

Relation between Urine Bilirubin and Nail Growth

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ABSTRACT

The purpose of recent study was to analyze the interconnection of urine bilirubin and nail growth. A urine bilirubin takes a glance at measures the degree of bilirubin in your urine. Bilirubin is also a yellow substance created throughout the body's ancient technique of breaking down red blood cells. Digestive fluids contain bilirubin that helps to digest the food. A health liver removes all the bilirubin from urine. Nails are a crucial a part of physical body. These are found on the tip of fingers and toes. Nails are one among the 2 tissues that doesn't degrade once death of the individual, the opposite being hair. These comprise laborious, keratinized squalors cells that are loosely connected to the underlying epithelial tissue. The analysis was held in Bahauddin Zakariya University, Multan, Pakistan. Total of 100students participated during this analysis. We have a tendency to check their bilirubin level in urine by activity urine take a look at. The analysis was performed to interconnect the nail growth with bilirubin level in urine. Conclusion of present study is that there is no significant relation between positive urine bilirubin and nail growth pattern but we can say that there is a significant relation between negative bilirubin revel and nail growth.

Key words: Nail growth pattern, Urine bilirubin, Urinalysis, Bilirubin in urine.

INTRODUCTION

A urine bilirubin takes a glance at measures the degree of bilirubin in your urine. Bilirubin is also a yellow substance created throughout the body's ancient technique of breaking down red blood cells. Digestive fluids contain bilirubin that helps to digest the food. A health liver removes all the bilirubin from urine. There ought to be leaky of bilirubin occur into the blood if liver is broken and it's a morbid condition. urine animal pigment take a look at is sometimes part of a qualitative analysis, a take a glance at that measures completely different cells, chemicals, and completely different substances in your urine. Qualitative analysis is sometimes confined as part of a routine take a look at. This take a glance at may also be accustomed check for liver problems. It largely gift in adults and newborns and because of the yellowing of skin it's simply known. This could be caused as a result of it takes your time once birth because baby will take time to provide bilirubin and eject it in urine and out of the body throughout metabolism. High bilirubin level cause jaundice and regarded as pathology. Jaundice makes the skin and eyes appear yellow, because of the presence of bilirubin at intervals the blood. There are several reasons for a raise in bilirubin intensity outside the newborn quantity. These causes can occur throughout the assembly of bilirubin within the urine.

Nails are a crucial a part of physical body. These are found on the tip of fingers and toes. Nails are one among the 2 tissues that doesn't degrade once death of the individual, the opposite being hair. These comprise laborious, keratinized squalors cells that are loosely connected to the underlying epithelial tissue. Nails consist of many components like proximal nail fold, distal end, Lateral nail fold, cuticle, Lunular, hyponychial, and matrix. Nails formation sometimes begins in ninth embryonic week and at sixteenth embryonic week; there are specifiable nails at the proximal finish. Nail plate is made at its proximal finish. Nails are important within the identification of many sicknesses as a result of characteristic sign of a disease is often seen over the nail plate. Signs associated with the nail plate are often divided into 2 sorts supported the modification in its anatomy or the color. Pale modify the nail describes anemia whereas blue-black discoloration may be a characteristic of symptom. Spoon formed nails that

are known as Koilonychias are seen in iron deficiency anemia. If there's loss of angle between nail and nail bed, it's known as symptom. It is often ascertained by inserting a paper over the nail and appearance for any gap between the paper and also the proximal finish of nail plate. There's no house at the proximal nail plate and paper, if symptom is there. Symptom is seen in several diseases like metabolism diseases, vas diseases and channel diseases. Blood accumulation at a lower place the nail plate that is additionally known as splinter hemorrhages is generally seen in infectious cordites. Leukonychia are the white spots at a lower place nails that describes hypoalbuminemia. Indentation of nails happens in skin disorder. Thus we are able to diagnose variety of diseases by merely perceptive nails. This is often why; they're of abundant importance normally physical examination.

The purpose of recent study was to analyze the interconnection of urine bilirubin and nail growth.

MATERIAL AND METHODS

Project Designing

The analysis was held in Bahauddin Zakariya University, Multan, Pakistan. Total of 100 students participated during this analysis. We have a tendency to check their bilirubin level in urine by activity urine take a look at. We have a tendency to ask them to require their urine sample during a sterilized plastic instrumentality then checked their blood level with the assistance of urine testing strip. We took out strip from box and dip in piddle and let it set for two or three seconds then matched the corresponding color with the color list given on the box. we have a tendency to create associate surpass sheet and write their bilirubin level in urine ahead of their name then asked them regarding nail growth pattern and additionally write nail growth days with bilirubin level in urine. The analysis was performed to interconnect the nail growth with bilirubin level in urine.

Statistical Analysis

Percentage of data was calculated to analyze the results.

RESULTS

Table 1: Relation between Urine Bilirubin (Percentage) and Nail Growth.

Nail growth days in males	Negative urine bilirubin	Positive urine Bilirubin
1-5	60%	40%
6-10	55%	45%
11-15	62%	38%
16-20	90%	10%

Table 1 tells us that in male subjects negative urine bilirubin percentage is higher than the positive one which was less than 50%. It means there is no significant relation between urine bilirubin and nail growth days.

Table 2: Relation between Urine Bilirubin (Percentage) and Nail Growth.

Nail growth days in Females	Negative urine bilirubin	Positive urine Bilirubin
1-5	80%	20%
6-10	57%	43%
11-15	58%	24%
16-20	70%	30%

Table 2 tells us that in male subjects negative urine bilirubin percentage is higher than the positive one which was less than 50%. It means there is no significant relation between urine bilirubin and nail growth days.

DISCUSSION

In both tables positive bilirubin level is less than the negative urine bilirubin levels. It means that there is no significant relation between positive urine bilirubin and nail growth pattern but we can say that there is a significant relation between negative bilirubin level and nail growth.

Nail growth has been joined with blood grouping in earlier studies which study show the relation between nail growth and blood grouping. However the recent analysis interconnection of nail growth with urine bilirubin has not rumored earlier. It's a unique research that joined the bilirubin in urine with pattern of nail growth.

CONCLUSION

Conclusion of present study is that there is no significant relation between positive urine bilirubin and nail growth pattern but we can say that there is a significant relation between negative bilirubin level and nail growth.

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