

CAUSES OF BILE THICKENING AND ITS RELATIONSHIP WITH BREAKFAST CONSUMPTION AMONG STUDENTS OF THE SCHOOL OF MONGOLIAN UNIVERSITY OF PHARMACEUTICAL SCIENCES

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KEYWORDS

Traditional medicine; breakfast; gallbladder

Received: 2024/11/20

Accepted: 2024/12/20

Revised: 2024/12/02

Published: 2025/1/30

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ABSTRACT

Mongolian Traditional medicine has a history of more than 5000 years, and it is our inseparable heritage created by the life experiences of the Mongolian ancestors. One of the cultural heritages of Mongolians is the culture of eating and drinking, which is basis of disease prevention, health care, and healthy living, according to the characteristics of the body, the place where they live, and the time and season. There are several causes of thickening of bile / coagulation /, among which not having breakfast is regularly is the most common cause. Breakfast not only gives a person energy and energy for the day, but also affects and concentration, so it is important to use it regularly and make it a habit.

INTRODUCTION

According to a 2021 study, mortality due to digestive system diseases among the population in our country accounted for 5.26% (1,048 cases). In 2022, this increased to 6.26% (1,176 cases), highlighting a concerning trend. Additionally, in recent years, the age of affected individuals has relatively shifted to a younger demographic, which has become an issue that warrants our attention³.

Purpose and objective of the research

The aim is to investigate the relationship between breakfast consumption and bile thickening among students of the Mongolian University of Pharmaceutical Sciences.

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1. To investigate the relationship between bile thickening and breakfast consumption among students of the Mongolian University of Pharmaceutical Sciences.
2. To provide students with information and guidance based on the findings.

Significance of the research

It is important to educate the students of the Mongolian University of Pharmaceutical Sciences about the significance of breakfast, explaining the causes and conditions that lead to gallstone formation. This study aims to encourage students to develop a regular breakfast habit as a preventive measure against various diseases and to help them establish healthy eating practices for their long-term well-being.

The novelty of the research

The novelty of this research lies in conducting health-related research among students within the Mongolian University of Pharmaceutical Sciences, providing health education, and delivering training, guidance, and information aimed at improving student health.

Material and method of the research

In this study, we included students from the 1st to 6th year of the Mongolian University of Pharmaceutical Sciences, a questionnaire with 15 questions utilizing Google Forms as a platform to conduct the survey. Data processing was based on the participants' age, gender, and frequency of breakfast consumption, and the results were analyzed by comparing these criteria with selected indicators.

RESULT

A total of 116 participants were included in the study. To assess students' breakfast habits, 15 questions were used, and among them, 64 students aged 18-20 participated (58 females and 6 males). Of these, 13 students, or 20.3%, reported consuming breakfast regularly; 38 students, or 59.4%, reported not having breakfast regularly; and 13 students, or 20.3%, reported never having breakfast.

Among the 44 students aged 21-25 (42 females and 3 males), 12 students, or 27.3%, reported consuming breakfast regularly; 27 students, or 61.4%, did not consume breakfast regularly; and 5 students, or 11.3%, reported never having breakfast.

For the 8 students aged 26 and above (all female), 4 students, or 50%, reported having breakfast regularly; 2 students, or 25%, did not consume breakfast regularly; and 2 students, or 25%, reported never having breakfast.

Among the 116 students surveyed, the following symptoms were reported: hunger sensation in 96 students (82.8%), fatigue in 69 students (59.5%), attention deficit in 75 students (64.7%), headache in 67 students (57.8%), dizziness in 40 students (34.5%), feel much regret 63 students (54.3%), feeling cold in 27 students (23.3%), shaking in 19 students (16.4%), sweating in 17 students (14.7%), and palpitations in 20 students (17.2%).

There are several causes of bile thickening, with irregular breakfast consumption being one of the most common. Based on the study results, 59.5% of the total student participants do not consume breakfast regularly, which could potentially lead to bile thickening. Therefore, in the next phase of the research, we plan to conduct a traditional medicine examination and diagnosis for these 69 students, allowing us to further assess those with symptoms of bile thickening and confirm diagnoses through instrumental examination.

CONCLUSION

Among the students who participated in the study, symptoms of bile thickening such as hunger, fatigue, lack of attention, headache, dizziness, feel much regret, chills, shivering, sweating, and palpitations were observed, and more than half of the participants did not eat breakfast regularly. Therefore, we believe that it is necessary to provide advice and information to Mongolian University of Pharmaceutical Sciences students about the importance of eating breakfast regularly.

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