

ARTICLE

Relation of Urobilinogen Presence Resence in the Selection of Food (SALTY or Sweet)?

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ABSTRACT

The total amount of 100 subjects were contributed in this review and all were the students who are studying in Bahauddin Zakariya University Multan, Pakistan. The bilirubin is metabolized in the gut which produced a colorless pigment known as urobilinogen. It is by-product of bilirubin which is used to break down the red blood cells in hemolysis. Salty food contains usually more minerals and vitamins while sweet food is enriched with carbohydrates, water and many other fats soluble substances. Every person has a unique taste according to their taste buds. A questionnaire based was made to relate the urobilinogen with the food (salty or sweet). Urinalysis is a method which is used to measure the urobilinogen in urine. It was concluded that there is a scientific relation between the presence of urobilinogen in urine with eating of salty or sugary food. Table no. 1 represents that urobilinogen play important role in the choice of eating either salty food more or sweet.

1. Introduction

The bilirubin is metabolized in the gut which produced a colorless pigment known as urobilinogen. Bilirubin is yellowish substance which helps to breakdown the red blood cells called hemolysis. Some of the urobilinogen is expelled out via feces while the remaining is reabsorbed in the normal blood circulation and eliminated in urine. In obstructive jaundice, the bilirubin fails to reach to the bowel due to which urobilinogen is not excreted out through urine. The level of urobilinogen is increased in jaundice condition. There are many tests are available which can be used to detect the obstructive jaundice. The regular urobilinogen range is beneath 17 mol/L. When the values are in between of 0 – 8 mg/dl it considered as normal. When the values get higher or low-

er than the normal it may be a symptom of abnormal condition. When the level of urobilinogen get increases so, it enhances the more break down of red blood cells, hematoma formation, poisoning and many liver cirrhosis. This elevated urobilinogen level may be due to many different bacterial, medical and parasite infections. The balance between the production and the breaking of red blood cells always maintained but with the increased level of urobilinogen then it may lose balance. If urobilinogen level decreased, it means that there may be a blockage of bile duct or the failure of bilirubin or also due to enzymatic jaundice or some drugs which are responsible to decrease the urobilinogen by making urine acidic.

Food is a basic need of every organisms for the gain of energy and nutrition's. It may be present in the form of solid and liquid there are also many kinds of food like

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salty, savory and sweet etc. Salty food contains usually more minerals and vitamins while sweet food is enriched with carbohydrates, water and many other fats soluble substances. Every person has a unique taste according to their taste buds. Taste buds are responsible for our selection to like either salty food more or sweet. Taste buds respond with the respect of our genes that are composed of specific combinations. If we contain sweet tooth, we want to crave more sugary food. But if we are in stress or any anxiety then we want to eat more salty food like snacks and chips etc. environment also play important in the selection of food.

Objective of current study was to make a relation between the presence of urobilinogen with the likeliness of salty or sweet food.

2. Materials and Methods

The total amount of 100 subjects were contributed in this review and all were the students who are studying in Bahauddin Zakariya University Multan, Pakistan. A questionnaire based was made to relate the urobilinogen with the food (salty or sweet). Subjects were asked the question in two sections whether they like more sweet food or salty and according to their taste they must write their urobilinogen value. Urinalysis is a method which is used to measure the urobilinogen in urine. First, wash your hands and clean the genital area. Now collect the urine in a container under a urine stream. Now dip the specially treated urine dipstick in the urine sample just for 2 second. The strip color changes compared with the chart. If the strip color changes are dense it means much urobilinogen is present in urine. By this procedure, the data is collected one by one of every subject.

Statistical analysis was performed by using MS Excel.

3. Results and Discussion

Table 1. Males and females having urobilinogen in their urine love to eat more salty food over sugary or more sugary food over salty

Male				Female			
Salty likeliness		Sugary likeliness		Salty likeliness		Sugary likeliness	
0.1	1	0.1	1	0.1	1	0.1	1
2%	11%	0%	3%	24%	23%	4%	3%

In table 1, 2% of males having 0.1 urobilinogen value were interested in eating salty food and 11% of the males with 1 urobilinogen also said they like salty to eat. 3% of the males with 1 urobilinogen value prefer to eat sugary food. 24% of the females having 0.1 urobilinogen value and 23% of the females with 1 urobilinogen loves to eat salty food while 4 % of the females have 0.1 and 3% of

the females with 1 urobilinogen said they cherish more sugary food in meal. 24% of the females favors to eat more salty food due to which they have 0.1 urobilinogen in their urine. It means ratio of urobilinogen in urine affected the choice of liking more salty food or sugary food.

Table 2. Males and females who do not have urobilinogen in their urine prefer to eat more salty food over sugary and more sugary food over salty

Male		Female	
Salty lover	Sweet lover	Salty lover	Sweet lover
5%	1%	8%	1%

In Table 2, 5% of the males replied they love salty food and 1% males said they cherish more sugary food. On other hand, 8% of the females said they desire to eat salty food and 1% of the females said they love to eat more sweet food.

4. Conclusion

It was concluded that there is a scientific relation between the presence of urobilinogen in urine with eating of salty food because the value of urobilinogen was more in salty. It represents that urobilinogen play important role in the choice of eating either salty food more or sweet.

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