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Review on Formulation and Evolution of 0.9w/v Normal saline

Gavhane Vishal Sunil, Prof Harale M.V and Dr Sanjay Ingle
Dharmaraj Shaishanik Pratisthan College of Pharmacy, Walki, Ahaemadnagar, India

Abstract: *Normal saline (NS) is the most widely used agent in the medical field. However, from its origin to its widespread application, it remains a mystery. Moreover, there is an ongoing debate on whether its existence is reasonable, harmful to the human body, or will still exist in the future. The current review traces back to the origins of NS and provides a brief overview of the current situation of infusion. The purpose may shed some light on the possibility of the existence of NS in the future by elaborating on the origin of NS and the research status of the impact of NS on the human body.*

Keywords: Normal saline, history, 0.9% sodium chloride solution, types of saline, types of normal saline

I. INTRODUCTION

Normal saline (NS), also known as physiological saline, is a 0.9% sodium chloride solution. It is mainly used to treat dehydration caused by various reasons and as a solvent for drugs in clinics. However, the origin and widespread use of NS remain historical mysteries,1 despite being used for less than a century. In the long process of use, people believe that NS is almost harmless to the human body. Moreover, NS is often used as the normal control (mock) in the experiments.

Additionally, NS is also a commonly used placebo.2 However, recent studies demonstrate that NS is not so "normal" and harmless,3 and no one advocates NS as the preferred crystal solution,4,5 even though there is more evidence that NS is harmful to the human body due to its large difference from body fluids,6–8 and even advocates replacing NS. Currently, NS is used as a diluted antirelease drug in clinics because its osmotic pressure is almost equal to that of the human body.9 Indeed, this is a key factor in the application of NS. Human cells and tissues must be at a certain osmotic pressure to maintain a stable state. However, questions arise regarding how many solutions have the same osmotic pressure as the human body, who invented NS, why it may be harmful, and whether NS will still exist or be replaced in the future. To solve this series of problems, we must first understand how NS is produced. This paper discusses the possibility of future use of NS by tracing the history of NS and the current dispute over NS.

History

There were many injured persons in require medical care in the past due to the numerous battles. For injured individuals who had suffered significant blood loss, a blood transfusion was the most successful treatment. Ten People didn't start to fully comprehend hemoglobin and transfusion medicine until the 17th century. Eleven British physicist William Harvey originally proposed the hypothesis of blood circulation in 1616,12 which paved the way for intravenous blood transfusion. In 1656, two British physicians named Christopher Wren & Robert used feather tubes to inject medications into the veins of dogs, setting the standard for intravenous infusion therapy.13 British scientist Richard Lower carried out the first canine blood transfusion experiment in 1665.14. The test canines who were given blood transfusions were doing well. Afterward. French surgeon Jean Baptiste Denis administered the first transfusion to a human patient in 1667. In a move that astonished society at the time, Richard Lower gave a clergyman called Arthur Coga a transfusion of lamb blood the same year.14,15 Three patients were also the subjects of Guglielmo Riva's blood transfusion trials at the same time; one of them may have had malaria, however they only lived for a short period following the transfusion.15 Because there was no evidence-based medicine in the past, it was impossible to guarantee life safety during fluid replacement therapy. Because blood type was not a concept, medical incidents were linked to the sickness.16. and medical professionals lacked access to a sufficient supply of blood. Blood transfusions using pig, goat, and dog blood were all permitted, albeit the results varied. But not everyone was fortunate enough to receive a blood

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transfusion.17 Some people tried injecting water in their veins as a substitute for blood transfusions, however this method was unsuccessful and possibly dangerous. Eventually, people included salt into the water after realizing that blood tasted salty. This first saline, though, wasn't NS. Following almost a century of similar endeavors and investigations, Edinburgh, Scotland-based physician Thomas Latta "filled some hot water & dissolved a little salt in the water." He gave a saline injection into In 1831, he gave dogs saline injections and reported the results for The Lancet magazine.18. He carefully administered 3400 milliliters of saline to an elderly woman in 1832 who had "received various conventional treatments" and none of them had been effective. Regretfully, the saline injection caused her death. However, two days before receiving a similar injection, Lata's second patient recovered. In order to replace the bodily fluids lost as a result of cholera-induced vomiting and diarrhea, he discovered that patients were losing salt and water. By administering heated salt water into their veins, he was able to save many of their lives. Lata's use of saltwater to treat cholera patients was a turning point in the development of infusion. The use of NS to treat cholera has been shown to be beneficial in reversing peripheral circulation failure brought on by dehydration. The favorable outcomes of this therapy were quickly published by The Lancet magazine, and other physicians used it in clinical settings. The cholera epidemic's end, however, together with the treatment's subpar outcomes and serious side effects, led to Lata's approach being quickly lost to the tides of history. Current medical knowledge has demonstrated that the limited efficacy of this treatment was caused by the salty water's unclear composition ratio at the time, notably the water to sodium chloride ratio. As a result, patients who receive nonphysiological "saline" injections are susceptible to common infusion problems such as hemolysis and hypothermia. Physiological concentrations were finally achieved in the early 1880s by Sydney Ringer, who formulated the optimal salt concentrations to achieve the contractility of frog heart muscle tissue. Normal saline is also deemed a direct lineage of the pre-Ringer solutions because Ringer's work did not find an immediate following and widespread application until some decades had passed. The term "normal saline" itself has little historical basis except for studies done in 1882–83 by Dutch physiologist Hartog Jacob Hamburger; these in vitro studies of red cell lysis suggested incorrectly that 0.9% was the concentration of salt in human blood (rather than 0.6%, the true concentration). Modern medicine now uses normal saline extensively, although other solutions have worked better since they don't match real blood. According to a 2018 randomized, controlled study involving 15,000 patients in intensive care units, lactated Ringer's solution decreased the combined risk of death, the need for further dialysis, or chronic kidney issues from 15% to 14% when compared to normal saline. This is a significant decrease considering the large number of patients.

Classification of saline:

1. Normal Saline (0.9% NaCl)
2. Half-Normal Saline (0.45% NaCl)
3. Hypertonic Saline (3% or 5% NaCl)
4. Lactated Ringer's Solution
5. Dextrose in Water (D5W)
6. Dextrose in Saline (D5NS)
7. Balanced Salt Solutions (e.g., Plasma-Lyte)

Normal saline:

Regular Saline NS, 0.9NaCL, and 9% normal saline are other names for normal saline. Normal saline is normally isotonic and is a clean, nonpyrogenic fluid that easily crosses cell membranes. The most prevalent usage of this fluid is in extracellular spaces for fluid resuscitation because of its great efficacy in treating a variety of ailments, such as shock, vomiting, diarrhea, and hemorrhage. This process raises the volume of plasma in circulation (provided the patient has enough red blood cells). Transfusions of blood Restoring fluids in individuals with diabetic ketoacidosis Alkalosis through metabolism An excess of calcium Hyponatremia Additionally, only one fluid used for blood administration is regular saline. Because of its high sodium content, which can lead to excessive fluid retention and further strain the already fragile heart and kidneys, patients should use it with caution

Normal saline (NS) is the commonly used term for a solution of 0.9% w/v of NaCl, about 300 mOsm/L.[4] Less commonly, this solution is referred to as physiological saline or isotonic saline, neither of which is technically accurate. NS is used frequently in intravenous drips (IVs) for patients who cannot take fluids orally and have developed or are in

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danger of developing dehydration or hypovolemia. NS is typically the first fluid used when hypovolemia is severe enough to threaten the adequacy of blood circulation, and has long been believed to be the safest fluid to give quickly in large volumes. However, it is now known that rapid infusion of NS can cause metabolic acidosis.[5]

Half Normal Saline:

50% Ordinary Saline Half normal water is also commonly used as 0.45NaCl or 45% saline solution. In sterile water, half normal saline is a hypotonic, crystalline solution of chloride of sodium that has half the amount of chloride of normal saline. It is intended to treat individuals with cellular dehydration and has applications in the following areas: Increasing the volume of fluids you consume overall Replacing water reduction in sodium chloride After regular saline and prior to dextrose infusions, gastric fluid loss (DKA) occurs. Those with diabetes who are unable to handle glucose solutions benefit most from it. Avoid using the solution In individuals who have burning, liver failure, or trauma since it might dangerously decrease intravascular fluids. . As with regular saline, the solution may be dangerous for someone with high intracranial pressure or cardiovascular illness. While half normal saline contains half as much sodium chloride compared to regular saline, it can still be used to maintain daily hydration levels.

Lactated Ringers:

Lactated Ringer's is another very popular intravenous fluid utilized for fluid resuscitation. Lactated ringers were most likely injected into you if you were injured and had surgery. It is frequently used in place of regular saline. Sydney Ringer, a physician who created a solution comprising salt, chlorine, calcium, and sodium in the late 1800s, is honored by the lactates' name. The "lactated" component of Lactated Ringers was created by Alexis Hartmann, who found that the solution was more suited for young patients when lactate was added. Although it is most frequently found in milk, our muscles can also create it during physical activity. Because it contains both electrolyte and a buffer (lactate), a saline solution containing these substances is isotonic.

Ringer's lactate solution (RL), also known as sodium lactate solution, Lactated Ringer's (LR), and Hartmann's solution, is a mixture of sodium chloride, sodium lactate, potassium chloride, and calcium chloride in water.[1] It is used for replacing fluids and electrolytes in those who have low blood volume or low blood pressure.[2] It may also be used to treat metabolic acidosis and to wash the eye following a chemical burn.[2][3] It is given by intravenous infusion or applied to the affected area.[2][3]

Side effects may include allergic reactions, high blood potassium, hypervolemia, and high blood calcium.[2] It may not be suitable for mixing with certain medications and some recommend against use in the same infusion as a blood transfusion.[4] Ringer's lactate solution has a lower rate of acidosis as compared with normal saline.[1][4] Use is generally safe in pregnancy and breastfeeding.[2] Ringer's lactate solution is in the crystalloid family of medications.[5] It is isotonic, i.e. it has the same tonicity as blood.[2]

Hypertonic Saline (3% or 5% NaCl):

Hypertonic saline is a crystalloid intravenous fluid composed of NaCl dissolved in water with a higher sodium concentration than normal blood serum. Both 3% and 5% hypertonic saline (HS) is currently FDA-approved for use in hyponatremia and increased intracranial pressure (ICP). Patients with hyponatremia with severe features should have their serum sodium gradually corrected with boluses of hypertonic saline. Patients should have their serum sodium monitored at regular intervals and can receive multiple boluses a day.[1]

Hypertonic saline should be discontinued once the patient's symptoms improve or they have an adequate increase in serum sodium. Cerebral edema and elevated intracranial pressure (ICP) are significant causes of morbidity and mortality in patients with intracranial tumors, cerebral hematomas, traumatic brain injuries, cerebral infarcts, and intracranial haemorrhage's. Hypertonic saline increases the osmolarity of the blood, which allows fluid from the extravascular space to enter the intravascular space, which leads to decreases in brain edema, improved cerebral blood flow, and decreased CSF production. Research shows that 3% hypertonic saline decreases ICP similarly to 20% mannitol.[2] Both hypertonic fluids have similar effects on hemodynamics.

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Dextrose in Water (D5W):

Dextrose is a form of glucose (sugar). Dextrose 5% in water is injected into a vein through an IV to replace lost fluids and provide carbohydrates to the body. Dextrose 5% in water is used to treat low blood sugar (hypoglycemia), insulin shock, or dehydration (fluid loss). Dextrose 5% in water is also given for nutritional support to patients who are unable to eat because of illness, injury, or other medical condition.

Dextrose 5% in water is sometimes used as a diluent (liquid) for preparing injectable medication in an IV bag. A diluent provides a large amount of fluid in which to dilute a small amount of medicine. The diluent helps carry the medicine into your bloodstream through the IV. This helps your caregivers inject the medicine slowly and more safely into your body.

Dextrose in Saline (D5NS):

It's a sterile, nonpyrogenic solution. As the name implies, it's a solution of 5% dextrose in normal saline. Like normal saline, it's isotonic at first, but it becomes hypertonic when the dextrose is absorbed (remember Because dextrose in saline is such a specialized fluid, it's used for extremely specific cases, including:

• Temporary treatment of circulatory insufficiency, but only if other plasma expanders are unavailable
• Hypotonic dehydration
• Addisonian crisis (a potentially life-threatening condition resulting from acute insufficiency of adrenal hormones)
• Syndrome of inappropriate antidiuretic hormone/SIADH (when the brain makes too much antidiuretic hormone)

Like many other fluids on this list, dextrose in saline should not be used in patients with renal or cardiac complications, as it can cause heart failure or pulmonary edema.

Balanced Salt Solutions (e.g., Plasma-Lyte):

Plasma-Lyte solution is a balanced crystalloid electrolyte solution that contains sodium, chloride, potassium, magnesium, and calcium. It works well for fluid resuscitation, electrolyte replacement, and maintenance fluid therapy. Plasma-Lyte is isotonic and is beneficial for patients with severe fluid or electrolyte imbalances, helping them feel more hydrated and energized.

Intravenous therapy is a critical aspect of medical treatment, and understanding the different types of IV fluids available is crucial to providing proper care to patients. Always ensure that you understand the medication before undergoing IV therapy to feel more assured of its benefits. Consider using some of our IV packages, including IV fluids, to enrich and rehydrate your body today.

Classification of Normal saline:

Isotonic (0.9% NaCl): Same concentration as body fluids Hypotonic (<0.9% NaCl): Lower concentration than body fluid Hypertonic (>0.9% NaCl): Higher contration than body fluids

Advantages of Normal Saline (0.9% NaCl)

1. Hypertonic to blood osmolality; causes minimum damage to the cells during infusion.
2. Expansion of the intravascular volume: up to fivefold;
3. Electrolyte replacement: It has a good quantity of sodium and chloride.
4. Versatility: Wide applicability across multiple clinical conditions and procedures; open source bug reporting system.
5. Compatible with almost all drugs that are given as dilute
6. Mild metabolic buffering: It makes almost no modification in the blood pH in vivo.
7. Knowable results: Pharmacokinetics is well-known.
8. Low cost: It can be cheaply produced and is available in abundance.
9. Long shelf life at room temperature.
10. Safety: It is by in large well tolerated in most patients when used appropriately.

Disadvantages of Normal Saline (0.9% NaCl)

1. Hyperchloremic metabolic acidosis: Normal saline has more chloride concentration than human plasma, and therefore high infusions of normal saline may lead to Hyperchloremic and metabolic acidosis.

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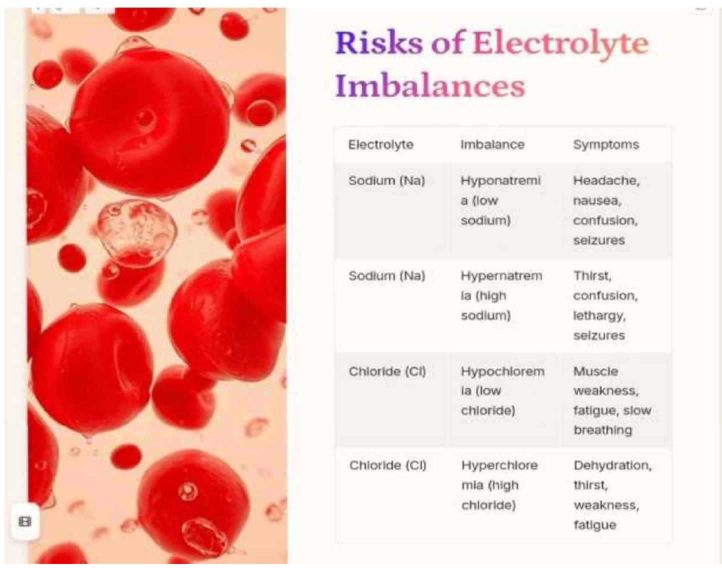
2. Risk of kidney injury: High chloride may lead to reduced renal blood flow and glomerular filtration rate, thus increasing the risk of acute kidney injury.
3. Fluid overload: That is, tons of normal saline can cause fluid overload, especially in patients who have heart or kidney failure
4. Electrolyte imbalance: It is deficient in other essential electrolytes, including potassium, calcium, and magnesium, hence causing imbalances if continued for long.
5. Coagulation effects: High-volume infusion can cause dilution of coagulation factors, hence impairing blood coagulability.
6. Inflammation: Some research findings indicate that a high chloride load promotes
7. Gastrointestinal effects: It may cause nausea, vomiting, and abdominal pain in some patients.
8. Not physiologically balanced: Its composition does not resemble human plasma closely, unlike better-balanced solutions.
9. Interstitial fluid accumulation: It may cause tissue enema because it is slightly hyperosmolar.



Electrolyte	Imbalance	Symptoms
Sodium (Na)	Hyponatremia (low sodium)	Headache, nausea, confusion, seizures
Sodium (Na)	Hypernatremia (high sodium)	Thirst, confusion, lethargy, seizures
Chloride (Cl)	Hypochloremia (low chloride)	Muscle weakness, fatigue, slow breathing
Chloride (Cl)	Hyperchloremia (high chloride)	Dehydration, thirst, weakness, fatigue

Material &method: Glassware:
Glass bottles, beakers, rubber closures, aluminium seals, crimping machine, autoclave, weight box, chemical balance, funnel, volumetric flask, glass rod.

Chemicals:
Sodium Chloride, Water For Injection.
Stepwise procedure: Sodium Chloride Injection is a sterile 0.9% w/v solution of Sodium Chloride in Water For Injections. It contains no antimicrobial agents; as it is a large volume and single dose parenteral preparation,
Step-1 Formula-
Sodium Chloride Injection contains not less than 0.85% w/v and not more than 0,95% w/v of sodium chloride, NaCl.
Sodium Chloride 0.9 g
Water For Injection 100 ml Step-II
1. Take accurately weighed, required quantity of Sodium Chloride in the suitable sterilized container and add sufficient quantity of Water For Injection to make the required volume. Stir to dissolve.
2. The solution should be clear, if not, filter the solution using sintered glass filters.
3. Fill the clear filtered solution into so pressure tank and aseptically pass through membrane filter of 0.22 µm. Fill the solution aseptically into sterilized transfusion bottle, Close with sterilized rubber closure and seal with aluminium cap.
4. Invert and shake the bottle to check leakage. Reject leaked bottles. Examine the solution critically for particles.

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5. Carry out the sterilization in an autoclave with usual precautions under following conditions
6. Switch off the Autoclave. Allow it to cool and the pressure to come down to zero, before opening the autoclave to remove the bottles.
7. Polish the bottle and re-examine for the particles, check the label and stick on the bottle.

Calculation: 100 ml of Water For Injection IP requires 0.9 g of Sodium Chloride Therefore, 500 ml of Water For Injection IP requires 'X' g of Sodium Chloride X x 100 = 0.9 x 500 i.e. X = 0.9 x 500 100 X = 4.5 g of Sodium Chloride

Label of Normal saline:

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Sodium chloride:

Properties of Salt	
Name of compound	sodium chloride
Chemical formula	NaCl
Formula weight	58.443
Colour	colourless or white when pure; coloured splotches (*e.g.*, blue, purple) when impure
Lustre	vitreous
Physical form	transparent to translucent cubic crystals; also powder or granules
Mohs hardness	2 1/2
Density at 0° C (32° F)	2.17 g/cm^3
Melting point	801° C (1,474° F)
Boiling point	1,465° C (2,669° F)
Solubility	water (s)*; glycerol (s); alcohol (ss)†; hydrochloric acid (i)‡

* (s) = soluble; † (ss) = slightly soluble; ‡ (i) = insoluble

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Fig. Properties of sodium chloride

Used:

1. Used in nasal spray
2. Used in Saline solution
3. Used in osmotic laxative
4. Used for Mouthwashes and gargles
5. Sodium chloride is used as an electrolyte replenisher to help prevent heat cramps caused by too much sweating.

Water For injection:

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Properties of WFI :

Characteristic	Properties
Color	clear, colorless solution
Odor / Odor Threshold	odorless
Physical State	liquid
pH	5.0 to 7.0
Freezing Point	32 degrees fahrenheit
Boiling Point	212 degrees fahrenheit
Flash Point	not applicable
Evaporation Rate	not applicable
Flammability	nonflammable,noncombustible
Upper Flammable Limit	not applicable
Lower Flammable Limit	not applicable
Vapor Pressure	17.5 mm hg (68 degrees fahrenheit)
Vapor Density	not applicable
Specific Gravity	1.0
Solubility (water)	freely soluble in water
Partition Coefficient	not applicable
Auto-ignition Temperature	not applicable
Percent Volatile	0 percent
Volatile Organic	0 percent

Use:

- Manufacturing vaccines
- Preparing cell culture media
- Diagnostic application
- Diluting reagents for laboratory tests
- It is cleaning agent
- It is used in clean equipment, vials, caps, stoppers, and ampules that will come into contact with drugs.
- WFI is used to prepare and reconstitute aqueous injections.

Mechanism of Action: The typical saline fluid is crystalloid. It is a solution of water of hydrophilic molecules and electrolytes by definition. Crystalloid fluids are primarily used in humans because, in comparison to serum plasma, they are isotonic. This is a lesser of an osmotic impact compared to various kinds of fluids (hypotonic, hypertonic, etc.).[2] Electrolytes (the sodium and salt ions) found in normal saline dissociate in solution.

The primary electrolytes found In extracellular fluids, sodium ions, are essential for the dispersion of fluids as well as other electrolytes. Chloride is another significant ion that acts as a buffer in the tissues and lungs. In this case, chloride aids in the binding of carbon dioxide and oxygen to haemoglobin. The main regulatory body over these ions is

Category/Use: Water and electrolytes replenisher.

Storage: Keep out of direct sunlight and remain cold and dark.

Dosage: As prescribed by the doctor. Use aseptic procedures when administering nonpyrogenic IV sets.

Caution: Contamination may arise from even seemingly insignificant damage to a container sustained during handling, storage, or travel. Use caution if the solution appears to be leaking, is unclear, or has apparent solid particles in it.

Warning: Throw away any leftovers.

Direction: Only for intravenous usage.

II. CONCLUSION

Historically, the origin of NS was accidental, and its widespread use in clinical practice remains a mystery. Due to the great difference between NS and normal body fluid com- position, more and more studies have shown that balanced crystalloid solutions have advantages in some clinical applications

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