

The Effect of Probiotic Yogurt on the Duration of Acute Diarrhea in Children

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ABSTRACT

Background and objective: Acute diarrheal infections are one of the most important health problems in developing countries. Despite of the decrease in mortality and morbidity during the last decade, prevalence, incidence, hospital costs, and sometimes mortality rates, are still high for developing countries. The aim of this clinical trial was to determine the effect of lactobacillus-added yogurt (probiotic yogurt) on the duration of acute diarrheal diseases and anorexia of children.

Methods and methods: This double blind randomized controlled trial was performed with two concurrent control groups and by the participation of mothers who had children aged 1-3 years old, during the summer of 2009. Patients were randomly allocated into three groups; group one consisted of probiotic yogurt users, group two were regular yogurt users, and group three were the controls (without any recommendation for yogurt consumption). To assess outcomes, duration of diarrhea and anorexia were compared in the three groups.

Results: After the intervention and assessing outcomes, the mean duration of diarrhea in probiotic, regular yogurt, and control groups were 1.5 ± 1.9 , 2.4 ± 1.4 , and 3.3 ± 1.4 , respectively, which means the duration of diarrhea in the probiotic group, was significantly less than the two other groups ($P < 0.001$). In other words, the consumption of probiotic yogurt reduced the duration of diarrhea by 55% in the control group and by 37% compared to regular yogurt. In addition, although the duration of anorexia in the probiotic group was less than the other two groups, but it was not statistically significant.

Conclusion: The study shows that the use of probiotic yogurt can decrease the duration of

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