

Does the Presence of Leukocytes in Urine Effect the Choice of Liking Salty Food or Sweet Food?

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ABSTRACT

The sum of 100 subjects was involved in this fresh survey and all were studying at Bahauddin Zakariya University Multan, Pakistan at that time. Leukocytes, also named as white blood cells, which are the central part of the immune system. Leukocytes may appear in urine due to any damage or infection to kidneys, urethra, ureter or bladder. People have their own taste of interest in food. Some people may like salty food more than sugary and some people feel more comfortable in eating sugary food. A questionnaire base form was produced to relate the leukocytes presence in urine with the choice of eating salty food or sweet food. Leukocytes urine level was measured by using a urinalysis method. It was decided that there is no scientific relation on the choice of liking either salty food or sweet food to eat with the presence of leukocytes in urine.

Keywords: Salty and Sweet meal, Leukocytes in urine, Urinalysis.

INTRODUCTION

Leukocytes, also named as white blood cells, which are a central part of the immune system. Leukocytes are mainly white blood cells that are involved in immune responses and fighting against any infection and protect the people. There are many different types of leukocytes, but two main leukocytes are phagocytosis a and lymphocytes they both play important role in the defense mechanisms of immune system by killing or destroy any pathogens, infection or foreign substances. They are produced at many different locations of the body including spleen, thymus, bone marrow and lymph nodes. Leukocyte esterase is an enzyme produced by the leukocytes or white blood cells and this leukocytes esterase (LE) was used to check the presence of white blood cells in urine any other infection in urine test analysis.

Leukocytes may appear in urine due to any damage or infection to kidneys, urethra, ureter or bladder. Their amount can also be triggered as result of fighting off with any foreign substance in the body or due to any infection in urine test. if there is a small number of leukocytes in urine than it considered as normal but if there is large number of leukocytes are present in urine than it is a serious case, or it may indicate any infection. Sometimes, high leukocytes are the symptom that your body is fighting with any infection or disease in urinary tract. Infection is much dangerous when you are pregnant, so it may cause serious urinary tract infections (UTI). It is much necessary to start a proper treatment otherwise you face much complications. UTI involved many symptoms like pungent smelling urine, pelvic pain, burning during urination, cloudy or pink urine mostly common in women. There is more chance of bacterial infection if you are retaining your urine for too long in urinary bladder before releasing. Overtime holding of urine in bladder stretch your bladder due to which it faces difficulty to complete empty the bladder. When urine left in the bladder there is a greater chance of bacteria to grow rapidly and they start to infect the urinary bladder. Tumor in pelvis, kidney stones or many other kinds of blockage in urinary tract may cause the elevation number of leukocytes to appear in urine.

Sweet food is a greater source of getting monosaccharides, fat soluble materials and water etc. to gain energy for the functioning of body. While, salty food is mainly enriched with vitamins and minerals that organisms need for

their proper growth and health. People have their own taste of interest in food. Some people may like salty food more than sugary and some people feel more comfortable in eating sugary food. Taste buds also play crucial role in the selection of food to eat either salty food or sweet food.

Aim of the recent study was to relate the salty or sweet food choice with the presence of leukocytes in urine.

MATERIALS AND METHODS

The sum of 100 subjects were involved in this fresh survey and all were studying at Bahauddin Zakariya University Multan, Pakistan at that time. A questionnaire base form was produced to relate the leukocytes presence in urine with the choice of eating salty food or sweet food. Subjects were interrogating which type of food they prefer more to eat either salty or sweet and they had to write their leukocytes level of urine according to their decision either in salty box or sweet section. One by one their leukocytes urine level was measured by using a urinalysis method. Collect a sample of urine in a container and dip the urine test strip in the fresh sample of urine or you can hold the dip test strip under the urine stream. Now remove the strip from the sample and measured the color changes of test strip with the reference color chart. This same procedure was done for every subject and note their urine leukocytes value and gathered all the data from subjects.

MS Excel was conducted for statistical analysis.

RESULTS AND DISCUSSION

Table 1: Males and females having leukocytes who love to eat saltier food over sugary and sugared food over salty

Male						Female					
Salty lover			Sugary lover			Salty lover			Sugary lover		
25	75	500	25	75	500	25	75	500	25	75	500
1%	0%	0%	6%	0%	0%	6%	6%	2%	0%	1%	0%

In **Table 1**, 1% of males having 25 value of urine leukocytes replied they prefer to eat salty food. 6% of the males with 25 leukocytes value in their urine replied they have more interest in sugary food to eat. 6% females with 25 leukocytic urine value, 6% females with 75 leukocytic value and 2% females having 500 leukocytic value in their urine said they cherish more salty food to eat rather than sugary food. On the other hand, 1% of the females having 75 leukocytic value enjoy eating sugary food more.

Table 2: Non-leukocytic males and females who enjoy either salty or sweet food

Male		Female	
Salty lover	Sweet lover	Salty lover	Sweet lover
18%	3%	50%	6%

In **Table 2**, 18% of the males with non-leukocytic value love to eat salty food over sugary and 3% of the males with no leukocytes in their urine prefer to eat sugary meal than salty. 50% of the females with no leukocytes love to

eat salty food and 6% non-leukocytic females chose sugary food than salty. 50% of the males were more interested in eating salty food and they all were not have leukocytes in their blood which means leukocytes have no effect on the choice of liking either salty food or sweet food.

CONCLUSION

It was decided that there is no scientific relation on the choice of liking either salty food or sweet food to eat with the presence of leukocytes in urine many of the females had no leukocytes in their urine.

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