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RESEARCH ARTICLE

Urine protein relates with likeness of lentils

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ABSTRACT

The main goal of this project was to relate urine protein with likeness of lentils. Students who participated in this project were 97. Analysis of urine was performed by dipstick method to measure protein in urine. Protein is present in blood and it performs many functions in the body. The kidney of a healthy person eradicates excess of the fluid and waste from blood, but it allows protein and many other nutrients to get through and returned to blood. Lentils had many useful effects on heart health and digestive system. It also maintains the sugar level of blood. It is beneficial for diabetic patients because it causes slow processing of burning of energy and balances the glucose level. About 17.65% of males and 6.90% of females had protein in urine and 82.35% of males and 93.10% of females had no protein in urine, and they had likeness of lentils. There was no percentage of males who did not like lentils. Conclusion of this study was that the presence of protein in urine had no correlation with likeness of lentils.

Keywords: Protein in urine, Lentils, Dipstick method

INTRODUCTION

Protein is present in blood and it performs many functions in the body. Kidney of a healthy person eradicates excess of the fluid and waste from blood, but it allows protein and many other nutrients to get through and returned to blood.[1] If kidneys are not functioning properly, then it causes some protein to escape from filters and get entry into the urine. The existence of protein in urine can indicate diseases of kidney or syndrome of nephron. Different kidney diseases such as diabetes, high BP, and having genetic history of renal disease can increase the chances of occurrence of protein in urine.[2] In the case of severe kidney infections or release of excessive proteins in urine, certain symptoms can appear such as inflammation on feet, hands, and abdomen and bubbly urine. Healthy diet and proper exercise are recommended to cure diabetes to control the loss of excessive protein. Certain medicines such as ACEIs and ARBs are also used for this purpose.[3]

Lentils had many useful effects on heart health and digestive system. It also maintains sugar level of blood.[4] It is beneficial for diabetic patients because it causes slow processing of burning of energy and balances the glucose level. They can increase energy level by refilling stores of iron.[5] They are not higher in fats and calories. Iron is also an important part of hemoglobin that carries oxygen from lungs to all parts of body. It is also necessary for many enzymatic functions such as production of energy and metabolic reactions. Increased amount of iron is needed during pregnancy and lactation.[6] Lentils can be stored for 12 months if they are packed in an airtight container. Lentils are divided into diverse groups according to their differences in size. Mostly they are green or brown in color.

The main goal of this project was to relate urine protein with likeness of lentils.

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Table 1: Urine protein relates with likeness of lentils

Gender	Lentil likeness		Lentils dislikeness	
	Protein in urine present (%)	Protein in urine absent (%)	Protein in urine present (%)	Protein in urine absent (%)
Males	17.65	82.35	0	0
Females	6.90	93.10	1.82	81.82

MATERIALS AND METHODS

Students who participated in this project were 97. Analysis of urine was performed by dipstick method to measure protein in urine.

Designing of project

I designed a project in which questions were prepared about the likeness of students for lentils and about urine protein.

Statistical analysis

I performed statistical analysis using MS Excel.

RESULTS AND DISCUSSION

Urine protein relates with likeness of lentils is given in Table 1. About 17.65% of males and 6.90% of females had protein in urine and 82.35% of males and 93.10% of females had no protein in urine, and they had likeness of lentils. There was no percentage of males who did not like lentils. About 1.82% of females had urine protein and 81.82% of females had no protein in urine and they did not like lentils.

Research-based study had given vital consequences.

CONCLUSION

Conclusion of this study was that the presence of protein in urine had no correlation with likeness of lentils.

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