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The Role of Probiotic Containing Formula to The Course of Diarrhea

Abstract

Background: Current evidence support the concept that oral administration of probiotic may be therapeutic and in reestablishing normal flora in acute diarrhea in children. Probiotics are traditionally defined as viable microorganisms that have a beneficial effect in the prevention and treatment of viral or bacteria when they are ingested. Objective: The efficacy of probiotic containing formula to the course of acute diarrhea in children. Method: Experimental study in patients with acute diarrhea for 3 days using randomized controlled clinical trial. One hundred patients were allocated into two groups balanced for age, sex, and nutritional status. The test group was administered Bifidobacteria bifida containing formula and the control group did not receive probiotic until the end of the experiment. The degree of subsequent diarrhea disease and the recovery were monitored in both groups. Statistical test by using Chi2 test or Fisher exact test was performed to compare between two groups with significant level of (α) 0,05. Result: The average lengths of hospital stay were 2.6 days for probiotic group compared to 4 days in the control group. Statistical analysis, there was no significant difference in the length of hospital stay between probiotic and control group (p<0,05) found. Conclusion: The administration of probiotic containing formula with Bifidobacteria bifida will decrease the length of hospital stay in acute diarrhea patient.

Keyword : probiotic, formula, diarrhea, Bifidobacteria, bifida,