

29. THE BENEFITS OF KETOGENIC NUTRITION IN VARIOUS DISEASES

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Introduction. This literary review presents the general aspects of ketogenic nutrition, the action on the body in general, by the formation of ketone bodies, the body's entry into physiological ketosis, the supply of organs and cells by this method and especially its action on the endocrine system and hormonal changes. Also, it compares physiological and pathological ketosis, its benefits and contraindications for different diseases. By the World Health Organization (WHO) estimated that there were more than 1.5 billion overweight adults in the world and, of these, about 500 million are clinically obese. So, it is currently an important topic for solving such problems as obesity, which has become one of the most widespread health problems of our time.

Aim of study. Demonstrating the benefits of ketogenic nutrition in various diseases and in maintaining the well-being of the whole body, producing energy and nourishing each cell of the body in the process of formation and metabolism of ketone bodies. The practical importance of the thesis is the development of the ketogenic individualised food menu in the resolution of endocrine diseases, because it is an important key in all functional systems of the body, including obesity.

Methods and materials. This thesis is a narrative work of literature and international publications and scientific articles. A search strategy was developed using best practice guidelines, such as PubMed and Wiley Online Library databases from the last 10 years, meta-analyses and Cochrane guidelines.

Results. Literature studies have shown that the human body can function with carbohydrate restrictions up to 15-20% per day, thus entering a state of physiological ketosis using the body's own fats as energy, thus acting positively on the hormonal level, having positive results in several problems, both endocrine and metabolic, such as obesity.

Conclusion. Ketogenic diet is beneficial for the body, under the control of the doctor, having beneficial sides in the functioning of various systems, neurological diseases, but also decreasing and maintaining weight over time.