

Research Article

Interlinking Blood in Urine with Tendency of Flu

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Abstract

The main purpose of doing this research was to find a relation between blood in urine and influenza. There were 100 subjects that took part in this research survey. All the participants belong to the University of Bahauddin Zakariya Pakistan. It was concluded from this study that the people who had negative test reports i.e. who did not have blood in their urine are more sensitive towards flu. Thus there is a link between blood in urine and flu.

Keywords: Blood; Influenza; Urine

Introduction

Blood in urine is an alarming state while in many cases it is normal and harmless. Blood in urine is known as hematuria. Blood that can be visualized is known as gross hematuria while urinary blood which can only be seen under microscope is known as microscopic hematuria [1]. The colors like pink, red and cola are seen in gross hematuria. Bleeding may not sometimes painful but passing of blood clots is often painful. It is a condition when kidneys or other urinary tracts allow the blood cells to leak into urine. Bacterial infections are often the cause. Symptoms include persistent urge to urinate, sensations of pain and burning and strong smell of urine [2]. When bacteria enter the kidneys then the symptoms are similar to infections of bladder. Kidney stones which are formed as a result of crystal formation are the causes of bleeding. Enlarged prostate often leads to bleeding. Kidney diseases and cancer are also the cause of bleeding in urine. There are some risk factors which results in blood in urine. Age, family history, exercises often induce urination with bleeding [3,4].

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Influenza has some deadly symptoms among which there are headaches, muscle aches, runny nose. Muscle aches and often weakness are the symptoms which are most prominent. Muscle degradation of genes is by flu virus [5]. It also decreases the building genes in skeletal muscles in the legs thus a patient may feel difficulty in walking as the strength of legs decrease. This situation becomes worst for old individuals than younger ones [6]. This is may be due to immune response against the viral infection. So, rest must be assured when someone is facing flu. Up take of medicine during flu is generally not recommended as the viral infection diminishes after the cycle is completed [7,8].

The main purpose of doing this research was to find a relation between blood in urine and influenza.

Material and Methods

There were 100 subjects that took part in this research survey. All the participants belong to the University Of Bahauddin Zakariya Pakistan. They were all willing to assist us and answered to the questions accordingly.

Project designing

We designed questionnaire for our project and then we performed the urine test of every subject. All subjects were asked to collect fasting urine sample and then a paper strip was given to all to dip it in the sample. Then after some time, the strip was compared to the values given on the test meter box.

Results

The results were calculated in the form of percentages deduced by the questioners. The highest percentage was 68.3% in case of negative results of blood in urine and they were females who were sensitive towards flu (Table 1). The lowest percentage was found in non-haemolytic male who were not sensitive towards flu (Table 2).

	Negative (%)	Non-Haemolytic (50%)	Haemolytic 10 (%)
Female	68.3	6.6	13.3
Male	11.6	0	3.3

Table 1: Relation between flu and blood in urine for those who are sensitive towards flu.

Discussion

There are so many researches done on blood in urine and influenza. A research article published on 2010, on blood in urine and its effects on health suggested that it may be the side effect of some drug and due to many reasons including kidney damage. A paper published in early 2019, a human antibody response to influenza suggested that immune response is broader in this case. Inactivated vaccine focuses on IgG response. It explains two types of immunity which is natural and through vaccination [9,10].

	Negative (%)	Haemolytic 10 (%)	Haemolytic 50 (%)	Non Haemolytic 10 (%)	Haemolytic 250 (%)
Male	17.5	7.5	2.5	2.5	0
Female	65	7.5	0	2.5	2.5

Table 2: Relation between flu and blood in urine for those who are not sensitive towards flu.

Conclusion

It was concluded from the present study that there was link between flu and blood in urine.

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