

Introduction , Water consist 60% of the body Wt ; 2/3 is Intra-Cellular Fluid (ICF) * .weakness , confusion , and ocular palsy in severe cases Types & Causes : A) Hypo-osmotic Hypo-natremia (most common type) & Hypo-volemic (due to Extra-renal loss like Vomiting & Diarrhea – Burns , when Urine Na10 mmol/L) or (due to Renal loss like in & Interstitial Nephritis & Obstructive Nephropathy & Proximal RTA PCKD & Diuretics & Aldosterone Def.while 1/3 is Extra-Cellular Fluid (ECF) Extra-Cellular Fluid (ECF) subdivided into Interstitial Fluid (75%) * .and Intra-Vascular Fluid (25% , 5L Blood) , The primary Cations (Positively charged) include Sodium (Na+) * Potassium (K+) , Calcium (Ca2+) , Magnesium (Mg2+) ; whereas , the Anions (Negatively charged) are include Chloride (Cl-) .collecting ducts under control of aldosterone hormone +For Sodium (Na+) assessment in suspected cases of low or high Na * we need to check Serum Na+ & Plasma Osmolality & Urine Na+ to .Lungs & kidneys are . (regulators of water & electrolytes & pH * Sodium (Na+) .ICF are (K+ , Mg2+ , phosphates , protein