

IS THERE ANY RELATIONSHIP BETWEEN HUMAN BODY WEIGHT AND BILIRUBIN IN URINE?

Muhammad Imran Qadir, Hafiz Shahid Hussain*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

ABSTRACT

The objective of the present study was to relate normal human body weight and bilirubin in urine. When red blood cells undergo breakages, a yellowish material is produced, known as bilirubin. If urine contain bilirubin, then it is an indication of liver disease. A questionnaire based study was conducted and a dipstick method was used. Majority of the participants were unaware about the dangers of urine bilirubin. Bilirubin in urine means there was an infection with liver functioning. There may be a chance of liver functioning disorder. For the awareness, seminars were conducted and many students were engaged and they also presented the topics given regarding these diseases. As the bilirubin is non-observable chemically and this seem only when there is cloudiness observed in the urine. this color may be changed due to the drugs intake and any other stress. It was concluded that there was not a significant relationship between human body weight and bilirubin in urine.

Keywords: Bilirubin, Body weight, Urine bilirubin.

INTRODUCTION

When red blood cells undergo breakages, a yellowish material is produced, known as bilirubin. If urine contain bilirubin, then it is an indication of liver disease. Bile contain bilirubin, as bile is found in liver that assist in food digestion. Removal of bilirubin totally depends on the physical fitness of the liver. In case of any damage to liver, bilirubin may leak into the blood and urine. Urinalysis, is performed for accessing the cells, chemicals and other metabolites in urine. This test also performed to inspect the liver issues. Bilirubin is specifically use for the for the state of liver functioning. Jaundice, yellowness of skin and eyes, urine color becomes dark, pain in abdomen, vomiting and nausea, and fatigue are all observed. If bilirubin is found in the excess, chances of liver disorders may increase like hepatitis. There is an event to occur that cause the blockage of structural system that carry the bile from liver. Problem can be occurred with the liver functioning.

Bodyweight is normally measured in kilograms(kg). body weight fluctuates daily and through the whole day because it depends on the water contents in and these water contents are not constant in a body. Water concentration varies due to drinking, urination and during exercise. Professional impose weight cutting strategy to dehydrate themselves. Renal function estimation also depends on the water concentration and also involve in the estimation of drug dosage and help to predict pharmacokinetics in obese patients. Mainly the weight of the body is

determined by using Devine formula, fat contents in muscle and bones can be accessed easily by using X-ray absorptiometry. Potatoes, dates and banana shake is used to gain weight. To lose weight, we use rice, barley, beans and oats to lose weight.

The objective of the present study was to relate normal human body weight and bilirubin in urine.

MATERIALS AND METHODS

In our research, we collected 100 fresh sample of urine of people. We used a dipstick method for the urinalysis. After receiving the sample, we dipped the stick in the container for 5 seconds and hen air dried the stick and after 45-50 seconds we noted the difference in color and analyzed ith the standard. W noted the readings of bilirubin in urine.

RESULTS

Results we got described that there was a ratio of those individuals who had bilirubin in their urine had weight in the range of 50kilograms to 60 kilograms. The results were similar between male and female participants. In table 2, results showed that there were females in the range of 70-80 kilogram had not bilirubin in their urine in the table 1, 70-80 kilograms' weight had 1% bilirubin in their urine. These results shown that there was no scientific relationship between normal body weight and bilirubin in urine.

Table 1: Relationship between bilirubin in urine and human body weight

Male	Urine Bilirubin Positive%			Urine Bilirubin Negative%			
	0.1	10	50	0(-ve)	0.1	10	50
(40-50)kg	0%	1%	0%	1%	0%	0%	0%
(50-60)kg	0%	7%	0%	4%	0%	0%	0%
(60-70)kg	0%	2%	0%	1%	0%	0%	0%
(70-80)kg	0%	1%	0%	1%	0%	0%	0%

Table 2: Relationship between bilirubin in urine and human body weight

Female	Urine Bilirubin Positive%			Urine Bilirubin Negative%			
	0.1	10	50	0(-ve)	0.1	10	50
(40-50)kg	0%	11%	1%	18%	0%	0%	0%
(50-60)kg	0%	10%	0%	31%	0%	0%	0%
(60-70)kg	1%	3%	0%	5%	0%	0%	0%
(70-80)kg	0%	0%	0%	2%	0%	0%	0%

DISCUSSION

In this study, we prepared a questionnaire and asked the participants to answer all the given question. Majority of the participants were unaware about the dangers of urine bilirubin. Bilirubin in urine means there was an infection with liver functioning. There may be a chance of liver functioning disorder. As the bilirubin is non-observable chemically and this seem only when there is cloudiness observed in the urine. this color may be changed due to the drugs intake and any other stress. The bile is not secreted from the pancreas and form crystal and yellowish color appeared. This also due to the presence of these bilirubin an individual faced disease. The presence of bilirubin in urine indicated

the bacterial infection. There was also a similar study was observed with the different parameters. A study was conducted in which the human body weight was related with the blood pressure, results were significant that showed that there was a relationship between the two.

CONCLUSION

It was concluded that there was not a significant relationship between human body weight and bilirubin in urine.

REFERENCES

Omotosho IO, Maduagwu EN, Okeke LI. Formation of toxic nitrosamine as a complication of prostatic hyperplasma

associated with urinary tract infection and urinary retention. African Journal of Biomedical Research. 2000;3(3):129-32.

Lee CY, Cheng HM, Sim SM. Mulberry leaves protect rat tissues from immobilization stress-induced inflammation. Biofactors. 2007;31(1):25-33.

Buskirk, E., Taylor, H.L. & Simonson, E. Int. Z. Angew. Physiol. Einschl. Arbeitsphysiol. (1955)16: 83.
<https://doi.org/10.1007/BF00693735> Received 25 November 1954 DOI <https://doi.org/10.1007/BF00693735> Publisher Name Springer-Verlag Print ISSN 0020-9376 Online ISSN 1439-6327

Yazdanirad S, Dehghan H, Rahimi Y, Zeinodini M, Shakeriyan M. The Relationship Between Overweight and Heart Rate in Hot and Very Hot Weather Under Controlled Conditions. Health Scope. 2015;4(4). Qadir MI, Saleem A (2018) Awareness about ischemic heart disease in university biotechnology students. Glo Adv Res J Med Medical Sci, 7(3): 059-061.

Qadir MI, Ishfaq S (2018) Awareness about hypertension in biology students. Int J Mod Pharma Res, 7(2): 08-10.

Qadir MI, Mehwish (2018) Awareness about psoriasis disease. Int J Mod Pharma Res, 7(2): 17-18.

Qadir MI, Shahzad R (2018) Awareness about obesity in postgraduate students of biotechnology. Int J Mod Pharma Res, 7(2): 14-16.

Qadir MI, Rizvi M (2018) Awareness about thalassemia in post graduate students. MOJ Lymphology & Phlebology, 2(1): 14-16.

Qadir MI, Ghalia BA (2018) Awareness survey about colorectal cancer in students of M. Phil Biotechnology at Bahauddin Zakariya University, Multan, Pakistan. Nov Appro in Can Study, 1(3): NACS.000514.2018.

Qadir MI, Saba G (2018) Awareness about intestinal cancer in university student. Nov Appro in Can Study, 1(3): NACS.000515.2018.