ABSTRACT
Renal stones are basically made up of various minerals and mild acid salt. While stones with smaller size (1 mm) will remain without creating painful trouble whereas increased in size (5-10 mm) will results into too much pain while passing through the urinary system. Renal Stones form twice as often in men as women. The peak age in men is 30 years; women have a bimodal age distribution, with peaks at 35 and 55 years. Once a kidney stone formed, the probability that a second stone will form within five to seven years is approximately 50% - according to urologist. The study is carried out in a both men and women in Ahmedabad City with almost nearby age groups.

KEYWORDS: Renal Stone, Age, Women, Men, Prevention.

INTRODUCTION
A kidney stone, also known as a renal calculus or nephrolith, is a solid piece of material which formed in the kidneys from minerals in the urine. Kidney stones typically leave the body in the urine stream, and a small stone may pass without causing symptoms. The constant change in food, water and weather quality day to day, seasonal and ageing affects our health to great extent. Summer may increases your chance for getting problems like renal stones. Renal stones are basically made up of various minerals and mild acid salt. While stones with smaller size (1 mm) will remain without creating painful trouble whereas increased in size (5-10 mm) will results into too much pain while passing through the urinary system. Out of various types of kidney stones, calcium oxalate (Liebman, 2011) is the most common form found in Indian including Gujarat population. Stones form twice as often in men as women. The peak age in men is 30 years; women have a bimodal age distribution, with peaks at 35 and 55 years. Once a renal stone forms, the probability that a second stone
will form within five to seven years is approximately 50%. (Parmar, MS (2004). The study is carried out in a both men and women in Ahmedabad City with almost nearby age groups. Renal Stone disease is one of the major problems in Gujarat. Hard underground water which is utilized as major ratio for drinking and cropping purpose, age, sex in general, dietary habits of people of Ahmedabad (Gujarat) etc. are also different from rest of the part of India.

Symptoms of renal stones will mainly be presented in an advanced stage of the disease - National Academy of Sciences (2006). The most prominent symptoms are.

- Abnormal abdominal pain,
- Unbearable the pain on the lower back,
- Hematuria/ blood with urine,
- Renal pain while passing urine,
- Urinary tract infections
- Nausea and vomiting.

If you've ever experienced kidney stones in your life, chances are more that you will face a recurrence of the problem.

**METHODS**

To start research project on obesity, diabetes and renal stone large scale survey, documentation and other measurements were carried out by research teams of C U Shah Science College in Ahmedabad of Gujarat state in India. An exclusive study chart containing various parameters responsible for renal stone in patients were prepared in which suggested a comparative analysis. These parameters provide common benchmarks for assessment. In the research paper, samples having age range 35±5 is considered for both male and female living in Ahmedabad City. From this data –male vs. female, there age groups, fully diagnosed stones history, symptoms and other relevant parameters were systemically grouped in the following table as preliminary research analysis.

<table>
<thead>
<tr>
<th>Observation</th>
<th>Affected (Nos. of sample)</th>
<th>Average Age in years</th>
<th>Years since affected by renal stones</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Men (38)</td>
<td>35 ± 5.5</td>
<td>7.5 ± 3.5</td>
</tr>
<tr>
<td>II</td>
<td>Women (30)</td>
<td>35 ± 5.1</td>
<td>2.5 ± 1.6</td>
</tr>
<tr>
<td>Total</td>
<td>68</td>
<td>35 ± 5.3</td>
<td>5.0 ± 2.5</td>
</tr>
</tbody>
</table>
RESULTS
In this study total first 68 obese people were selected which includes 38 men and 30 women. This itself concludes that renal stone is common in male than female. The average age for 68 renal stone affected people studied here is average $35 \pm 5.3$ years, in that for women it is $35 \pm 5.1$ and for men it is $35 \pm 5.5$ years. This observation suggests that men are more prone to develop renal stone disease at early age as compared to female (minor significance). Here the parameter of the duration of the development of the renal stone in both male and female is taken into consideration. The results for men came to $7.5 \pm 3.5$ years whereas for female it came to $2.5 \pm 1.6$. This itself indicates the degree of renal stone disease in men is very high as compared to female.

A kidney stone, 8 millimeters (0.31 in) in diameter

Diagram showing the typical location of renal colic, below the rib cage to just above the pelvis

DISCUSSION
The remarkable and significant observations noted in result need to discuss more on multifactor effect on renal stone. This includes water intake, age, sex (gender), behavior, socioeconomic conditions, physiological susceptibility, hormonal differences energy intake and expenditure, etc. the renal stone is common in male than female. If you wonder how to prevent stones in summer, avoid foods that are rich in oxalate and its salts. This includes foods like chocolate, black tea, blueberries, figs and beans. This is one of the best ideas or ways to prevent kidney stones (Rodman, 1996).
Make sure that you consult your doctor at the earliest if you feel any discomfort like abnormal abdominal pain, pain while passing urine or vomiting. A urine analysis or an abdominal scan will help in diagnosing the problem. Kidney stone formation is usually due to environmental, metabolic, or genetic factors. A precise causative factor is not identified in most nephrolithiasis patients. A family history of kidney stones, insulin resistance, hypertension, obesity, low urine volume and dietary habits is associated with an increased risk - National Academy of Sciences (2006).

Stone disease also shows marked geographic variability, and the phenomenon of the “stone season” has been attributed to both increased environmental temperatures and sunlight levels (Spyridon Arampatzis et al). The most important thing that you have to do is to drink enough pure and sure water. That’s why water purifiers are more popular nowadays.

Taking approx 10 glasses of water (7-8 liters.) / 24 hrs. or more is one of the easiest ways to prevent kidney stones. This will promote enough continuous urine formation and will reduce the chances of renal stone formation. If you wonder ways to prevent kidney stones watch your food. There are many foods containing micro and macro nutrients balancing that can prevent stone formation (Goodwin, 1998). The main culprits in this group are foods that are rich in calcium, like milk and tomato.

Increase calcium intake will result in the formation of increase calcium oxalate (Brawer, 2008). Easy and alternative to keep your body hydrated in summer is to take juicy fruits that have rich water content. Watermelon/sweet melon can be considered as one among the top list of fruits with high water content. This is one of the effective ways to prevent renal stone (Curhan,1997) . Restrict drinks with caffeine containing hot drinks like coffee or black tea. This will increase dehydration, thereby resulting in stones. Kidney stones are more common in people with Crohn's disease Crohn's disease is associated with hyperoxaluria and malabsorption of magnesium ( Farmer,1974). Remember to stay healthy during the summer with some extra health tips.

Most stones form due to a combination of genetics and environmental factors. Risk factors include being overweight, certain foods, some medications, and not drinking enough fluids. The diagnosis is usually based on symptoms, urine testing, and medical imaging. Blood tests may also be useful. Urinary stones are typically classified by their location in the
kidney (nephrolithiasis), ureter (ureterolithiasis), or bladder (cystolithiasis), or by their chemical composition (calcium-containing, struvite, uric acid, or other compounds).

Irregular food habits, stress, less sleep and hormonal imbalance are some of the factor, which affect directly to the renal stone condition of men. The conclusion from the result is men are susceptible at early age and the degree of renal stone disease is more than women may be because of the aforesaid conditions.

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