

Curing Lactose Intolerance without drugs

Shaopeng Chi *

Department of Pharmaceutical sciences, Tsinghua University, China

Accepted on 26th July, 2021

Introduction

Lactose Intolerance also called as Lactose Mal-absorption is a symptom where people will be unable to digest lactose in dairy products. When people with Lactose Intolerance consume dairy/milk products then they show symptoms of diarrhea, gas, or bloating after consumption of dairy products. The symptoms of Mal-absorption are usually harmless but they might give a little bit uncomfortable to the body. The reason for lactose intolerance is due to a very little amount of lactase enzyme produced in the small Intestine. i.e., a person can produce low levels of lactase in body but too low/ very low can reflect the body with Lactose Intolerance syndrome. Few people with Lactose intolerance syndrome can also manage to in-take dairy products. Lactose intolerance totally depends on person capacity.

The Lactase turns milk sugar into two types of sugars called as glucose and galactose. These sugars are absorbed into the bloodstream through the intestinal lining. In Human body Lactase turns milk sugar into two sugar types called as glucose and galactose. These sugars are absorbed into intestinal lining through bloodstreams. Instead of being processed and absorbed in the stomach the food will directly move into colon as soon as the food is in-taken. So, in the colon, undigested lactose interacts with undigested bacteria and will be symptoms of lactose intolerance. Usually there are three types of lactose intolerance. Each of them has different specification. Primary lactose intolerance (or congenital lactose intolerance) is a very rare genetic condition. Babies with this condition are born without any lactase enzymes at all. They cannot process or absorb lactose. They fail to thrive from birth, and have severe diarrhea from the day they are born. Secondary lactose intolerance occurs when the gut lining (where lactase is produced) is damaged. This can occur due to a bout of gastroenteritis or due to chronic irritation (such as that due to food allergy or food intolerance), among other reasons. Developmental lactose intolerance happens in babies who are born prematurely. It usually goes away on its own, lasting for only a short time after birth.

Diagnosis

Lactose intolerance test can be done in two ways. Hydrogen breath test: The doctor give the patients a drink which contains high levels Lactose in it. After consuming the liquid the doctor measures the amount of hydrogen in the patient breath at regular intervals. If the person breathes out too much of hydrogen than it is a sign that you are not digesting the lactose went to your body from the drink consumed. Lactose tolerance test: The doctor gives a liquid which contains high level of Lactose to the patient. After two hours of intake of the liquid, the doctor tests the blood of the patient and checks the level of glucose content in the blood. If the glucose level is not increasing and no fluctuation then the doctor will finalize the report as Lactose Intolerance. In There were results that the patients with Lactose intolerance syndrome are being treated successfully. Even-though it is not a complete success in few cases but the discomfort raised to them through consumption of Lactose has been slowly decreasing and bearable. The treatment is simply like the care. First the patient should take low level of Lactose by limiting the dairy and milk products, Eat and drink lactose reduced ice-creams and milk, add lactase enzyme powder to the milk to break down the lactose, include small dairy products in your meal. Few people with lactose intolerance can also will do consume milk products on a thought that they body might lack calcium. But reducing dairy products doesn't mean a person cannot get enough calcium. Calcium can be obtained through broccoli, leafy vegetables, cereals , juices, fish like salmon and sardines, soy milk, rice milk, oranges, almonds brazil nuts, dried beans and etc., taking vitamin D supplements(eggs, yogurt). One can be free from lactose intolerance by taking precautionary actions and maintaining their diet strictly. The body of human being solely functions through their brain. So, a person with lactose intolerance should first remove the fear of dairy products and try to consume small portions of dairy products in their meal. This helps the body to adapt to the excess of lactose.

Acknowledgment

I thank the Journal of Food Nutrition and Health for giving me a great opportunity to write an Editorial.

Conflict of Interest

The authors declare that they have no conflicts of interest.

***Correspondence to:**

Shaopeng Chi,
Department of Pharmaceutical science
Tsinghua University
China
Email: csp16@mails.tsinghua.edu.cn