Effect of Anxiety Level on Urobilinogen Level in Urine

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Abstract

The aim of our study was to assess the effect of anxiety level on urobilinogen level in the urine. 100 students of Bahauddin Zakariya University Multan, Pakistan were taken in this study. Urine test was used to check the urobilinogen level in the urine. Bacterial action takes place on the bilirubin in the intestine and it is converted into urobilinogen which is a colorless substance. The urobilinogen which is formed is first reabsorbed and then taken up to the liver with the help of portal vein and excreted out through the kidney. In hemolysis, large amount of bilirubin is formed which produces the high quantity of urobilinogen. If small or no quantity of urobilinogen is present in the urine then it means liver is not performs its function properly. The presence of large quantity of urobilinogen in the urine may show a liver disease mainly hepatitis. There are many conditions concerned to anxiety disorders. The symptoms of anxiety may start from youth and extend to adulthood. Many problems can occur due to anxiety such as depression, sleeplessness, bowel troubles, headaches and constant pain. It was concluded from the above study that the percentage of happy males is greater than that of sad males. So, there is some relation between male happiness and high level of urobilinogen in urine [1].

Keywords: Urobilinogen; Anxiety Level; Urine Test

Introduction

Bacterial action takes place on the bilirubin in the intestine and it is converted into urobilinogen which is a colorless substance. The urobilinogen which is formed is first reabsorbed and then taken up to the liver with the help of portal vein and excreted out through the kidney. In hemolysis, large amount of bilirubin is formed which produces the high quantity of urobilinogen. The urobilinogen level is also increased in case of liver disease. The urobilinogen is change into yellow color called urobilin which is seen in the urine. Stercobilin is a substance which gives characteristic color to the feces and is produced by the reduction of urobilinogen in the intestine. It is further converted into stercobilinogen which is oxidized again into stercobilin. Some quantity of urobilinogen is present in the urine of normal person. If small or no quantity of urobilinogen is present in the urine then it means liver is not performs its function properly. The presence of large quantity of urobilinogen in the urine may show a liver disease mainly hepatitis. The main sign of liver disease are jaundice, vomiting, pain in the abdomen and black color of urine. The large quantity of urobilinogen also causes the hemolytic anemia. It is a condition in which consecutive breakdown of RBCs takes place [2-4]. The standard concentration of urobilinogen which is present in the urine is 1.0 mg/dl and the concentration of 2.0mg/dl may produce a change from standard to abnormal.

Some degree of anxiety is expected under stress, and the people feel temporarily anxious. The body reacts to uneasiness in different strange ways. The more dominant symptoms are seen, as the anxiety reaches to higher levels. The symptoms of different anxiety disorders are nervousness, dry mouth, faintness and fear. There are many conditions concerned to anxiety disorders. The symptoms of anxiety may start from youth and extend to adulthood. Many problems can occur due to anxiety such as depression, sleeplessness, bowel troubles, headaches and constant pain. The major levels of anxiety are mild anxiety, severe anxiety, and moderate anxiety, and the most common is mild anxiety [5]. The aim of our study is to assess the effect of anxiety level on urobilinogen level in the urine.

Materials and Methods

100 students of Bahauddin Zakariya University Multan, Pakistan were taken in this study. Urine test was used to check the urobilinogen level in the urine. In this test, the student was asked to collect their urine sample. In this way, the urine sample of different individuals was collected. The urine test strip was

immersed in the sample which we have assembled. The strip was examined after taking out from the sample. Then comparison was made between urine test strip and the color band that was standard. Some persons had large quantity of urobilinogen and some had little or no quantity of urobilinogen in their urine [6,7].

Project Designing

The aim of our study is to assess the effect of anxiety level on urobilinogen level in the urine. Urine test was performed and we prepared the data of those individuals which remained happy, normal and sad. After getting the data, we saw the connection between anxiety level and urobilinogen level in the urine [8-10].

Discussion

Some study had been done on urobilinogen level in urine before our research. Ridham A. Khanderia had elucidate that indirect urobilinogen is an important and charge effective screening analysis for beta-thalassemia feature and sensitivity equivalent to RBCs indices (Table 1).

Table 1: Effect of Anxiety level with urobilinogen level in the urine.

Happy individuals			Normal individuals			Sad individuals		
	Negative	1		Negative	1		Negative	1
Female	12%	7%	Female	18%	29%	female	4%	5%
Male	3%	11%	Male	3%	5%	male	1%	3%

Conclusion

It was concluded from the above study that the percentage of happy males is greater than that of sad males. So, there is some relation between male happiness and high level of urobilinogen in urine.

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