

IS THERE ANY CORRELATION BETWEEN URINE pH AND WRITING POETRY?

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ABSTRACT.

Change in pH of urine which is optimum from 4 to 8 is due to the problem in reabsorption of ions in the kidney. That can lead to fatal kidney problems. In kidney reabsorption of sodium (which is basic in nature) and secretion of hydrogen and ammonium ions (which are acidic in nature) will actually regulates the pH level. pH also cause development and breakdown of renal stones. Poetry is expression of your feeling in a written way. Poetry also helps to create vision in a society by allowing people to think in a specific direction. Poetry can bring about a revolution in a society. Metaphors are frequently used in the poetry to enhance its effects. So we have compared the pH of urine of 100 people, among them 50 were females and 50 were male half of them write poetry and half do not write poetry so were tested their urine by Dip Strip method and then compared all of the results. Results were insignificant for both variables writing poetry and urine pH.

Keywords: Glomerular, Reabsorption, Strip Test, Poetry

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INTRODUCTION.

Poetry also include revolutionary topics in it that encompass the whole society or sometime nation(Roxas &Tapang 2010). Allama Muhammad Iqbal is the most revolutionize poet of the sub-continent(Roxas &Tapang 2010). He has also given the idea of separate nation for the Muslims of sub-continent(Bradford 2005). He had good vision towards the future of Muslims and that vision was the foundation of Pakistan(Bradford 2005). He was also very intellectual and he has used many brave birds as a metaphor for creating enthusiasm in the readers(Faust &Mashal 2007). His vision was clear and he also used Persian, Arabic and Urdu in his poetry(Faust &Mashal 2007). Poetry also help to create vision in a society by allowing people to think in a specific direction and allow them to analyze how things are turning and which risks are worth taking and provide the righteous way for the wise nation(Briggs &Lloyd 2006). Poetry can create revolution in a nation because it effect the emotions and also help to beautifully explain the current situation(Briggs &Lloyd 2006).

Mostly the pH of urine is about 4.5-8. pH varies in individual according to the kidney status the glomerular filtrate of blood is acidified in kidney from 7 pH to about 6 pH(Carlsson *et al.* 2001). The pH balance is maintained by reabsorption of sodium that is basic in nature and secretion of hydrogen and ammonium ions that are acidic in nature(Rector Jr *et al.* 1954). Excess of bicarbonates and carbonates in body makes the urine alkaline whereas over retention of sodium would decrease

the pH and make urine acidic in nature(Rector Jr *et al.* 1954). Mostly acidic pH of urine occur in case a person is suffering with uncontrolled diabetes, acidosis, diarrhea, dehydration and respiratory diseases(Carlsson *et al.* 2001). Highly alkaline urine occur in Urinary tract obstruction, pyloric obstruction, Salicylate intoxication, renal tubular acidosis, chronic renal failure and in hyperventilation(Carlsson *et al.* 2001). In case of bacteria in urine pH become highly basic as it provide suitable environment for microbes to survive(Remer &Manz 1995). Urine pH also play an essential role in the development and treatment of renal stones(Carlsson *et al.* 2001).

Study was performed to relate writing poetry with urine pH level.

MATERIAL AND METHOD.

Material: Required stuff are clean gloves, tissue, waste bag, antimicrobial soap, urine container, strips for tests, and watch.

Method.

To analyze the pH of a urine which is approximately 6-8 in normal situation select non representative population of about one hundred individuals. There their mid-stream urine sample carefully in a tube make sure to put on your gloves to avoid contamination that alter the test result. Put the dip strip in the tube for just 2-5 seconds and then keep it out for about 50-60 second to allow the strip to change its

color. Correspond the gradients with the one already present on the strip containing box for easy detection. Make sure to write up the data on a paper. Dispose of the waste material in a waste bag carefully.

Clean your hand with antimicrobial soap at the end of procedure. Any increase or decrease in pH will be shown by color change and both indicate anomaly while normal range is from 6 to 8.

RESULT AND DISCUSSION.

Table 1: writing poetry (Mean±SD) in relation with urine pH level.

Gender	Write poetry	Do not write poetry	p-value
Male	6.13+- 0.737	6.583±1.240	0.317
Female	6.27±1.012	6.25±1.187	0.928
Both	6.36±1.198	6.36+- 1.198	0.655

(Non-significant where $p>0.1$)

CONCLUSION.

There were no significant co relation between writing poetry and urine pH and it were observed by ANOVA and t Test.

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