an independent organ or another system of life. Everyone has their own unique, but characteristic flora, which is influenced by various factors: diet, family traditions, regional characteristics. But there are about 150 species of bacterias that form the intestinal microflora of each person.

Today the correlation of qualitative composition of the intestinal flora with obesity was proved. In addition to reducement of species diversity of intestinal microflora by obesity, characteristic for intestinal flora are the following bacteria: Firmicutes, Bacteroides, Ruminococcus, Collinsella, Eubacterium and others.

Violation of the composition and quantity of intestinal microflora may be a risk factor in the development of atherosclerosis, in the development of stenosis of liver, metabolic syndrome, diabetes type two. As a result of genetic mutations of intestinal microflora caused by association with host DNA, which leads to the synthesis of antibodies to them, allergic and autoimmune disease may develop. The link of deficit of intestinal microflora with mental illnesses - autism, schizophrenia, depression- is proved.

Despite modern new data in the study of intestinal microflora, it is still a mystery to experts. According to results of experimental and clinical studies it can be expected that in the coming days the analysis of the intestinal microflora will become the integral component in the definition of complex prognostic factors for risk assessment of many pathologies.