

Abstract

Background and Objective: Infant colic is a relatively common behavioral syndrome in this period. The main mechanism of colic is still unknown and no effective treatment is indicated for it. Recently a relation between colic-infected children and the microbial balance changes in their intestines has been reported. Accordingly, we decided to compare the effect of probiotic with the caraway mixture syrup on the fertility colic by designing a study.

Methods: In this clinical trial study, 100 infants with chicken implantation were introduced. Data extraction was done through a questionnaire during the course of the treatment through the follow-up of the infants (duration of crying, severity of crying, crying frequency and complications of treatment, etc.). Infants were randomly divided into two groups, based on random block design: probiotics (group one; 50) and caraway mixture syrup (group 2; 50). All the information was recorded and analyzed for each infant in the data collection checklists.

Results: The mean age of the patients was 30.58 ± 14.18 days. Two groups were similar according to age, sex, birth weight, parental education level, history of atopy in family, history of colic in previous children and crying at presentation ($p > 0.05$). There was no difference between groups based on the crying frequency, severity of crying and duration of crying on the 7th day. Also crying frequency, severity of crying and duration of crying ($p > 0.05$) on the 15th day were similar between groups. However, the side effect of seventh ($p = 0.17$) and fifteenth ($p = 0.11$) days of treatment were similar between groups.

Conclusion: Both probiotic and caraway mixture syrup are effective in the treatment of colic in infancy and had same side effects.

Keywords: Infantile colic, probiotics, caraway mixture syrup, crying