

RESEARCH ARTICLE

How Noodle Delineation Influences the Urine pH

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The intent of the present study was to associate the urine pH with the noodles rendering. The pH of urine is acidic, alkaline, or neutral. If the pH of your urine is less than seven, the pH is acidic. If the pH is more than seven, the pH shows alkalinity. However, if the pH is seven, the pH is neutral. The pH in the body is maintained by the kidney. The glomerular filtrate of blood is usually acidified by the kidneys from a pH of approximately 7.4 to a pH of about 6 in urine. Normally, the pH in our body is maintained by the kidney primarily through the reabsorption of sodium, hydrogen, and ammonium ions. If the amount of sodium is more than the pH of urine, it is acidic. If the amount of bicarbonate-carbonic acid is excess, the pH of urine is basic or alkali. Noodles are mostly used in China as a most favorite dish. Noodles are a good source of vitamins, minerals, carbohydrates, and lipids. It is closed from the present study that there is no influence of noodle delineation on urine pH.

Keywords: Effect of noodle delineation on urine pH, noodle delineation, pH of urine**INTRODUCTION**

Urine PH means whether your urine is acidic or basic some things such as drugs and diet unconsciously change the PH of urine. It causes kidney stones. Kidney stone is the deposition of minerals or small particles which cause pain during urination. Some drugs such as acetazolamide, ammonium chloride, potassium citrate, and sodium bicarbonate cause the change of urine PH which we mostly use in our daily life. The neutral PH is 7. If PH decreases, it becomes acidic and when it increases, it makes urine basic. We can easily test the PH by urine test. Dehydration, diabetes, diarrhea, and starvation are the other main factors which affect the PH of urine. Abnormal PH causes stomach acidity, kidney stone, vomiting, and infection in the urinary track. The glomerular filtrate of blood is usually acidified by the kidneys from a pH of approximately 7.4 to a pH of about 6 in urine. Normally, the pH in our body

is maintained by the kidney primarily through the reabsorption of sodium, hydrogen, and ammonium ions. If the amount of sodium is more than the pH of urine, it is acidic. If the amount of bicarbonate-carbonic acid is excess, the pH of urine is basic or alkali. The acidic and basic pH is not normal so if the pH is acidic or basic, urgently contact your doctor.^[1,2]

Noodles are most common food in China. It is delicious in taste; it is easy to cook and serve. There are different types of noodles. All the types of noodles are delicious in taste. The noodles are most common dish in almost all the countries. The noodles of every shape are delicious in taste. Egg noodles are a rich source of protein. Noodles are dry and hard before cooking but after cooking, it is soft and wavy in shape and easy to eat. Noodles are mostly eaten in Northern countries. Noodles are low-calorie food. It is mostly used by those people who want to lose weight. The noodles in the packed form can be preserved for long period of time but after cooked, it is preserved only for 2–3 days. Many people's use noodles during dieting because noodles are a low-calorie food.

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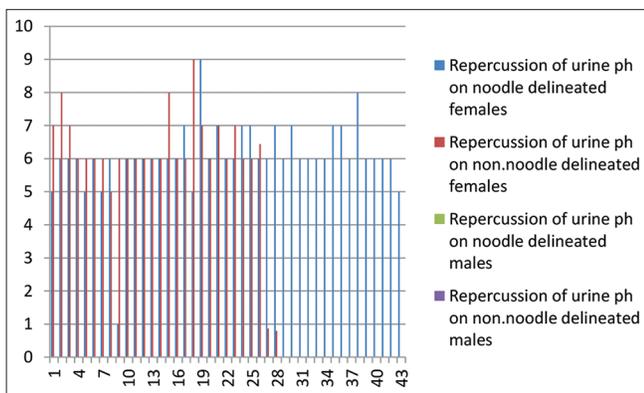


Figure 1: Repercussion of pH of urine on noodle delineated and non-noodle delineated females and males

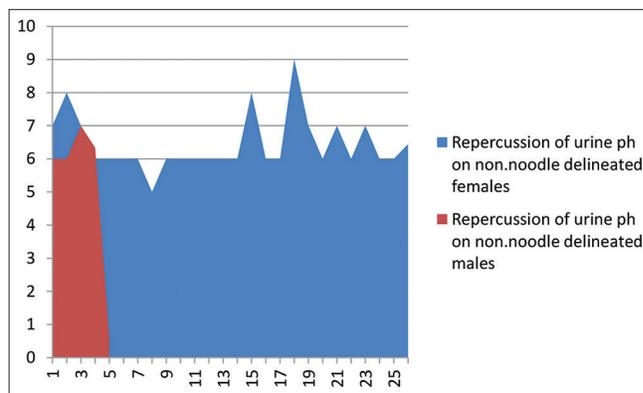


Figure 4: Repercussion of pH of urine on non-noodle delineated males and females

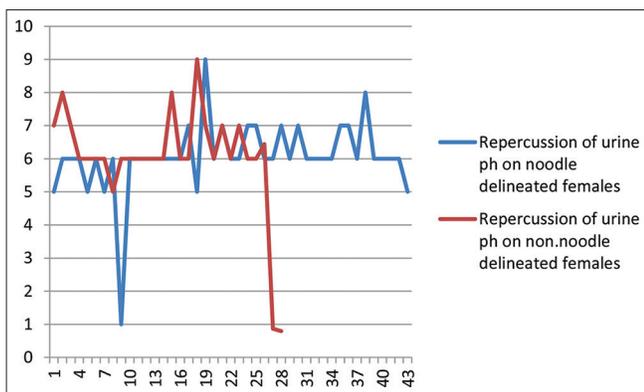


Figure 2: Repercussion of pH of urine on noodle delineated and non-noodle delineated females

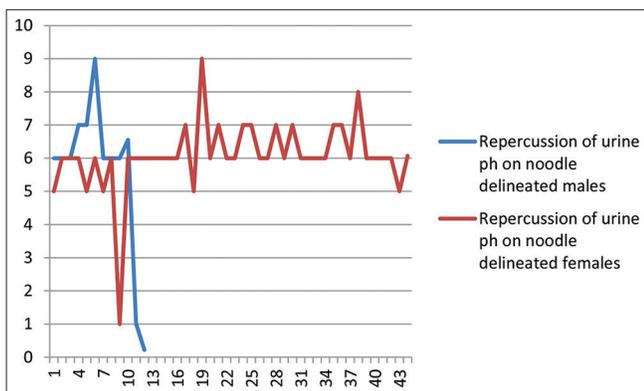


Figure 3: Repercussion of pH of urine on noodle delineated males and females

It is helpful in weight loss. The noodles are low-calorie food and beneficial for peoples of almost all ages. A lot of advantages of noodles are present as they are cheap and handy. Noodles can be eating any time. Noodles are made by mixing different vegetables, chicken, boiled water, salt, and black paper. Noodles are mostly used in China as a

most favorite dish. Noodles are good sources of vitamins, minerals, carbohydrates, and lipids, Noodles are the most favorite dish of children and youngsters. Noodles also increase fats in the body. Noodles are made up of different materials such as wheat, rice, and oat. The noodles made up of rice are white. Noodles are made up of rice which is a rich source of proteins and lipids. Noodles are spicy in taste.^[3-6]

The intent of the present study was to associate the urine pH with the noodles rendering.

MATERIALS AND METHODS

Questionnaire was prepared which was answered by the subjects according to their knowledge and interest. All subjects belong to the Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan. Their age ranges between 18 and 22.

Measurement of Urine pH

First of all, take a urine jar and collect a urine sample into the jar. After collecting the sample dip the strip into it. After some time, check the pH. If the color of strip remains the same, the pH is acidic but if the color of pH turns green, the pH is alkaline.

Project Design

The intent of the present study was to associate the urine pH with the noodles rendering.

Assessment of Demography

SAS was used to analyze the data.

RESULTS AND DISCUSSION

Out of 84 students, only 54 students were noodles delineated while 30 students were not noodles delineated [Figures 1-4]. 14 males were present in this project of which 10 were noodles delineated and 4 were not noodles delineated. The average value of males who were noodles depicted was 6.55 and their standard deviation was 1.01. The average value of males who were not noodles delineated was 6.33 and their standard deviation was 0.577 [Figure 1]. 70 females were present in this project of which 44 were noodles delineated and 26 were not noodles delineated [Figure 2]. The average value of females who were noodles delineated was 6.069 and their standard deviation was 1.099 and the average value of females who were not noodles delineated was 6.44 and their standard deviation was 0.86 [Figures 2 and 3]. 98 males were present in this project of which 69 were noodles delineated and 29 were not noodles delineated.

Questionnaire-based study has given significant outcomes.^[7-14] Miyake *et al.* reported that their study indicates that NAFLD is associated with a low urine pH in both sexes, findings that might help clinicians identify patients at high risk for NAFLD.^[15] Chung *et al.* reported that low UpH can be used as a surrogate marker of MetS and affects the development of MetS, associative with the increase of dyslipidemia and dysglycemia in those without MetS. If UpH is ≤ 5.0 , efforts to prevent metabolic disorders are warranted.^[16]

CONCLUSION

It is closed to the present task that there is not much influence of noodle delineation on urine pH. The t-test *P*-value of males is 0.4 while females have 0.83 *P*-value.

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