

## IS THERE ANY RELATIONSHIP BETWEEN BODY WEIGHT AND BLOOD IN URINE?

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### ABSTRACT

The objective of this study was to correlate the relationship between the blood in urine and normal human body weight. When blood in urine is observed, known as gross hematuria. The situation is dangerous when we see blood in our urine. There is another case when we see only under microscope the condition is known as microscopic hematuria. Bleeding is not painful when we urinate, during urination if a clot is passed it causes pain. Obesity is the mother of all the diseases. So we must take care to maintain the body weight in a normal range and safe range. A dipstick urinalysis was performed by dipstick method. This project was design to find out the relationship between blood in urine and normal body weight. For this purpose, a questionnaire was prepared in which the students were asked about their body weight and gave them a container for the urine sample collection. The samples of the students were analyzed and their body weights who do not now their body weight, and then compared their results with their ages. It was concluded that individuals with 50-60(kg) did not have blood in their urine.

**Keywords:** Body weight, Hematuria, Kidneys, Urinalysis

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**No: of Tables: 2**

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## INTRODUCTION

When we see blood in urine, it is known as gross hematuria. The situation is dangerous when we see blood in our urine. It may be non-dangerous but presence of blood in urine is a sign of severe disorder. There is another case when we see only under microscope the condition is known as microscopic hematuria. The presence of blood in urine is observed, when urine color becomes pinkish, reddish or cola like color. Bleeding is not painful when we urinate, during urination if a clot is passed it causes pain. Color change in urine can be due to drugs, food and exercise that may disappear after few days. We actually not able to negotiate any discrimination between blood contain urine and normal urine. Kidneys and urinary tract may allow some red blood cells to pass in to the urine. This result in urinary tract infection. Bacteria inter through ureter and replicate in bladder. Infection of kidney occur, stone formation in bladder and kidneys. Prostate enlargement diseases of kidney, Cancer, inherited disorders, injury to kidney and hard exercise. These are all the causes of blood in urine. Other risk factors may include age, recent infection and family history etc.

Obesity is the mother of all the diseases. So we must take care to maintain the body weight in a normal range and safe range. As both the conditions like overweight and underweight are dangerous. Consultants prescribed certain types of pharmaceuticals to increase or decrease the weight of an individual. Nutritionist give different

strategies to maintain fitness of a body. They give a plan, a diet plan, to improve health. It is a strategy to lose weight which includes take sleep more than the normal routine and use food that is low in fat contents. On the other hand, to increase the body weight, we use food that contains standard sugars and complex sugars. Butter is the best source of nutrients to increase the body weight considerably.

The objective of this study was to correlate the relationship between the blood in urine and normal human body weight.

## MATERIALS AND METHODS

There were 100 participants who participated in urinalysis. We asked them to take fresh urine sample in a container. We dipped the stick by following the dip stick method. For a few seconds, we dipped and then put it out from the container and allow it to stand in air for a minute. After one minute we compare the color change with the standard and noted the readings of blood in urine.

## RESULTS

It was observed from our calculation that male individuals with their ages of 50-60(kg) had not blood in their urine and only one of the individual of this range has blood in urine with hemolytic which was the value of 50H. a similar case was observed with the age range of 70-80(kg) in which one of the individual was hemolytic with 10H and one with non-hemolytic of 10NH. whole data was shown in the table 1.

**Table 1:** Relationship between the blood in urine and normal body weight

Male	Blood in urine negative (%)	Hemolytic (%)			Non-hemolytic(%)		
		10 H	50H	250H	10NH	50NH	250NH
40kg-50kg	5%	0%	0%	0%	0%	0%	0%
50kg-60kg	10%	0%	1%	0%	0%	0%	0%
60kg-70kg	5%	0%	0%	0%	0%	0%	0%
70kg-80kg	1%	3%	0%	0%	1%	0%	0%

In female, a similar trend was observed in which 31 female individuals had not blood in their urine. There were 4 females having blood in urine 4 of them had hemolytic with the value of 10H, one with 50H and

one 250H. from our calculations it was observed that there were people who had 50-60(kg) had not blood in their urine. The data represented in the table 2.

**Table 2:** Relationship between the blood in urine and normal body weight

Female	Blood in urine Negative(%)	Hemolytic %			Non-Hemolytic		
		10H	50H	250H	10NH	50NH	250NH
40kg-50kg	22%	3%	0%	2%	1%	0%	0%
50kg-60kg	31%	4%	2%	1%	0%	0%	0%
60kg-70kg	8%	0%	0%	0%	0%	0%	0%
70kg-80kg	0%	0%	0%	0%	0%	0%	0%

## DISCUSSION

This project was designed to find out the relationship between blood in urine and normal body weight. For this purpose, a questionnaire was prepared in which we asked the subjects about their body weight and gave them a container for the urine sample collection. We analyzed the samples of every individual and their weight as well who do not know their body weights and then compared their results with their ages. It was observed that a

similar study was also conducted before in relating the weight of human body with blood pressure. There were observable results occurred. This was the first time study that conducted by the students to find out the relationships between different diseases and other factors like human normal body weight.

## CONCLUSION

It was concluded that individuals with 50-60(kg) did not have blood in their urine.

There was not a significant relationship between human body weight and blood in urine.

