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Relation of Cigarette Smoking with Urine Bilinogen

Muhammad Imran Qadir and Atiqa Rehman*

Department of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Pakistan

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***Corresponding author:** Atiqa Rehman, Department of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

Abstract

Cigarette smoking is one of the main reasons of death and disease in humans. Urobilinogen is actually the presence of bilinogen in the urine. To check the relationship between cigarette smoking and urine bilinogen I have conducted the survey of 100 people. I have questioned from them either they smoke or not. Then I took their urine sample and perform urine test by dipstick method then I get the results that 13.33% males were smokers and bilinogen was present in their urine while 20% males were smoker with no bilinogen in their urine. Similarly, 2.8% females were smokers with bilinogen present in their urine and 5.7% females were smoker with no bilinogen in their urine. 56.6% males were non-smoker and bilinogen was present in their urine and 10% males were non-smokers with no bilinogen in their urine. Similarly, 78.5% females were non-smokers with bilinogen present in their urine and 12.8% females were non-smokers with no bilinogen in their urine.

Keywords: Dipstick; Smoking; Urine bilinogen

Introduction

In cigarette smoking tobacco is burned in cigarette pipes and smoke is inhaled to the lungs. Tobacco leaves are dried and then rolled into the paper which is then used as a cigarette. It is one of the habitual addictions in modern times. Cigarette smoking is one of the main reason of deaths in humans. Cigarette smoke contains 45,000 chemicals which have mutagenic, toxic and carcinogenic effects. Various components of smoke are ammonia, nicotine, tar, carbon mono oxide and carbon dioxide. Concentration of these components vary in different cigarette brands. Tobacco smoking kills about 6 Million people in a year and it is estimated that his rate will increase in the next 10 to 20 years. Smoking addiction mostly starts in adolescent age groups. Cigarette smoking cause diseases like heart diseases, cancers of mouth and lungs, asthma, blindness and various other diseases [1].

Urobilinogen is the by-product of bilirubin reduction and it is a colorless substance. It is formed in the intestines when bacteria attack on the bilirubin. Bilirubin is a yellowish substance which helps in the breakdown of red blood cells. In liver disease such as hepatitis urobilinogen level increases and secreted to the urine. Urobilinogen is converted into yellow color pigment in the urine which is known as urine bilirubin. Urobilinogen is present in normal urine if there is no or little amount of urobilinogen in your urine it means that our liver is not working well. If urobilinogen amount is higher in urine it means that you have liver diseases such as hepatitis. Urine test is performed in order to check the urobilinogen level in the urine. If the amount of urobilinogen is higher it may indicate; hepatitis, liver damage due to drugs, cirrhosis and hemolytic anemia [2].

Methodology

Materials

To perform urine test we needed gloves, test strips, containers, urine samples, waste bags.

Method

First of all we will take urine samples of 100 different individuals for urine analysis. By using dip strip method, we will perform the urine test. In the fresh sample of urine dip the strip for 2 seconds. After one-minute strip color will be changed and by comparing the strip with test strip bottle we will easily analysed the results. At the end we will discard these strips in the waste box and wash the hands carefully. Negative results will indicate the normal results while positive results indicate the abnormality.

Results and Discussion

We have conducted survey of 100 people. 30 of which were males and 70 were females. 13.33% males were smokers and

bilinogen was present in their urine while 20% males were smoker with no bilinogen in their urine. Similarly, 2.8% females were smokers with bilinogen present in their urine and 5.7% females were smoker with no bilinogen in their urine. 56.6% males were non-smoker and bilinogen was present in their urine and 10% males were non-smokers with no bilinogen in their urine. Similarly, 78.5% females were non-smokers with bilinogen present in their urine and 12.8% females were non-smokers with no bilinogen in their urine. Results are given below in Table1.

Table:1 Relation of cigarette smoking with urine bilinogen.

Gender	Smokers		Non-Smoker	
	Urine Bilinogen Present	Urine Bilinogen Absent	Urine Bilinogen Present	Urine Bilinogen Absent
Males	13.33%	20%	56.60%	10%
Females	2.80%	5.71%	78.50%	12.85%

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