

The Importance of Skin Microflora in Medicine

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Abstract: This article explains the concept and essence of skin microflora. It also discusses the specific features of skin microflora.

Keywords: acne, opportunistic microflora, skin microflora, microbiome, Seborrheic dermatitis, epidermis, dermis.

Introduction

The greatest illusion of man is that he considers himself the crown of creation and thinks that he can solve everything on his own. But his body has long served as a refuge for 5,000 species (strains) of microorganisms that have legally lived in the intestines and on the skin. The number of cells of these invisible satellites is slightly larger than ours. It is not for nothing that the human microbiome is called his second genome.

All these microorganisms (bacteria, viruses, fungi) are not just travelers. They actively interact with our cells and play an important role in our lives. Often, we treat microorganisms with caution. This is explained by the fact that we know little about them, but any expert will say that a balanced microflora is the key to health.

More than 500 species of microorganisms live on the surface of the skin.

The total weight of microorganisms living in the human body is about 2 kg. More than 500 species of microorganisms live on the surface of the skin. Their competence includes:

- protection of the skin's immune system and resistance to external influences;
- maintaining the level of skin acidity;
- in some cases, antioxidant activity.

The skin microflora, as well as the microflora of the whole organism, is still poorly studied. However, the predominance of certain bacteria and other "living creatures" in certain parts of the body has been reliably established.

The composition of the skin microflora can be compared with a fingerprint - it is unique. Although it can change depending on age, season or place of residence. In relatives and people living together, it will be similar. This is due to genetic microbial preferences and lifestyle habits.

Interestingly, the composition of the skin microflora (and, possibly, the rest of the microflora) varies greatly among representatives of different ethnic groups due to differences in lifestyle and nutrition.

It is known that civilization has greatly impoverished the composition of the skin microflora. For example, studies have shown that among the Indians of the Venezuelan Amazon, it is several times richer than among white North Americans. The indigenous population of Papua New Guinea and Paraguay never has acne.

The more diverse the skin microbiota, the more resistant it is to stress, infections and any adverse environmental conditions. With a deterioration in its composition, colonies of microorganisms that have lived under pressure from neighbors "raise their heads". Uncontrolled growth of harmless opportunistic microorganisms in conditions of a balanced microflora, legally living on the skin, leads to various diseases.

The components of the skin microflora can be simply divided into beneficial, neutral and pathogenic. With a deficiency of neutral, beneficial ones, they become pathogenic and can cause diseases.

How to maintain normal skin microflora?

The microbiome is partly genetically determined, but it is also influenced by lifestyle. This explains the large difference between the microbial communities of different people.

What harms the microbes that maintain skin health?

- The use of antibiotics - internal and external.
- Antibacterial soap and hygiene fanaticism. Do not wash your hands every half hour.
- The predominance of fast carbohydrates in the diet. Few things have a beneficial effect on the growth of pathogenic and opportunistic microflora, like sugar.
- Stress. The microbiome is sharply affected by hormonal changes.
- Bad ecology. Undoubtedly, this, in part, disrupts the protective functions of the skin due to its negative effect on the microflora. Free radicals that have fallen on the surface of the skin, first of all, destroy microorganisms, since bacteria are simply cells protected by the thinnest lipid membrane. As a result, an imbalance occurs.
- Age. Over time, it becomes increasingly difficult to maintain a healthy balance of microflora.

Part of our microbiome is genetically determined, but it is also influenced by our lifestyle.

What protects the skin microflora? In short, a healthy lifestyle.

- A balanced diet with lots of fiber: cereals, vegetables, fruits. These foods are prebiotics, which create a breeding ground for beneficial bacteria. A varied diet and maintaining a balanced intestinal microflora are the key to a diverse microbiome, which is very important for immune health.
- Fresh air, physical activity. Natural tourist microbes (yes, there is such a term) can well enrich our microbiome and thereby have a beneficial effect on it. This does not mean that you should dig in the ground and not wash your hands afterwards, but a walk in the forest or in the garden will definitely bring benefits.
- Healthy sleep and peace of mind. The microflora is very sensitive to stress hormones. Therefore, the better we feel, the more active its protective functions are.
- Quality skin care. It is known that women have a richer microflora on their hands than men. This is due to the use of cosmetics, as they often contain substances that serve as food for the skin microflora.

General information about cosmetics

Cosmetics containing probiotics (fragments of beneficial bacteria) and plant extracts, which are food for the skin microflora, can be safely attributed to products that support a healthy skin microflora. As well as products that resist the dominance of microorganisms that negatively affect skin health.

Advanced youth activator. Updated formula. Microbiome Sciences, Lancome

The new formula of the legendary serum includes 7 fractions of pre- and probiotics to restore and strengthen the skin. After a week of application, it is smoothed, looks fresh, elastic, radiant. The work is based on twenty years of scientific research.

Moisturizing dissolving body milk with bifido complex and aloe vera, Garnier

Bifidobacteria effectively support human immunity. The bifido complex contained in the product soothes delicate skin, moisturizes it and strengthens the protective barrier.

Intensive anti-dandruff shampoo Dercos, Vichy

The cause of dandruff is an imbalance in the scalp microbiome, which is included in the formula with selenium to normalize it. It also contains salicylic acid for exfoliation and vitamin E, which fights oxidative stress.

Soothing care for skin prone to seborrheic dermatitis, Kerium DS Crème, La Roche-Posay

Disruption of the skin microbiome is the result of seborrheic dermatitis. Piroctone olamine has an antifungal effect, zinc has an antibacterial effect, the exclusive component of the thermal dermabiotic helps to normalize the skin microbiome, increasing its protective functions.

Conclusion

Of course, for the study and use of skin microflora, medical school students should have knowledge of basic biology and anatomy textbooks, which will be the basis for normal microflora. To know the skin microflora, it is important to have information about parasites, bacteria, rickettsiae, and viruses on the skin. It is worth noting that timely detection and diagnosis of skin diseases helps to treat primary and secondary rashes, scars, and purulent diseases on the skin without complications.

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