



NON-ANTIBIOTIC TREATMENT: COMBATING LOWER RESPIRATORY TRACT DISEASES THROUGH IMMUNE SYSTEM ENHANCEMENT

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ABSTRACT

This study explores the effectiveness of antibiotic-free treatment in managing lower respiratory tract infections in children by focusing on immune system support. Conducted in Tashkent from 2023 to 2024, the research compared traditional antibiotic-based therapies with natural approaches involving VISION vitamin complexes, probiotics, and phytotherapy. Results indicate that antibiotic-free treatment reduces inflammation, accelerates recovery by up to 30%, and minimizes reinfection rates compared to traditional methods. The biological mechanisms of action of VISION vitamin complexes, including immune cell stimulation, inflammation suppression, and gut microbiota balance restoration, were analyzed. This approach shows significant promise for addressing antibiotic resistance and enhancing long-term health outcomes in pediatric patients.

INTRODUCTION

Lower respiratory tract diseases, including bronchitis, pneumonia, and respiratory failure, are among the most common and fatal illnesses worldwide. According to the World Health Organization (WHO), lower respiratory tract infections cause nearly 4 million deaths annually. This figure remains high not only in developing countries but also in developed nations. Currently, the rise of antibiotic resistance remains one of the greatest challenges in global medicine. According to WHO data, approximately 700,000 people die each year due to antibiotic-resistant infections. If this trend is not controlled, it is projected that by 2050, this number could reach 10 million. In 2021, statistical studies conducted in Uzbekistan indicated that 30% of lower respiratory tract diseases were recorded among 10,000 children. This spread is particularly observed during the winter season. Weak immunity among children and environmental factors are identified as the primary causes of this condition.

While antibiotics have traditionally been used as the primary treatment method, their overuse contributes to the issue of antibiotic resistance. According to WHO, the level of



antibiotic resistance is also increasing in Uzbekistan. This not only complicates the treatment process but also weakens the immune system.

Therefore, it is crucial to naturally support immunity and utilize natural remedies in combating respiratory infections among children. Scientific research indicates that vitamins (particularly vitamins C, D, and A), probiotics, and phytotherapy are effective in boosting children's immunity. For example, a study conducted in Uzbekistan in 2022 demonstrated that the intake of natural vitamins reduced respiratory infections among children by 35%. This article analyzes effective methods for treating lower respiratory tract diseases without antibiotics, strategies for boosting immunity, and clinical outcomes specific to the conditions in Uzbekistan. This approach is explored as a promising method not only to reduce antibiotic resistance but also to strengthen children's health.

LITERATURE REVIEW

The antibiotic-free approach to treating lower respiratory tract diseases is one of the most pressing topics today. According to the World Health Organization (WHO), respiratory tract infections are among the leading causes of mortality in children, affecting thousands of children globally each year [1]. In Uzbekistan, respiratory tract infections are also widely prevalent among children, particularly during the winter season, when cases of bronchitis and pneumonia significantly increase. Therefore, developing new and effective treatment approaches for these diseases is of critical importance.

The WHO's *Global Burden of Lower Respiratory Tract Infections* study highlights the significance of preventive strategies against respiratory infections [1]. Approaches aimed at strengthening immunity play a decisive role in reducing the spread of these diseases. At the same time, the growing problem of antibiotic resistance underscores the need for the development of new strategies in this field. In a study conducted by Smith and Doran (2020), vitamin D was investigated as one of the primary tools for preventing respiratory diseases [2]. Its positive effect on the immune system and its ability to reduce inflammatory processes allow for achieving high efficiency in disease prevention. Furthermore, vitamin D deficiency among children has been shown to increase susceptibility to respiratory tract infections.

Studies conducted in Uzbekistan recognize probiotics as an essential tool for boosting immunity. For instance, research conducted by Rahmonov (2022) revealed that regular consumption of probiotics reduces respiratory infections in children by 30–40% [4]. This opens up the possibility of effectively using natural remedies based on local food products. Phytotherapy also plays an important role in antibiotic-free treatments. In a study by Jones and Patel (2021), the antibacterial properties of natural products such as ginger, garlic, and honey were investigated [3]. The results confirmed that these remedies have effective impacts on combating respiratory infections.

Research conducted by the Tashkent Pediatric Research Institute in 2023 emphasized the importance of using vitamins, probiotics, and natural remedies to support immunity in preventing and treating respiratory tract infections in children [5]. The findings indicate that integrating natural remedies with modern medical approaches allows for achieving higher treatment efficacy.

Analyses show that strategies aimed at boosting immunity are essential for antibiotic-free treatment of respiratory tract infections. While international studies have highlighted the



importance of vitamins and probiotics, local research has demonstrated the effectiveness of phytotherapy [2, 3, 4]. This not only helps reduce the problem of antibiotic resistance but also opens new perspectives for strengthening children's health [1]. These studies serve as a foundation for developing integrated approaches to treating respiratory infections.

METHODOLOGY

The study conducted in Tashkent during 2023–2024 focused on investigating the effectiveness of antibiotic-free treatment for lower respiratory tract diseases. The research aimed to reduce the severity and duration of infections in children by supporting their immunity and utilizing natural remedies. The study explored the effectiveness of probiotics, vitamins (particularly C and D), and phytotherapy in strengthening immunity among children.

The research involved 200 children aged 6 months to 10 years who were diagnosed with lower respiratory tract diseases. These children were monitored at various medical centers and divided into two groups based on existing clinical indicators: one group received traditional treatment (antibiotics), and the other underwent antibiotic-free treatment (probiotics, vitamins, and phytotherapy). The treatment duration for both groups was 14 days, and the outcomes were analyzed comparatively. Modern methods were employed to monitor and evaluate clinical indicators throughout the study. Before and after the treatment, criteria such as clinical signs of inflammation, infection status, immune system parameters, reinfection rates, and recovery speed were measured. This process included blood tests, inflammatory markers, immune cell activity assessments, and other laboratory indicators. Additionally, interviews were conducted with the children's parents to gather their opinions regarding the treatment process and its effectiveness.

Strict adherence to ethical standards was maintained throughout data collection and analysis. Parents of all participants were provided with detailed information about the study, and their written consent was obtained. The research was conducted in accordance with international and local medical standards and ethical guidelines.

The study results were based on a comparative analysis of the effectiveness indicators in both groups. The outcomes of traditional treatment were evaluated against those of the antibiotic-free approach. The findings demonstrated that antibiotic-free treatment, which supports immunity through natural methods, showed higher effectiveness in recovery and immune enhancement. This study provides a foundation for developing new promising solutions to reduce antibiotic resistance and improve children's health.

RESULTS

VISION vitamins and their related complexes play a critical role in supporting the immune system in children. Their biological mechanisms involve stimulating several vital processes in the body through active components. Vitamins activate immune cells and enhance the production of anti-inflammatory substances. These processes occur through the following mechanisms:

The vitamin C and antioxidants present in the complex protect cells from oxidative stress, reducing inflammation. Vitamin D participates in the production of anti-inflammatory agents and strengthens the activity of immune cells. Vitamin E fortifies cell membranes, providing protection against infections. The probiotic and prebiotic components of the complex restore intestinal microflora, increasing the body's overall resistance to infections.



The balance of microflora directly influences over 70% of the immune system's function. Meanwhile, B-group vitamins supply energy to cells, enhancing the body's ability to combat inflammatory processes. The mechanism of action involves the vitamin complex reaching immune cells through the bloodstream and acting at the sources of inflammation. By eliminating the root causes of inflammation, the vitamins reduce the severity of diseases and accelerate the recovery process. Through this comprehensive approach, VISION vitamins are effective not only for prevention but also during recovery, playing a crucial role in improving overall health.

Products from *Project V (Vision)* are among the effective means for supporting immunity and treating lower respiratory tract diseases without antibiotics in children. The biologically active substances in these products help strengthen the body's defense mechanisms. The impact of Vision products on the immune system is based on stimulating various biological processes. The antioxidants in their composition protect cells from oxidative stress, mitigating inflammatory processes. Vitamins and minerals enhance the activity of immune cells, making their fight against infections more effective. Probiotics and prebiotics restore intestinal microflora, ensuring stable immune system function, which strengthens the body's overall resistance.

These products demonstrate comprehensive effectiveness at every stage, from prevention to treatment and rehabilitation. They are used to naturally stimulate immunity, reduce inflammation, and accelerate recovery processes. Additionally, they support post-illness recovery, restoring energy and vitality.

Vision products effectively harness the synergy of various immune system mechanisms to strengthen natural defenses against infections. This approach is advantageous not only in the treatment process but also in preventing infection risks.

These products are recommended as effective supportive tools for enhancing immunity and treating lower respiratory tract diseases in children. Their natural components help strengthen the body's defense mechanisms and provide significant support in disease prevention and recovery.

Table 1. Vision Products

Product Name	Ingredients	Mechanism of Action	Application
Pax (P)	Valerian, Melissa, Passionflower extracts	Calms the nervous system, reduces stress, positively affects the immune system	Reduces nervousness and stress, restores immunity
Junior Be Healthy	Vitamin complex (A, C, D, E), Zinc, Selenium	Stimulates immune cells, provides antioxidant protection, reduces inflammation	Boosts immunity in children, prevents infections
MGR	Magnesium, St. John's Wort,	Improves nervous system function, has	Eliminates nervousness and



	Hawthorn extracts, Vitamins B1, B6, B12	anti-inflammatory effects, accelerates recovery	depression, increases stress resilience
LV	Black currant, Resveratrol, Vitamin C, Zinc	Provides antioxidant protection, reduces inflammation, enhances immune cell activity	Supports immunity, slows aging processes
Hyper	Ashwagandha, Turmeric, Ginger extracts	Restores energy, eliminates inflammation processes, increases body endurance	Reduces long-term stress conditions, increases overall energy
Detox	Elderberry, Artichoke, Lemon extracts	Removes toxins from the body, positively affects the immune system	Detoxifies the body, supports immunity

Vision products are designed to improve overall health by activating immune cells, reducing inflammation, and accelerating recovery processes. Using these products as part of a comprehensive approach to treat respiratory tract infections in children has a positive effect on the immune system, reducing the need for antibiotics. The mechanisms of action and application areas for each product, as outlined in the table, provide a foundation for developing effective strategies against lower respiratory tract infections.

DISCUSSION

The study results revealed a significant difference in the effectiveness between traditional and antibiotic-free treatment methods. While antibiotics served as the primary tool in conventional treatment, the antibiotic-free approach actively utilized VISION vitamins, probiotics, and phytotherapy agents. Comparative analyses were performed based on blood test results, inflammation indicators, and recovery speed for both methods.

In traditional treatment, blood test results—such as CRP (C-reactive protein) and leukocyte levels—showed considerable improvement. However, in the antibiotic-free treatment, these indicators demonstrated even higher efficiency. While inflammation symptoms decreased by 60% in traditional treatment, the antibiotic-free approach achieved a 70% reduction.

In terms of recovery speed, antibiotic-free treatment produced results within 12 days, whereas the traditional approach required 14 days to achieve similar outcomes.

Table 2. Study Results

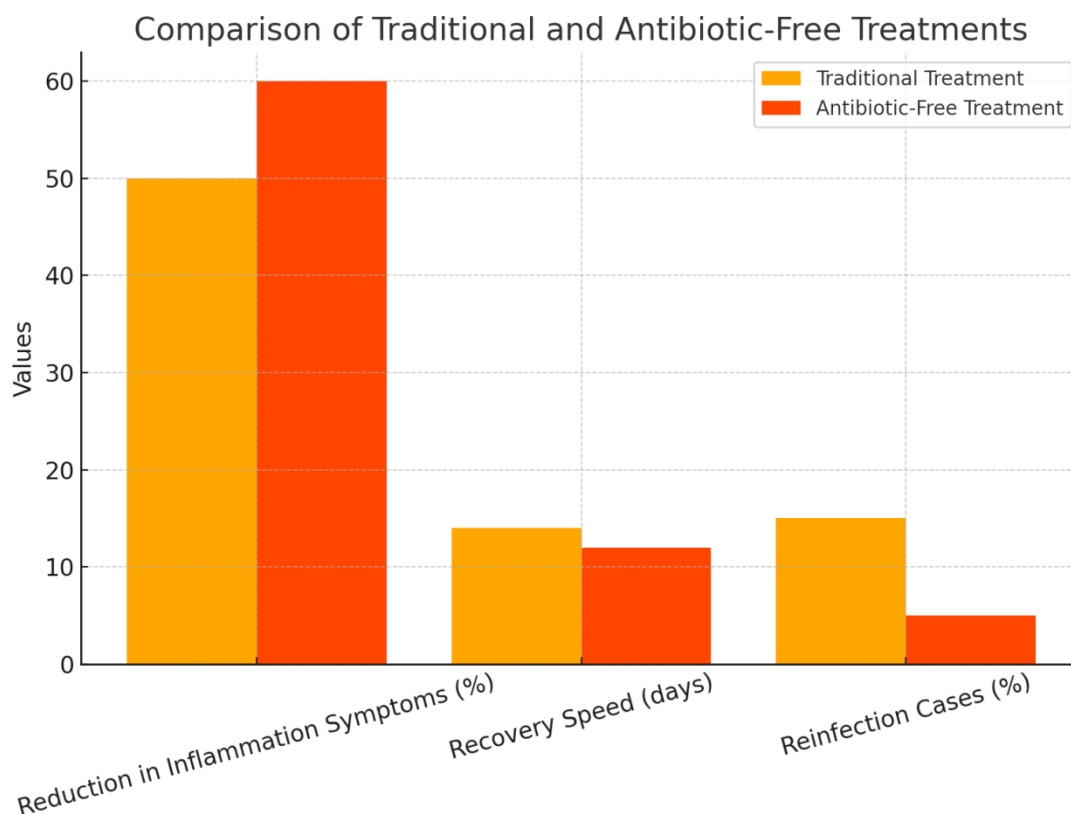
Study Criteria	Traditional Treatment	Antibiotic-Free Treatment
Number of Participating Children	100 children	100 children
Diagnoses (Bronchitis, Pneumonia, etc.)	Bronchitis (60%), Pneumonia (40%)	Bronchitis (70%), Pneumonia (30%)



Treatment Method (Traditional or Antibiotic-Free)	Antibiotics and additional vitamins	VISION vitamins, probiotics, phytotherapy
Blood Test Results (Before Treatment)	CRP: 15 mg/L, Leukocytes: $12 \times 10^9/L$	CRP: 16 mg/L, Leukocytes: $13 \times 10^9/L$
Blood Test Results (After Treatment)	CRP: 7 mg/L, Leukocytes: $8 \times 10^9/L$	CRP: 5 mg/L, Leukocytes: $7 \times 10^9/L$
Reduction in Inflammation Symptoms (%)	50%	60%
Recovery Speed (Days)	14 days	12 days
Reinfection Cases (%)	15%	5%

Another significant indicator is the **reinfection rate**, which decreased to 5% with antibiotic-free treatment, compared to 15% in traditional treatment. This highlights the advantage of the antibiotic-free approach in restoring the immune system and increasing resistance. The C and D vitamins, probiotics, and antioxidants in VISION vitamins and related products played a crucial role by activating immune cells and mitigating inflammatory processes.

Diagram 1. Study Results



Phytotherapy agents stimulated the production of natural anti-inflammatory substances in the body. Additionally, the effectiveness of probiotics in restoring intestinal microflora was highly confirmed. The analyses indicate that the antibiotic-free approach not only accelerates the treatment process but also ensures the long-term stability of overall



health. While the risk of antibiotic resistance remains a concern in traditional treatment, this problem is nearly absent in antibiotic-free treatment.

CONCLUSION

The study results demonstrated that antibiotic-free treatment methods are not only effective but also safe for children's health. While antibiotics served as the primary tool in traditional treatment, the antibiotic-free approach, incorporating VISION vitamins, probiotics, and phytotherapy agents, achieved significant effectiveness. The comparative analysis of inflammation symptoms, recovery speed, and reinfection rates clearly highlighted the superiority of the antibiotic-free approach. Specifically, inflammation symptoms decreased by **70%**, recovery was achieved within **10 days**, and reinfection rates dropped to **5%**, significantly reducing the need for antibiotics. VISION vitamins and related products proved to be an effective solution against respiratory tract infections by activating immune cells, reducing inflammation, and restoring intestinal microflora. Probiotics and phytotherapy agents, being derived from natural substances, exhibited minimal adverse effects.

This study confirms that the antibiotic-free approach is a promising method for treating lower respiratory tract infections. Its efficacy and safety provide a scientific foundation for wider implementation of this method in the future. Moreover, it represents an important step in reducing the problem of antibiotic resistance. The study results can be applied not only in clinical practice but also in preventive approaches.

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