

# Sphygmomanometer Blood Pressure Relevant and Falooda Ice Cream Loving

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## Research Article

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## Abstract

Blood pressure influences the capillaries and arteries. The normal range of blood pressure is 120/80mmHg. If range of blood pressure increased upto 140/80mmHg it is called hypertension and this value decreased 90/60mmHg this condition called hypotension. There are many reasons of high blood pressure such as eating too much salt, smoking and drinking alcohol. Falooda ice cream has many health benefits because it contains vitamins and minerals. Males that have blood pressure 128/74 mmHg love falooda ice cream and females with average blood 119/72mmHg love falooda ice cream.

**Keywords:** Sphygmomanometer; Systolic and Diastolic Blood Pressure; Basil Seeds; Semiya

## Introduction

The pressure which is influenced on the vessels and these vessels fetch oxygenated blood it called blood pressure. Blood pressure influences the capillaries and arteries. Blood pressure starts in the ventricle of heart. There are two reading of blood pressure named as systolic and diastolic which appear on the screen of sphygmomanometer. The upper reading is called systolic that measures the arterial pressure normal range of it should be 120mmHg. Diastolic which is present at the bottom that measures the arterial pressure Blood pressure influences the capillaries and arteries. hypertension. There are many causes of high blood pressure such as by eating too much salt. If you drink too much alcohol it leads to high blood pressure and lack of fruits and vegetables in the diet also main reason of hypertension. Blood pressure also link with the age of person older people have high risk of hypertension. Person can control high blood pressure by eating healthy diet and salt should be in low quantity in the diet. We should do exercise regularly. Stopping alcohol and

smoking can help in lowering the blood pressure. If anyone have blood pressure 90/60 mmHg it considered to be lower blood pressure. There are few symptoms and signs of lower blood pressure or hypotension such as lack of concentration, syncope and blurred vision. For the treatment of lower blood pressure, you should eat more salt and drink more water. The patient also should be used medicine like fludrocortisone that increased your blood pressure.

Falooda is a sweet delicious and cold meal that prepare from diary product and other ingredients are also present in it that increased the taste of falooda ice cream. First of all falooda ice cream was popular in Persia. The shape of falooda developed by the Mughal Empire. But it was believed that it originates from the India subcontinent and Nader shah was the first person who brought it in India with him. Falooda ice cream also popular in Pakistan that served on special occasions. The ingredients of falooda ice cream are following vanilla ice cream, mixed fruit, semiya, basil seeds, water, milk, sugar and rooh afza. We can prepare it at our home. First of all,

took 1/2cup of vermicelli and mixed it with the boiling water. Then after that wash vermicelli or semiya with cold water. After that cut fruits and refrigerate them. Took 3 tablespoon of basil seeds wash them with the fresh water and refrigerate for 10 minutes. Then mix the sugar with the milk boil for 7 to 8 minutes and refrigerates for 10 minutes. In the last mixed the milk, rooh afza, basil seeds, chopped fruits and vanilla ice cream in the tall glass. Now falooda ice cream is prepared and enjoy it. Falooda ice cream has many health benefits because it contains vitamins and basil seeds that are essential for your health and brain. Basil seeds have cooling properties so mostly people preferred it during hot days or in summer. The shape of falooda looks like rice noodles. Falooda ice cream available in many flavours such as rabdi falooda, mango falooda, vanilla ice cream falooda and royal falooda. But the patients of diabetes should avoid by eating too much falooda ice cream because it contains too much sugar and cream. It also causes the weight gain. But people preferred it due to its advantages because it contain protein basil seeds and cream all these boost your brain power and essential for healthy life style. So, we should eat it 4 to 5 times per week. Objective of present study was to harmonize that how blood pressure relevance with falooda ice cream loving.

## Materials and Method

The instrument which is used to measure the blood pressure is called sphygmomanometer. First of all, for measuring the blood pressure check accuracy of sphygmomanometer. The patient should be sitting silently during and before observing. Feet should be flat on the ground and arm should be on the table in rest condition with the heart. Cuff should be fold around upper arm and cuff should not be tight. Then press the button of sphygmomanometer after 1 or 2 minutes note systolic and diastolic pressure. Do not need worry if sphygmomanometer gives error reading. Then repeat same procedure and check blood pressure again and note the accurate reading. The normal range of blood pressure is 120/80 mmHg [1-5].

## Project Design

Concede to subjects about falooda ice cream loving. Mostly students like to eating falooda ice cream but a few of students do not like it because it contains too much sugar and due to its fatty nature. The subjects who participated were the students of Baha Uddin Zakariya University.

## Statistical Analysis

Statistical analysis was performed by using MS Excel.

## Result and Discussion

From the table of systolic blood pressure, it shows that males have blood pressure 128 that love the falooda ice cream and female that love the falooda ice cream has average blood pressure 119. But males that have average blood pressure 124 do not love the falooda ice cream and females that have systolic blood pressure 112mmHg do not love falooda ice cream. P value is less than normal value so there is significant relation between systolic blood pressure and falooda ice cream loving (Table 1).

Gender	Falooda ice cream lover	Not lover	P value
For males	128±14	124±13	0.62
For females	119±13	112±13	0.07
Males and females	120±14.28	116±13.71	0.001

$p < 0.05$  so p value is considered as significant relation of both.

**Table 1:** Systolic Blood pressure and falooda ice cream loving.

Table 2 shows the relation of diastolic blood pressure and falooda ice cream loving. From the table this shows males that have average diastolic blood pressure 74mmHg love the falooda ice cream and females that have 72 mmHg love the falooda ice cream. But males that have average diastolic blood pressure 63mmHg do not love the falooda ice cream and females that have 76mmHg diastolic blood pressure do not like the falooda ice cream. So above discussion we conclude that p value is greater than normal value so there is no relation between falooda ice cream and diastolic blood pressure.

Gender	Falooda ice cream lover	Not lover	P value
For males	74±13	63±12	0.18
For females	72±11	76±13	0.70
Males and females	76±12	75±13	0.74

$p > 0.05$  so it is considered as non-significant relation of both.

**Table 2:** Diastolic Blood pressure and falooda ice cream loving.

## Conclusion

It was concluded that from the present study males that have average blood pressure 128/74mmHg love the falooda ice cream and females that have blood pressure 119/72mmHg love the falooda ice cream. And males with blood pressure 124/63mm Hg do not love falooda ice cream and females with blood pressure 112/76mmHg do not love falooda ice cream.

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