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### Assignment

Write a short note on characteristics and components of urine.

### **Answer**

Urine is clear and amber in colour due to the presence of the pigmented substance urobilin. This is generated following haemolysis when some of the urobilogen produced in the kidneys is converted to urobilin. The specific gravity is between 1020 and 1030, and the pH is around 6 (normal range 4.5-8). A healthy adult passes from 1000 to 1500 ml per day. The volume of urine and the specific gravity vary, according to fluid intake and the amount of solute excreted. The constituents of urine are:

- Water 96%
- Urea 2%
- Creatinine 0.1%
- Ammonia 0.05%
- Sodium 0.1%
- Potassium 0.6
- Chlorides 0.6%
- Phosphates 0.12%
- Sulphates 0.18%
- Oxalates 0.27%

### **References:**

- Ross and Wilson Anatomy and physiology In health and illness textbook, Textbook by Allison Grant, Anne Waugh, and Kathleen J. W. Wilson ,13th Edition