



**HOW DOES pH OF URINE INTERRELATE WITH POTENTIAL TO DO
EXERCISE?**

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Received 16th May 2018; Revised 25th June 2018; Accepted 30th July 2018; Available online 1st May 2019

ABSTRACT

Main aim of the inspection was to interrelate pH of urine with potential to do exercise. 100 subjects participated in the activity and they were scholars at Bahauddin Zakariya University, Multan, Pakistan. A pH is the determination of acidic or alkaline nature of one's urine. Bodily movement in continuous repetitive intervals is entitled as Exercise. A pH measuring stick was used to determine the pH of urine. Stick was dipped into the samples and retained for thirty seconds. Then taken out from samples, color changes were observed and recorded. A questionnaire was prepared and with the acceptance of subjects it was presented to them. It was deduced that pH of urine interrelates with potential to do exercise.

Keywords: pH, exercise, interrelate

INTRODUCTION

A pH is the determination of acidic or alkaline nature of one's urine (1-2). Any disease, type of food consumption and medications influence the acidity or alkalinity of the urine. Ph of 6.0 is usually considered average pH of urine but it can range from 4.5 to 8. Type of food consumption before the evaluation of urine significantly influences its pH value. A high value is referred to as alkaline and it can indicate conditions like kidney stone,

kidney disorder or an infection in the urinary tract. Increased vomiting can also lead to high pH of urine as the body removes stomach acid causing fluid in the body to become more basic. A low level of pH is referred to as acidic and it can indicate conditions like diabetic ketoacidosis or diarrhea. Acidic nature can also lead to kidney formation. In short, the urine pH indicates the entire health and