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**IS THERE ANY ROLE OF URINE KETONE IN NAIL GROWTH?**

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**ABSTRACT**

Sugar is utilized by the body for the energy production. The diabetic patients have the low insulin in body and the fat are turned into the ketones by body metabolisms and then these metabolisms can then transfer the ketones to the blood and urine. Casually there re the very low level of the ketones in the urine which is not alarming but the triggered levels of the ketones in the body are harmful. There are certain reasons for the higher levels of the ketones like alcohol consumptions or having some kind of infections; if a woman is pregnant she could have the higher level of the ketones. Nails are very important part of the human body. The nails grow continuously. The nail structure can be described in different terms and parts. The investigation was control in Bahuddin Zakirya University, Multan, Pakistan. Aggregate of 100 understudies took an interest all through this investigation. We've a tendency to check their pee ketone level in excreta by action pee investigates. We watch out for a tendency to lift them to require their waste example all through a cleaned plastic instrumentality at that point checked their blood level with the help of piss testing strip. Pee ketone level and nail development have no logical connection since level of positive ketone level is not exactly the level of negative ketone level, henceforth results were non-critical.

**Keywords: Ketone level, Urinalysis, Nail length, Ketone test**

## **INTRODUCTION**

Sugar is utilized by the body for the energy production. The diabetic patients have the low insulin in body and the fat are turned into the ketones by body metabolisms and then these metabolisms can then transfer the ketones to the blood and urine. Casually there re the very low level of the ketones in the urine which is not alarming but the triggered levels of the ketones in the body are harmful. There are certain reasons for the higher levels of the ketones like alcohol consumptions or having some kind of infections; if a woman is pregnant she could have the higher level of the ketones. Pain in muscles is also one of the symptoms of the higher ketone levels. You can face problems in breathing properly or nausea can be felt. The higher levels of the ketones can cause some serious issues like brain swelling, unconsciousness, and coma and ultimately death occurs. The higher levels can be treated as well it needs the doctor concern the electrolyte play important role in the treatment, insulin also plays role in the treatment. The higher levels of ketones can be prevented by regularly checking the blood sugar when its getting high when it's getting low is very important. Again the diet plays the very important role in the ketone level of the urine. The diet with fewer carbohydrates

means the less production of the ketones. These diets are specifically for the diabetic patients as well. The levels can also be controlled by maintaining the diet containing the protein. Testing the ketone level is very important for the diagnosis and for the proper treatment.

Nails are very important part of the human body. The nails grow continuously. The nail structure can be described in different terms and parts. There are six components of the nails root, nail bed, nail plate, eponychium, hyponychium, paronychia etc. Nails can take upto 3 months to regrow completely. Their growth depends upon the various factors like aging and diet as well.

The determination of current study was to examine the character of urine ketone in nail growth.

## **MATERIALS AND METHOD**

### **Project Designing**

The investigation was control in Bahuddin Zakirya University, Multan, Pakistan. Aggregate of 100 understudies took an interest all through this investigation. We've a tendency to check their pee ketone level in excreta by action pee investigates. We watch out for a tendency to lift them to require their waste example all through a cleaned plastic instrumentality at that point checked their

blood level with the help of piss testing strip. We've a tendency to require out strip from box and dunk in doddle and let it set for a few seconds at that point coordinated the relating shading with the shading list given on the crate. We've a tendency to make partner outperform sheet and compose their pee ketone level in excreta before their name at that point asked them alluding to nail development design and too compose nail development days with creature shade level in pee. The examination was performed to interconnect the nail development with pee ketone level in excreta.

**Statistical Analysis**

Statistical examination was done by computing percentage of the statistics.

**RESULTS**

Table 1 tells us that in male negative urine ketone share is on prime of the positive one that was less than 50%. It means there's no compulsory kin between pee ketone and nail length.

The table 2 is giving the result that there's no necessary relation between pee ketone and nail growth days.

**Table 1: Presence of Urine ketoneswith respect to nail growth in males**

Nail length	Urine Ketones Positive	Urine Ketones Negative
Long	40%	10%
Short	30%	20%

**Table 2: Role of urine ketone (percentage) in nail growth in female**

Nail growth days in males	Negative urine ketone	Positive urine ketone
Long	10%	20%
Short	10%	10%

Nail growth days in females	Negative urine ketone	Positive urine ketone
Long	0%	20%
Short	10%	20%

**DISCUSSION**

Each table positive pee ketone level was littler amount than the negative pee ketone levels. It proposes that there's no imperative connection between positive pee ketone and nail development design however we'll state that there's a mammoth connection between negative ketone revel and nail development.

Nail development has been united with blood gathering in prior examinations that review demonstrate the connection between nail development and blood gathering. Anyway the ongoing examination interconnection of nail development with pee ketone has not announced before. It's a particular

examination that joined the ketone in pee with example of nail development.

### CONCLUSION

Pee ketone level and nail development have no logical connection since level of positive ketone level is not exactly the level of negative ketone level, henceforth results were non-critical

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