

NAME: OLOFU JESSICA CHIOMA

MATRIC NO: 18/MHS02/144

COURSE CODE: PHS 212

Write a short note on the characteristics (and components) of urine

Urine is a sterile waste product composed of water soluble nitrogen products.

Urine, a typically sterile liquid by-product of the body, is secreted by the kidneys through a process called urination and excreted through the urethra. Urine is often used as a diagnostic feature for many disease conditions. These may be based on either physical or chemical components, that may give insight to processes within the body, often through urinalysis, a common clinical analysis of urine.

Physical Characteristics

Physical characteristics that can be applied to urine include color, turbidity (transparency), smell (odor), pH (acidity – alkalinity) and density. Many of these characteristics are notable and identifiable by vision alone, but some require laboratory testing.

- **Color:** Typically yellow-amber, but varies according to recent diet and the concentration of the urine. Drinking more water generally tends to reduce the concentration of urine, and therefore causes it to have a lighter color. Dark urine may indicate dehydration. Red urine indicates red blood cells within the urine, a sign of kidney damage and disease.
- **Smell:** The smell of urine may provide health information. For example, urine of diabetics may have a sweet or fruity odor due to the presence of ketones (organic molecules of a particular structure) or glucose. Generally fresh urine has a mild smell but aged urine has a stronger odor similar to that of ammonia.
- **pH:** The pH of normal urine is generally in the range 4.6 – 8, with a typical average being around 6.0. Much of the variation occurs due to diet. For example, high protein diets result in more acidic urine, but vegetarian diets generally result in more alkaline urine (both within the typical range of 4.6 – 8).
- **Density:** Density is also known as “specific gravity.” This is the ratio of the weight of a volume of a substance compared with the weight of the same volume of distilled water. The density of normal urine ranges from 0.001 to 0.035.
- **Turbidity:** The turbidity of the urine sample is gauged subjectively and reported as clear, slightly cloudy, cloudy, opaque or flocculent. Normally, fresh urine is either clear or very slightly cloudy. Excess turbidity results from the presence of suspended particles in the urine, the cause of which can usually be determined by the results of the microscopic urine sediment examination. Common causes of abnormal turbidity include: increased cells, urinary tract infections or obstructions.

Abnormalities in any of these of physical characteristics may indicate disease or metabolic imbalances. These problems may seem superficial or minor on their own, but can actually be the symptoms for more serious diseases, such as diabetes mellitus, or a damaged glomerulus.

Urinary Physical Characteristics

- The pH of urine is normally around 6.2 with a range of 5.5–7.0. A high dietary protein and alcohol intake leads to increased pH, while vegetables and fruit bring about a more alkaline pH.
- The specific gravity of urine may range from 1.002 to 1.037.
- The mean calorific content of urine may be approximately 100 kcal/day.

Urine Components and Composition

Over 99 percent of urinary solutes are composed of only 68 chemicals which have a concentration of 10 mg/L or more. 42 compounds are actually involved. They may be classified as follows:

- Electrolytes such as sodium, potassium, calcium, magnesium and chloride
- Nitrogenous chemicals such as urea and creatinine
- Vitamins
- Hormones
- Organic acids such as uric acid
- Other organic compounds