

Relating Urine Ketones and Dandruff

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Abstract: *The utmost intention of this article was to assess a connection between blood in urine and dandruff. Human body needs glucose to carry out energy for body metabolic reactions. This energy source is taken from diet. In normal case, kidney consume this glucose but sometimes body cannot utilize body glucose so the glucose extract called Ketones begun to appear in urine known as urine Ketones. Dandruff is a epidermal scaling of the scalp in which extra skin cells initiate to die and shed like flakes. Dandruff's study falls under the subject of dermatology. Almost half of the people worldwide are affected by it. In dandruff, scalp may be oily or dry. It was concluded that about 50 % male with absence of urine Ketones have dandruff symptoms.*

Keywords: *Urine Ketones, Dandruff and Treatment.*

1. INTRODUCTION

Human body needs glucose to carry out energy for body metabolic reactions. This energy source is taken from diet. In normal case, kidney consume this glucose but sometimes body cannot utilize body glucose so the glucose extract called Ketones begun to appear in urine known as urine ketones. In high level of urine ketones, this condition refers to diabetic ketoacidosis that may lead to coma and death. A major cause of urine ketones is the deficiency of insulin in body, due to which glucose is not consumed by the body and glucose not enter the cell. Dehydration also responsible for high ketones level in urine. The normal level of urine Ketones is below 0.5 mmol/L and high level of Ketones start from 1.5 to 3.1. High levels of Ketones usually build in the blood and urine causing symptoms like abdominal pain, confusion, decreased perspiration, dry, cool skin and high blood sugar.

The levels of urine Ketones may reduced if we drinking plenty of water and eating vegetables and avoiding the food containing too much sugar. Monitor blood glucose level and Ketones every three to four hours. Avoid exercising if you have glucose and Ketones above 250 mg/dL.

Dandruff is a epidermal scaling of the scalp in which extra skin cells initiate to die and shed like flakes. Dandruff's study falls under the subject of dermatology. Almost half of the people worldwide are affected by it. In dandruff, scalp may be oily or dry. In dry scalp, skin cells begun to dehydrate while in oily scalp there is too much oil on the scalp means more sebum production due to over-activity of sebaceous glands. Signs of dandruff include itchy, inflammation, redness, scaling, patches, dryness, oily scalp and irritation. Cradle cap is a type of dandruff occurring in babies of two months and remains for a few weeks or months. Home remedies are also productive in the management of dandruff symptoms. Olive oil usage reduces desiccation of scalp and has anti-viral and anti-inflammatory properties to cure irritation and infection. Apply eggs on hair provide essential protein to hairs effective in reducing hair loss and improves toughness of hairs. Fenugreek seeds have high contents of protein useful in prevention of hair loss and also moisturizes the scalp.

The utmost intention of this article was to construct a connection between blood in urine and dandruff.

2. MATERIALS AND METHODS

For the analysis of urine Ketones, fully immersed the test strip into the container containing the urine of the patient. To prevent cross contamination, test strip should remain horizontal. The test strip has a

indicator chemical which shows a characteristic colour after reacting with compound in the urine. Presence of blood in urine will be confirmed when colour of chromogen indicator changes when it oxidized by the reaction of hemoglobin with peroxidase substrate. The colour then compares with the urine dipsticks.

3. RESULTS AND DISCUSSION

Table1. Relation between urine Ketones and dandruff

Gender	Presence of urine Ketones	Absence of urine Ketones
Male	20 % (N-D)	50 % (D)
Female	5 % (D)	25 % (N-D)

“D” indicates the person have dandruff symptoms and “N-D” for those not having dandruff symptoms.

According to table, about 50 % male with absence of urine Ketones have dandruff symptoms.

4. CONCLUSION

It was concluded that about 50 % male with absence of urine Ketones have dandruff symptoms.

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