

Relevancy of Urine Bilirubin with Dandruff

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Abstract: *The main purpose of this article was to study a relevancy between urine bilirubin and dandruff. Bilirubin is a linear tetra pyrrole molecule having yellowish colour produced during the breakdown of erythrocytes. If bilirubin enters into urine, it is called urine bilirubin. Dandruff is the falling of the dead skin cells from scalp as white dots. Study of Dandruff, its signs, causes and treatment come under the subject of dermatology. It was concluded that male with urine bilirubin quantity 1.1 mg/dL have more chance of dandruff while female with 0.8 mg/dL have more chance of dandruff.*

Keywords: *Urine Bilirubin, Liver disease, Dandruff and Dipsticks*

1. INTRODUCTION

Bilirubin is a linear tetra pyrrole molecule having yellowish colour produced during the breakdown of erythrocytes. If bilirubin enters into urine, it is called urine bilirubin. There are two types of bilirubin: conjugated and non-conjugated bilirubin. Bilirubin test is essential to check whether its quantity is within normal range. Normal urine bilirubin ranges from 0.2-1.2 mg/dL. Life span of red blood cells is 120 days. After this time, erythrocytes hemolyzed to globin and heme molecules.

Globin molecule then hydrolyzed to amino acids while heme converts into iron and bilirubin. Bilirubin formed by the degradation of RBCs then discharged into liver. In case of normal healthy liver, most of the quantity of bilirubin removed from body but in case of liver which is not working normal most of the bilirubin leak into blood and urine. Abnormal functioning of liver includes liver diseases such as jaundice, hepatitis, liver cancer, liver injury and drinking more alcohol. The function of bilirubin is to give urine its original colour. Bilirubin is an insoluble anti-oxidant giving colour to bile, feces, urine and also responsible for the discoloration of skin as in case of jaundice. Home remedies include eating fish, vegetables, olive oil and fruits that can power the liver to function normally.

Dandruff is the falling of the dead skin cells from scalp as white dots. Study of Dandruff, its signs, causes and treatment come under the

subject of dermatology. Signs of dandruff include flakes, itchy, inflammation and scaly scalp. Causes of dandruff includes growth of yeast like fungus malassezia, sebaceous gland secretion, environmental factors, dust, pollution, excessive use of hair-styling products, individual susceptibility, taking stress and eating food not containing essential vitamins. Dandruff is treated with shampoos and also with home remedies. Trichorganic anti-dandruff shampoo is effect against dandruff. Its main components are ketoconazole and itchthyol pale. Ketoconazole has anti-fungal properties, it prohibits the compilation of ergo sterol. Ergo sterol is a fundamental component of fungal cell membrane. It chthyol pale has multi anti-dandruff characters as it has anti-microbial, anti-fungal and anti-irritant characters. Its usage slows down the enhanced growth of skin cells on scalp. Home remedies include the use of vitamin E, Castrol oil and yogurt. Castrol oil is composed of omega-9 fatty acids. Applying Castrol oil on hairs improves the hydration of hair and scalp and cure dandruff symptoms. Yogurt is rich in protein provides essential nutrients to hairs and help the hair follicle to grow.

The main purpose of this article was to study a relevancy between urine bilirubin and dandruff.

2. MATERIAL AND METHODS

For the measurement of urine bilirubin, first of all dip the test strip into the container containing urine. The test strips should be submerged for a

few seconds and the ends of strips not touch each other to prevent cross-contamination. The color then compare with the dipsticks which counts the reading of urine bilirubin.

2.1. Statistical Analysis

Statistical analysis was performed on the Microsoft office word by counting the percentage.

3. RESULTS AND DISCUSSION

Table1: Relevancy between urine bilirubin and dandruff

Gender	0.2 mg/dL	0.8 mg/dL	1.1 mg/dL
Male	5 % (N-D)	20 % (N-D)	40 % (D)
Female	0 % (N-D)	20 % (D)	15 % (N-D)

“D” indicate those people that have dandruff symptoms while “N-D” indicates the percentage of those people not having dandruff symptoms. Table no: 01 indicates the relevancy of urine bilirubin with dandruff. Male with urine bilirubin quantity 1.1 mg/dL have more chance of dandruff while female with 0.8 mg/dL have more chance of dandruff.

4. CONCLUSION

It was concluded that male with urine bilirubin quantity 1.1 mg/dL have more chance of dandruff while female with 0.8 mg/dL also have more chance of dandruff.

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Citation: Muhammad Imran Qadir, Usama Razzaq, Relevancy of Urine Bilirubin with Dandruff. *ARC Journal of Dermatology*. 2019; 4(1):7-8. doi:dx.doi.org/10.20431/2456-0022.0401002.

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