

EVALUATION OF DIET IN PATIENTS WITH HEPATIC DISEASES AFTER COVID 19

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Abstract

The COVID-19 pandemic has had significant effects on patients with pre-existing liver diseases, influencing both disease progression and nutritional status. Proper dietary management is essential to support liver function, enhance immune response, and prevent further complications. This study evaluates the dietary habits, nutrient intake, and potential deficiencies in patients with hepatic diseases following COVID-19 infection. Understanding these nutritional patterns can guide personalized dietary interventions to improve recovery and long-term liver health.

Keywords: Hepatic diseases, COVID-19, Nutrition, Dietary evaluation, Liver function, Nutrient intake.

Introduction

Nutrition is one of the primary determinants of a healthy lifestyle, directly influencing human health and overall physiological functioning. This is especially critical in patients with liver diseases, as improper dietary habits and non-adherence to therapeutic diets can exacerbate disease progression. Nutrition plays a pivotal role in maintaining human health by providing the body with essential macronutrients and micronutrients, supporting the immune system, maintaining energy balance, and preventing the development of chronic diseases [1]. Adequate intake of proteins, fats, and carbohydrates ensures normal metabolism, enzymatic and hormonal synthesis, and supports hepatocellular function [2]. Micronutrients, such as vitamins (A, D, E, K, B-complex) and minerals (zinc, selenium, magnesium), are involved in antioxidant defense, regulation of inflammatory processes, and detoxification [3]. Deficiency or imbalance of nutrients can contribute to the development of hepatic steatosis, liver fibrosis, dyslipidemia, and impaired energy metabolism [4]. Balanced nutrition is also essential for preventing immune dysfunction, maintaining cognitive function, and reducing the risk of metabolic syndrome [5]. In the context of chronic liver diseases, medical nutrition therapy is an integral part of comprehensive management, promoting hepatocyte regeneration, reducing inflammatory activity, and slowing the progression of fibrosis [6]. Thus, proper nutrition is considered a fundamental factor influencing the functional state of all organs and systems and improving patients' quality of life [1].

Objective

To determine the frequency of consumption of major food products recommended in the therapeutic diet according to Pevzner.





Study Design and Methods

Using a questionnaire survey, the dietary habits of 48 patients with liver diseases after COVID-19 were studied during weekdays and weekends in a home setting. The study was conducted in the therapy department of the multidisciplinary clinic at Tashkent Medical Academy.

Results and Discussion

Analysis of the questionnaire data revealed that the majority of patients consumed dairy products (85.4%) and butter (52.1%) daily. Additionally, patients consumed meat and meat by-products, poultry (83.3%), salad oil (83.3%), bakery products (97.9%), vegetables (95.8%), eggs (31.3%), fruits (70.8%), and sugar and confectionery (75%). Various cereals were typically consumed 1–2 times per week (60.4%). Examination of the structure of home dietary intake revealed that patients rarely (less than once per month) or never consumed fish and seafood (41.6%), oats (93.8%), beans (62.5%), or citrus fruits (50%).

Conclusions

At home, patients inadequately consume fish, oats, and semolina, while potatoes, rice, salad oil, bakery products, vegetables, and fruits remain the most frequently consumed items.

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