

## How Bilirubin in Urine is Comparable with Potential to do Exercise?

Muhammad Imran Qadir and Hira Asif\*

*Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan*

\***Corresponding Author:** Hira Asif, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan.

**Received:** April 09, 2019; **Published:** May 09, 2019

### Abstract

The goal of the interpretation was that how bilirubin in urine comparable with potential to do exercise. One hundred mentees assisted in project and were undergraduates of Bahauddin Zakariya University, Multan, Pakistan. Pigments that have a yellowish tint originated from bile is designated as bilirubin. Moving the limbs of body in any direction that utilizes energy is tagged as Exercise. Urine samples were gathered, and urine test strip was dipped in it for 10 seconds. They were removed and left for one minute. With the help of standard indicator tinge tutee's striped was co-related and tinge changes were noted. A questionnaire was organized and presented to mentees to inquire about their reports. It was about the presence of bilirubin in urine and its comparability with potential to do exercise. It is inferred that mentees whose bilirubin was reported negative had potential to do exercise for 30 minutes.

**Keywords:** Bilirubin; Exercise; Motility

Volume 3 Issue 2 May 2019

© All Copy Rights are Reserved by Muhammad Imran Qadir and Hira Asif.

### Introduction

Pigments that have a yellowish tint originated from bile is designated as bilirubin [1-2]. Cleavage of blood cells in regular body mechanism results in its production. It is a lump of bile accountable for food catabolism. 250 to 350 mg of it is fabricated in a healthy human body. The yellowish colour of urine is due to existence of bilirubin in it. Diagnostic tests are required in alarming conditions when an individual is a victim of jaundice, hepatitis and gallstones due to liver malfunctions and nausea is observed. Jaundice will be worse due to assembling of bilirubin in blood and epidermis turns pale. For diagnostic tests all the drug consumption is halt. Infant babies are more likely to become victim of jaundice as their liver is not capable of excreting bilirubin.

Moving the limbs of body in any direction that utilizes energy is tagged as Exercise. On an average humankind are well-aware about the physical fitness to live sustainable life in society. Exercise is significant for strengthening of cardiovascular system by boosting the stamina. Cholesterol level and weight is retained. Thirty minutes of walk in necessary by each being. The goal of the interpretation was that how bilirubin in urine comparable with potential to do exercise.

### Material and Method

One hundred mentees assisted in project and were undergraduates of Bahauddin Zakariya University, Multan, Pakistan.

**Citation:** Muhammad Imran Qadir and Hira Asif. "How Bilirubin in Urine is Comparable with Potential to do Exercise?" *Chronicles of Pharmaceutical Science* 3.2 (2019): 839-841.

**Bilirubin in urine:** Urine samples were gathered, and urine test strip was dipped in it for 10 seconds. They were removed and left for one minute. With the help of standard indicator tinge tutee’s striped was co-related and tinge changes were noted.

**Project Design:** A questionnaire was organized and presented to mentees to inquire about their reports. It was about the presence of bilirubin in urine and its comparability with potential to do exercise.

**Project Design:** A questionnaire was organized and presented to mentees to inquire about their reports. It was about the presence of bilirubin in urine and its comparability with potential to do exercise.

### Results and Discussion

The outturns of our inspection were demonstrated in the table. Table 1 said that 50% mentees who had negative outcomes having potential to do exercise for 30 minutes. In Table 2, 9% mentees with negative reports had potential to do exercise for 60 minutes while 1% negative reporters had potential to do exercise for 90- and 120- minutes as mentioned in table 3 and 4.

Bilirubin in Urine-30 minutes				
	Negative	Positive		
		0.1	10	50
Mentees	50	0	35	0
Percentage	50%	0	35%	0

**Table 1:** How bilirubin in urine comparable with potential to do exercise for 30 minutes?

Bilirubin in Urine-60 minutes				
	Negative	Positive		
		0.1	10	50
Mentees	9	0	1	1
Percentage	9%	0	1%	1%

**Table 2:** How bilirubin in urine comparable with potential to do exercise for 60 minutes?

Bilirubin in Urine-90 minutes				
	Negative	Positive		
		0.1	10	50
Mentees	1	0	1	0
Percentage	1%	0	1%	0

**Table 3:** How bilirubin in urine comparable with potential to do exercise for 90 minutes?

Persistence of normal range of bilirubin is not life threatening but when the values are beyond the range it will itch the bladder and cause jaundice. [3-10].

### Conclusion

It is inferred that bilirubin in urine is not comparable with potential to do exercise.

Bilirubin in Urine-120 minutes				
	Negative	Positive		
		0.1	10	50
Mentees	1	0	1	0
Percentage	1%	0	1%	0

**Table 4:** How bilirubin in urine comparable with potential to do exercise for 120 minutes?

## References

1. Friedman, L. S. Clinical aspects of serum bilirubin determination. UpToDate. Waltham, MA. Accessed March, 8 (2017).
2. Friedman, Lawrence S. "Clinical aspects of serum bilirubin determination." UpToDate. Waltham, MA. Accessed March 8 (2017).
3. Qadir MI and Javid A. "Awareness about Crohn's Disease in biotechnology students". *Global Advanced Research Journal of Medicine and Medical Sciences* 7. 3 (2018): 062-064.
4. Qadir MI and Saleem A. "Awareness about ischemic heart disease in university biotechnology students". *Global Advanced Research Journal of Medicine and Medical Sciences* 7. 3 (2018): 059-061.
5. Qadir MI and Ishfaq S. "Awareness about hypertension in biology students". *Int J Mod Pharma Res* 7. 2 (2018): 08-10.
6. Qadir MI and Mehwish. "Awareness about psoriasis disease". *Int J Mod Pharma Res* 7. 2 (2018): 17-18.
7. Qadir MI and Shahzad R. "Awareness about obesity in postgraduate students of biotechnology". *Int J Mod Pharma Res* 7. 2 (2018): 14-16.
8. Qadir MI and Rizvi M. "Awareness about thalassemia in post graduate students". *MOJ Immunology* 2. 1 (2018): 14-16.
9. Qadir MI and Ghalia BA. "Awareness survey about colorectal cancer in students of M. Phil Biotechnology at Bahauddin Zakariya University, Multan, Pakistan". *Novel Approaches in Cancer Study* 1. 3 (2018): NACS.000514.2018.
10. Qadir MI and Saba G. "Awareness about intestinal cancer in university student". *Novel Approaches in Cancer Study* 1. 3 (2018): NACS.000515.2018.

### Submit your next manuscript to Scientia Ricerca Open Access and benefit from:

- Prompt and fair double blinded peer review from experts
- Fast and efficient online submission
- Timely updates about your manuscript status
- Sharing Option: Social Networking Enabled
- Open access: articles available free online
- Global attainment for your research

Submit your manuscript at:

<https://scientiaricerca.com/submit-manuscript.php>