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Original Article

Grapes Likeliness in Reference to Nitrite in the Urine

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Abstract

The main goal of this project is to check the relation between grapes likeliness and nitrite in the urine. Overall 100 subjects contributed in this project. A questionnaire form was made and provided to each participant. Their answer was written in the form and take out calculation from that data. Nitrite is produced by the bacterial action on the nitrogen waste and this nitrite appears in the urine. This nitrite in the urine is because of urinary tract infection. Urinalysis is used to check the nitrites in the urine. It used the dipsticks. First of all, we asked the participants to collect the urine in the sterile cup then immersed the dipstick in the urine and left for 2 to 3 second. After dipping 2 to 3 seconds then took out dipstick from urine sample and arid in the open air then checked that dipsticks with standard normal parameter. The conclusion obtained from this result is that there is significant relation between grapes likeliness and nitrite in the urine.

Keywords: Nitrituria; Liking of grapes; Urine sample; Antioxidants; UTI

Introduction

Nitrite is a derivative of nitrogen waste that is produced by bacterial action from waste that can show in urine. Nitrite in the urine is known as Nitrituria. Nitrituria is caused due to UTIs [1]. UTI is an infection that happens in any place of the urinary tract. It makes the small urinary tract by affecting urethra and gall bladder. Symptoms of infection in urethra and gall bladder are immediate need to urinate, afflicting urination, dark urine and unpleasant smell of urine. Antibiotics are used to treat the nitrites in the urine [2-4]. Doctor can see the medical history of patient and type of bacteria then he specifies the antibiotics for the treatment of nitrites in the urine. Individual with nitrites should drink more water that make the dilute urine and eliminate the bacteria. Normal urine consists of chemicals that are known as nitrates while when bacteria enter into the body then it affects the urinary tract that release the nitrites in the urine [5-7]. Presence of nitrite in the urine is the indication of infection in the urinary tract that is most in common in the urine. Urinary tract infection is not severe; it can be cured by taking antibiotics.

Grapes are most old cultivated fruits and contain most percentage of calories. The most beneficial is that grapes have no fat, sodium and cholesterol. Grapes can be grown on different soils but its yield depends upon drainage of the soil, the stronger drainage the more production of grapes on it [8]. Like other fruits, grapes can also be produced by asexually. Grapes can be spread by the layering of canes. Grapes are necessary source of vitamin k that plays an important role in clot formation to prevent the excessive blood loss and this vitamin k is also important for bone health. Grapes are found in many colors and all their colors provide antioxidants and polyphenols. These antioxidants prevent us from oxidation that occurs by free radicals. If oxidation occurs it can damage the cells so it can be reduced by eating food like grapes that provide antioxidant to the body. Grapes regulate the blood flow and their function so they keep the heart healthy. Grapes play an important role in healthy vision because they protect us from blindness that is caused by macular damage. The main goal of this project is to check the relation between grapes likeliness and nitrite in the urine [7].

Materials and Methods

Urine dipstick test

Urinalysis is used to check the nitrites in the urine. It used the dipsticks. First of all we asked the participants to collect the urine in the sterile cup then immersed the dipstick in the urine and left for 2 to 3 second. After dipping 2 to 3 seconds then took out dipstick from urine sample and arid in the open air then checked that dipsticks with standard normal parameter.

Project Design

Overall 100 subjects contributed in this project. All of these subjects were the biology students in Bahauddin Zakariya University Multan, Pakistan. A questionnaire form was made and provided to each participant. Their answer was written in the form and take out calculation from that data.

Results and Discussion

Table 1 displays the relation of grapes likeliness to nitrites in urine in both male and female. More percentage of male 15% like the grapes and have nitrites in their urine while less of male almost 3% showed their interest in liking of grapes and have nitrites in their urine. On the other hand, greater percentage of females 65% had interest in liking of grapes and has not nitrites in their urine and less of them only 4% had also interest in liking of grapes and have nitrite in their urine.

Table 1: The relation of grapes likeliness to nitrites in urine.

Gender	Urine nitrites Positive%	Urine nitrites Negative%
Male	3%	15%
Female	4%	65%

Table 2 displays the relation of not liking of grapes to nitrites in urine in both male and female. Approximate 2% male had no interest in not liking of grapes and has nitrites in their urine. While in case of female almost 6% female had no interest in liking of grapes and all these females have nitrite in their urine. Less of them almost 3% showed no interest in liking of grapes and have nitrites in the urine.

Table 2: The relation of not liking grapes to nitrites in urine.

Gender	Urine nitrites Positive%	Urine nitrites Negative%
Male	2%	0%
Female	6%	3%

Table 3 shows the overall relation of this project. A greater percentage of male almost 90% like the grapes and less of them almost 10% do not like the grapes. On the other hand, there is greater percentage 88.46% showed grapes likeliness and only 11.53% female do not like the grapes.

Table 3: Overall relation between grapes likeliness and not liking of grapes.

Gender	Grapes likeliness	Not liking of grapes
Male	90%	10%
Female	88.46%	11.53%

Conclusion

The conclusion obtained from this result is that there is significant relation between grapes likeliness and nitrite in the urine.

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