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Editorial

The basic and most important unit of the society has been the family from the beginning. For the empowerment and development of the country, first of all it is necessary to pay attention to the moral, social, economic and cultural dimensions of basic institutions like family. Balanced development of the family is very important for the development of the society. Therefore, if we want to have a complete and balanced development of the country, then we need to lay maximum emphasis on the basic institution called family. It is necessary that we should not make any discrimination between son and daughter in the family and we must explain this to our sons and get them involved in their activities. Even today, those who belong to the old belief believe that a woman cannot get any freedom, she cannot go anywhere alone, she cannot roam anywhere alone, but today's youth refuse to accept these values.

Some people also say that the importance of the walls in the house, the same importance is given to the education of the boys in the society. But how is a house made? Who are in the base of the house? The base of the house is our daughters, our girls, that means they are related to the roots. If our root becomes weak in the society, then our house or house cannot be strong at all. There is a need to understand this social context in reality.

The extent of favoritism is reached when we see discrimination in small tasks. Some people think that a girl is someone else's wealth, what job she should do. That's why some parents discriminate between boys and girls and this discrimination is visible somewhere in our behavior, in feeding and dressing. This is sheer injustice. God has given the same brain to boys and girls and today girls are proving it by bringing better results.

Girls stay at their parents' house for only a few days, so it is our duty to pay deep attention to their education, upbringing, only then we can fulfill the concept of a strong society. God has made us the trustee of our children so it is our duty to treat all members equally with full justice because both boys and girls have same power, same soul. So we should give them equal opportunities for development.

The basic objective of women empowerment is the development of women and communication of self-confidence in them. Women empowerment is important for the overall development of the society. Empowerment of women is the most important social phenomenon because they are the creators. If you empower them, make them strong, encourage them, it is better for the society. Women and men are the basis of creation and human society. Both complement each other. These are the wheels of the chariot of life by which the journey of life runs

smoothly. The role of both has been equally important for stability in family and society. The basis of change and development in a society depends on the mutual interaction of men and women, walking step by step and equal mobility of both. A chaotic situation is created in social life when any one side lags behind. The history of mankind is witness to this that where women have been neglected, the development of the society has been stunted. The role of women in creation of creation, education of children, upbringing of family is much more important than that of men, thus her position becomes central in the society. Therefore, without the progress of women, there can be no upliftment of mankind and society. As far as India is concerned "Yatra Naryastu Pujayante Ramante Tatra Devta" means where women are worshipped. The deities reside there. With this ideal any Indian woman can feel pride in comparison to the western woman. The ideal of learning in Saraswati, the ideal of wealth in Lakshmi, the ideal of valor in Durga, the ideal of purity in Ganga, even the ideal of creation in the form of Jagad Janani we find only in India.



Professor Akhilesh Shukla
Chief Editor

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Minaxi Masukhbhai Patel

Serum sodium level in men and Women belonging to different blood groups

• Umesh Shukla

Abstract- Fifty normal and healthy men and women belonging to 25-35 years age groups were associated with this investigation. Sodium concentration in serum of men of different blood groups was found higher in comparison to the women of same blood groups. Among the different blood groups of man and women blood group 'B' shows the highest concentration of sodium level and 'A' blood group shows the lowest level.

Keywords- Women, Blood, Serum

Introduction- Sodium is the major cation of the extracellular fluid and is largely associated with the chloride and bicarbonate in the regulation of acid-base equilibrium. Sodium ion is also important in the maintenance of osmotic pressure of body fluids and thus in protection against excessive fluid loss. Extreme sweating due to high environmental temperature or exertion may cause a considerable loss of sodium chloride from the body.

Appreciable retention of sodium and water during luteal phase of premenstrual phase was observed (Smith *et al.*, 1959). Salt and water retaining effect during luteal phase could be attributed due to increase estrogen and not due to progesterone (Barlow and Roger, 2016; Duncan *et al.*, 1956 and Landau and Lugibihl, 1964). A relationship between the adrenals and the metabolism of sodium has been established. In addition to this, the different blood groups may also affect directly or indirectly the serum sodium concentration. Keeping the above idea in mind it was planned to prepare a report on the serum sodium level in different blood groups of women and men.

Materials and Methods- 100 normal, healthy human subjects (50 men and 50 women) of 25 to 35 years were engaged in this investigation. According to the ABO blood grouping system they were divided into four groups A, B, AB and O. Blood was collected from different subjects. Serum separated after coagulation was analyzed for electrolytes by flame photometry method.

Results and Methods- As the table 1 shows, sodium concentration in case of men was found higher in comparison to women belonging to different groups. Among the different

Blood groups (A, B, AB and O) blood group B shows the highest concentration of sodium both in men and women and lowest in blood group A.

Table 01
Variation in blood sodium
level in men and women of different blood groups.

S.No.	Age (in year)	Blood group	Blood Sodium Level meg/dl (Mean \pm S.E.)	
1.	25-35	A	130.5 \pm 0.78 (16)	131.5 \pm 1.08 (10)
2.	25-35	B	+++ 143 \pm 1.07 (17)	+++ 138.7 \pm 1.81 (17)
3.	25-35	AB	139.6 \pm 1.30 (8)	137.7 \pm 1.36 (15)

As shown in table 1 it is evident that serum concentrations of sodium have a relationship with different blood groups and the blood groups have their genetical control which influences the endocrine system of the body. Ovarian hormone estrogen has effect on water and electrolyte balance. Appreciable retention of sodium and water during luteal or premenstrual phase was also observed by Throne *et al.*, (1938). Further it can be assessed that the different blood groups having different genetical control may be responsible for different endocrinological status. The lower concentration of sodium ion in women may be due to the additional effect of ovarian hormones.

High blood sodium level in blood group B and low in blood group A both in men and women might be preliminary findings and it may be co-related with genetical effects.

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