

## EVALUATION OF RELATION BETWEEN BLOOD IN URINE AND LIKENESS OF PLAYING FOOTBALL

Muhammad Imran Qadir, Maheen Aslam, Fatima Afzal\*

Institute of molecular biology and Biotechnology, Bahauddin Zakariya

University Multan, Pakistan

### ABSTRACT

Purpose of the present was to correlate the blood in urine with likeness of playing football. Blood in urine can be absorbed above the normal microscopic amount, but it is a disorder caused by any of the internal damage in the part through which urine passes. This is usually termed as hematuria. The symptoms of hematuria are not severe; these may be only painless bleeding with urine or painful passing of clots with urine. Football is an outdoor game. Games are good for the maintenance of health. Millions of people play this game in hundreds of different countries. It was concluded that the males have comparatively high blood in urine concentration regardless of their likeness of playing football.

**Keywords:** urine, football, hematuria



## INTRODUCTION

Blood in urine can be absorbed above the normal microscopic amount, but it is a disorder caused by any of the internal damage in the part through which urine passes. This is usually termed as hematuria. The symptoms of hematuria are not severe; these may be only painless bleeding with urine or painful passing of clots with urine. As we know that urine formation starts from kidney and passes through urinary duct, bladder, and uterus and finally excreted from body. Any damage or infection in urinary tract can cause damage to blood cell or blood capillaries. Bleeding in urine is usually the result of these infections. Some inherited diseases like sickle cell anaemia can also be the cause of this disease. Football is an outdoor game. Games are good for the maintenance of health.

Millions of people play this game in hundreds of different countries. It's world's most popular game. It is being played at national and international levels all over the world.

Purpose of the present was to correlate the blood in urine with likeness of playing football.

## MATERIAL & PROCEDURE

About 100 participants participated in this project. About all the participants were the students of Bahauddin Zakariyah University, Multan.

To check the blood in urine, urinalysis was performed for each student. The urine was collected. 30-40 ml of urine was taken to check blood in urine. The dipstick method was used. The change in colour was indication of presence of blood.