



Does Urine Bilirubin have an Impact on Nail Biting?

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Abstract

Main concern of current research was to determine the correlation between nail biting and urine bilirubin. In current research, 100 subjects participated. These participants were students of Bahauddin Zakariya University, Multan, Pakistan. Survey based training had given an important advancement. Urinalysis test was performed to check presence of bilirubin in urine. This test usually recognizes net urine bilirubin that is dependent on the shades of urine on synthetic test strip. To check the amount of bilirubin in urine test, all subjects were allowed to collect their sterile urine in a tube that was provided to them. And the synthetic strip was dipped for a while and after one minute the changes were observed in a test strip and questions were asked from the respondents if they had nail biting habit or not then their values were compared with their answers. It was concluded that there are 44% chances that nail biting and urine bilirubin are not related.

Keywords: Nail Biting; Urine bilirubin; Urinalysis

Introduction

Yellowish pigment produced by liver that is present in bile known as bilirubin. Having large concentration of bilirubin in body can cause jaundice, anemia and liver diseases. This substance is produced when red blood cells broke down and this pass out from the body during digestion. When red blood cells start to break down above their normal ranges, bilirubin start to accumulate and this condition is known as hyperbilirubinemia. Usually high levels of bilirubin can cause serious damages, as in the case of children having bilirubin level higher than 20-25 mg/dl might cause neurological damages. That is why bilirubin level should be measured. Urine test is the best way to check the bilirubin level present in the body. Bilirubin in urine test is used to detect the presence of bilirubin in urine. Presence of bilirubin in urine indicates diseases like liver damage etc. Normal human cells make bilirubin about 250 to 350 mg each day and it gives its color to urine, and urine test is used to detect the presence of liver damages like hepatitis.

Onychophagia is considered as bad habit. It is also called nail biting. It is an oral compulsive habit usually present in youngsters and children. It has bad impact on human health. People do this under stress conditions. It is caused by both environmental and behavioral effects. Onychophagia causes sourness of fingertips. It also allows pathogens to enter into your body. This habit can be avoided by discouraging habit and applying bad taste nail polish.

Objective of the present study was to check the correlation between nail biting and urine bilirubin.

Materials and Methods

In current research, 100 subjects participated. These participants were students of Bahauddin Zakariya University, Multan, Pakistan.

Urine bilirubin analysis

Urinalysis test was performed to check presence of bilirubin in urine. This test usually recognizes net urine bilirubin that is dependent on the shades of urine on synthetic test strip.

Project designing

To check the amount of bilirubin in urine test, all subjects were allowed to collect their sterile urine in a tube that was provided to them. And the synthetic strip was dipped for a while and after one minute the changes were observed in a test strip and questions were asked from the respondents if they had nail biting habit or not then their values were compared with their answers.

Results and Discussion

Relation of nail biting and urine bilirubin is given in table 1. 12% Subjects with 0 value of bilirubin and 16% subjects with 10 value said yes (they had nail biting habit) while 44% subjects with negative value of bilirubin and 28% subjects with 10 value of bilirubin said no (they do not had nail biting habit). This result shows that there is no relation present between urine bilirubin and nail biting habit.

Having nail biting habit		No nail biting habit	
Negative value	10 value	Negative value	10 value
12%	16%	44%	28%

Table 1:Relation of nail biting and urine bilirubin.

In present study, survey based research had given an important advancement. Many studies have been done before on nail biting habit, its effects, its causes and its treatments. Many studies have also been done on urine bilirubin but no one had study or relate urine bilirubin with nail biting habit [1-9].

Conclusion

It was concluded that there are 44% chances that nail biting and urine bilirubin are not related.

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