



Yogurt relate with urine nitrite

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Article Received 25-06-2020 / Article Accepted 26-07-2020 / Article Published 28-07-2020

ABSTRACT

Many students participated in this project. Nitrites in urine caused the different urinary infection and some time they responsible for kidney infection. And we study about the yogurt, yogurt is a fermented milk, and a complete diet for all age of people. It control the hypertension and protect us for certain digestive infection for example diarrhea. Mostly student are the yogurt lover.

Keywords: probiotic, nitrites, yogurt.

INTRODUCTION:

Nitrites is the form of nitrogen. Naturally nitrite found in certain vegetables for example, cabbage cucumber. The presence of nitrites in urine that means the bacterial infection in your urinary tract. This is also called urines tract infection. Harmful microorganisms find their way into the urinary tract and imitate quickly. Some types of microorganisms have an enzyme that converts the nitrates into nitrites. UTIs generally have other indications, such as: scorching with urination, increased insistence of urination, and sometime the blood in the urine and robust smelling urine. UTIs are common in case of pregnancy and they are dangerous. They can cause high blood pressure, increase the cholesterol level and premature delivery if you don't get proper medicine. UTIs during pregnancy nitrite in urine more dangerous and extent to the kidneys.

Yogurt is a good source of beneficial microorganism. These microbes is also called

probiotics. These microbes protect our body for internal harmful bacteria or microorganism. Yogurt is a good source of food a complete diet, full of vitamin and minerals. And maintain the cholesterol level. Yogurt is a good food in case of urine infection (urine nitrites). Doctors give different instruction like eating yogurt and the daily checkup, good food and avoid alcoholic drinks.

MATERIAL AND METHOD:

There were one hundred and twenty students participated in this project. All students belong to the Bahauddine Zakariya University of Multan, Pakistan. In this project we collecting the sample of urine on a test tube or cup and these sample send in to the laboratory and we observe the all student normal range of nitrites but two students

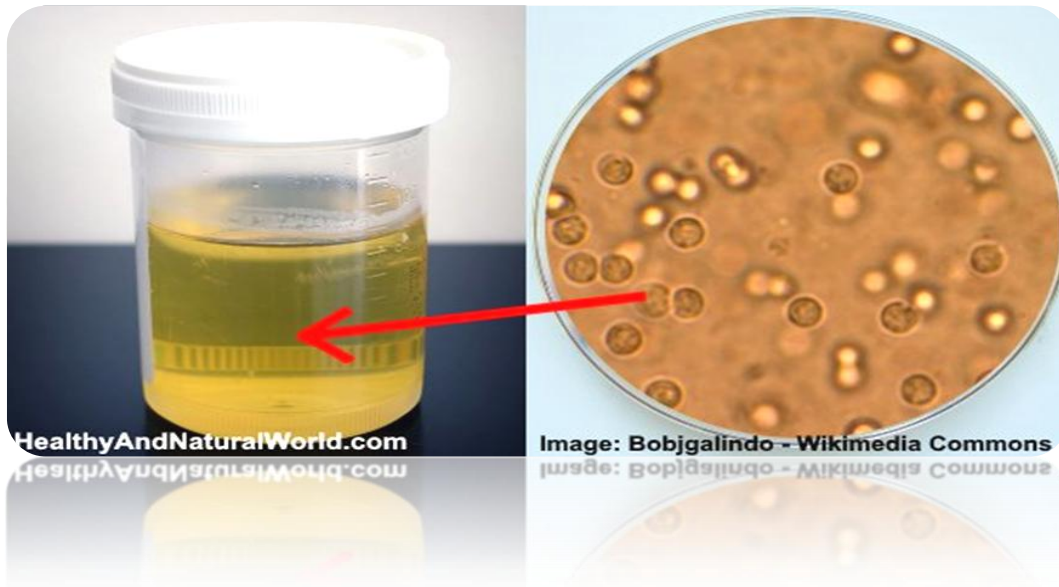
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infected this infection. But we study the other sample in lab then we observe that the infection

easily effect the urinary tract and the following results show in figure.



Project design

A questionnaire design was about the liking and disliking of yogurt and the urinary tract infection.

Statistical analysis

M.S excel used in this experiment for statistical analysis.

The ration of these student in this table;

Gender	Yogurt lover	Disliking yogurt
Male	21	09
Female	84	06

CONCLUSION:

It was concluded that the maximum range of these student like to eat yogurt and the two student was infected the urinary tract infection.

RESULT AND DISCUSSION:

120 students participated in this project. All student give deferent ideas about yogurt, yogurt is a good food, full of vitamins and so on. Mostly strength of these students like to eat yogurt, ninety girls and thirty boys participated in this project.



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