



# A Comparison of Leukocytes in Urine with Martial Arts Likeliness



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## Abstract

Our study was to judge the relation between martial arts likeliness and dis likeliness and level of leukocytes (WBCs) in the urine. A strong individual has eminent leukocytes in blood stream and in urine [1]. A normal range is 0-5 WBCs per high power field. They are also called white blood cell WBCs and is extremely vital part of protected system of body [2]. Martial arts are planned systems and ethnicity of fight proficient for a many confine like, personality protection and solidity, fortified and commandment implementation significance, forcibly, mental and spiritual enhancement; as well as hilarity and shelter of a nation. For the evaluation of leukocytes level in the urine we got 100 students of BZU (Bahauddin Zakariya University) Multan, Pakistan and performed urine test [3]. Students urine sample was collected in a small container. Urine analysis strip was put in the urine sample. After the stripped was dipped in the sample for few seconds, we compared the color bands on strip with that was standard. Some students had urine with free leukocytes while others had leukocytes (WBCs) in the urine [4]. It is concluded that the martial arts likeliness and dis likeliness and urine in leukocytes had a relation with each other.

**Keywords:** Martial arts; Urine sample; Strips; Leukocytes

## Introduction

A strong individual has eminent leukocytes in blood stream and in urine. A normal range is 0-5 WBCs per high power field [5]. They are also called white blood cell WBCs and is extremely vital part of protected system of body. They give defense and safety to the body in opposition to damaging substances like microorganisms that come in the body they travel in the entire body from organ to organ investigating the contagion or microorganisms. In general, leukocytes (WBCs) are in very minute quantity in the urine. Higher rank of WBCs in urine notifies that an individual has Urinary Tract illness [6]. Typically, the illness occurs in inferior part of urogenital tract and in the majority frequently contagion happens in urethra and bladder of body. Urinary tract illness appears when bacteria travel from urethra into urinary tract and begin multifarious in the bladder [7]. The infection can dispense into kidney and ureters if instant action is not specified. Kidney shingle also source of higher amount of leukocytes in urine. Stones come in the ureters and upset the urine from going onward. This commotion or obstruction helps bacteria to come into without difficulty and an origin of infection.

Martial arts are planned systems and ethnicity of fight proficient for a many confine like, personality protection and solidity, fortified and commandment implementation

significance, forcibly, mental and spiritual enhancement; as well as hilarity and shelter of a nation. Term martial art has developed into associated with argumentative arts of East Asia, it at 1st empower to battle regulation of Europe [8]. Martial arts tools consist that is used for guidance, protection and armaments. Vigilant material for backbiting and fight comprises hand and head gear [9]. Martial arts contest subsists karate, kickboxing, Taekwondo, Judo, Jiu jitsu, Traditional boxing, Wrestling, Kravmaga and Muay Thai etc [10].

## Materials and Methods

For the evaluation of leukocytes level in the urine we got 100 students of BZU (Bahauddin Zakariya University) Multan, Pakistan and performed urine test. Students urine sample was collected in a small container. Urine analysis strip was put in the urine sample. After the stripped was dipped in the sample for few seconds, we compared the color bands on strip with that was standard. Some students had urine with free leukocytes while others had leukocytes (WBCs) in the urine.

## Project Designing

Our study was to judge the relation between martial arts likeliness and dislike lines and level of leukocytes (WBCs) in the urine. To comprehensive our learning, we did urine test.

We also asked students to inform about their interest in martial arts whether they like or dislike martial arts. We composed the

information and examined the association between martial arts and level of WBCs in the urine.

## Results and Discussion

**Table 1:** A comparison of Leukocytes in Urine with Martial arts likeliness and dis likeliness.

| Gender          | Martial Arts likeliness |                    | Martial Arts dis- likeliness |                    |
|-----------------|-------------------------|--------------------|------------------------------|--------------------|
|                 | Leukocytes presence     | Leukocytes absence | Leukocytes presence          | Leukocytes absence |
| Male students   | 1%                      | 10%                | 0%                           | 5%                 |
| Female students | 7%                      | 37%                | 5%                           | 35%                |

**Table 2:** A comparison of leukocytes in urine with martial arts Likeliness and dis likeliness.

| Gender          | Martial Arts likeliness |                    | Martial Arts dis likeliness |                    |
|-----------------|-------------------------|--------------------|-----------------------------|--------------------|
|                 | Leukocytes presence     | Leukocytes absence | Leukocytes presence         | Leukocytes absence |
| Male students   | 6.25%                   | 62.50%             | 0%                          | 12.50%             |
| Female students | 8.30%                   | 44%                | 5.95%                       | 41.70%             |

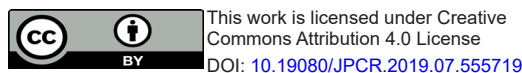
It is shown in the table that the percentage of martial arts likeliness females and males having leukocytes free urine is greater than that of those ones who disliked martial arts [Table 1]. Male and Female who liked martial arts have greater percentage of leukocytes free urine that is 62.5% and 44% respectively [Table 2].

## Conclusion

It is concluded that the martial arts likeliness and dis likeliness and urine in leukocytes had a relation with each other.

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