



Is There Any Connection Between Urine Nitrite and Stress Eating?



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Abstract

The concentration of nitrite in urine is called urine nitrite. The chemicals nitrates when enter into urinary tract here bacteria convert it into nitrite. In accordance with American Psychological Association the 38% adults stated that eating of unhealthy foods and overeating are due to tension and stress. The overeating during stress causes the heart disease and diabetes type 2. The 90 subjects were observed the level of nitrite in urine by urinalysis test. The conclusion indicates that there is no connection between urine nitrite and stress eating.

Keywords: Nitrite; Urine; Nitrate; Urinalysis; Stress eating; Overeating; Heart disease; Diabetes type 2; Chemicals nitrates; Urinary tract; Bacteria; Bad smelling urine; Urine passing; Blood in urine; Ureter; Urethra; Bladder; Kidney

Introduction

The concentration of nitrite in urine is called urine nitrite. The chemicals nitrates when enter into urinary tract here bacteria convert it into nitrite. The urine nitrite is lead to urinary tract infection and it is commonly occur in females. The symptoms of urine nitrite is bad smelling urine, frequent urge to urination, fatigue, increased of urination, burning with urination, feeling of urination need without much urine passing, blood in urine, painful urination, weakness, fever, reddish and cloudy colored urine. The ureter, urethra, bladder and kidney is effected by nitrite in urine. The nitrite in urine is often leads to kidney failure and sepsis. The sepsis means transfer of infection into blood. The sepsis is lethal and deadly disease. The untreated urinary tract infection are spread approaching to the kidneys [1].

In accordance with American Psychological Association the 38% adults stated that eating of unhealthy foods and overeating are due to tension and stress. Due to uncomfortable emotions and stress when we are unhappy then we move toward eating that is

overeating and leads to obesity. The foods which contained high carbohydrates and fats contents release neurotransmitter named as dopamine in the brain. The dopamine regulate the emotions and movements. The Parkinson's disease is caused by dopamine depletion. The overeating during stress causes the heart disease and diabetes type 2. The digestive problems, increased blood pressure and raised risk of depression are due to stress eating. The anxiety, sleep disruption and elevated appetite are causes of primary stress hormone named as cortisol [2].

Materials and Methods

The 90 subjects took part in given research. All subjects were students of Bahauddin Zakariya University, Multan, Pakistan.

The urine nitrite level is check by using urinalysis test. For this purpose first we collected the sample of urine into small container by locating container under urinary discharge. The container should be sterile and unsoiled. Then check level of urine nitrite by performing urinalysis test.

Table 1: Connection between urine nitrite and stress eating

Gender	People who have Follower of Stress Eating		People who have not Follower of Stress Eating	
	Nitrite Exist in Urine	Nitrite not Exist in Urine	Nitrite Exist in Urine	Nitrite not Exist in Urine
Female	4.22%	43.66%	0%	52.11%
Male	5.26%	63.15%	0%	31.57%

Result and Discussion

The connection between urine nitrite and stress eating is specified in Table 1. The Parkinson's disease is caused by dopamine depletion. The overeating during stress causes the heart disease and diabetes type 2. The 4.22% female and 5.26% male have nitrite in urine while 43.66% female and 63.15% male have absent of nitrite in urine says that they have addict of more eating during stress. The 0% female and 0% male have nitrite in urine while 52.11% female and 31.57% male have absent of nitrite in urine says that they all have not addict of more eating during stress [3-10].

Conclusion

There is no connection between urine protein and stress eating.

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