

# How Pulse Rate Relevance with Falooda Ice Cream Loving?

Muhammad Imran Qadir and Zubair Saleem\*

*Institute of Molecular Biology and Biotechnology, Pakistan*

\*Corresponding author: Zubair Saleem, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan



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## ABSTRACT

An English Surgeon William Harvey first concocted the term pulse rate or heart beat in the 16th centennial. Pulse rate is defined as the measured of person heart beat by the minute. Heart is the main organ of the body that impels the blood to the blood vessels. The rate of normal pulse rate 60 to 80 per minutes. There are some symptoms of high pulse rate that includes confusing, chest pain, lightheadness, and dizziness. High pulse rate also related with the age of person. Person above the age of 65 years have chance of high pulse rate. Italo Marchiony was the first person who invented the cone ice cream in 1896. So, it contains minerals and many vitamins such as vitamin A, E, D, B<sub>6</sub>, B<sub>12</sub> and vitamin K that is the blood clotting vitamin. Ice cream helps the women in case of fertility and reduces the risk of cancer. Pulse rate and falooda ice cream loving has no relation.

## Introduction

An English Surgeon William Harvey first concocted the term pulse rate or heart beat in the 16th centennial. Pulse rate is defined as the measured of person heart beat by the minute. Heart is the main organ of the body that impels the blood to the blood vessels. Blood vessels shrink and relax when blood flow through them. The rate of normal pulse rate 60 to 80 per minutes. When person heart beat is 90 to 100 it is also considered normal heart beat. When heart beat increased up to 100 it is considered irregular. We can easily check our pulse rate by taking the stop watching and locate the pulse at wrist. You can check by placing the two fingers at pulse in a minute. About the estimate pulse rate in the women 75 times in one minute and 70 times in the men. We can also check the pulse rate by the neck but usually we checked it by the wrist. There are some reasons that heart beat increased such as during racing and when you are anger. Besides this there are also some other reasons Of irregular heart beat such as high blood pressure; alcohol smoking; and stress.

There are some symptoms of high pulse rate that includes confusing; chest pain; lightheadness; and dizziness. High pulse rate also related with the age of person. Person above the age of 65 years have chance of high pulse rate. We can control the high

pulse rate or heart beat by the medication and drugs. Medication and drugs prescribed by the doctors taken orally or by the injection. There is also a device that control the irregular heart beat named of this device is implantable cardioverter defibrillator (ICD). This device inserted into the patient chest that continuously examined the heart beat and generate electric shock that renovate heartbeat. Falooda Ice cream is saccharine; freezing and delicious food. Ice cream as a food first eaten in the china. Falooda Ice cream is a sweet food that made from the dairy product like pure cream and milk. Falooda ice creams are available in different flavor like mango falooda and pista falooda; rabdi falooda and royal falooda. Italo Marchiony was the first person who invented the cone ice cream in 1896. Falooda Ice cream also available in many other flavors such as chocolate; pistachio; chocolate chips; butter Pecan and vanilla. Most people think that vanilla was the first flavor of ice cream.

Ingredients of falooda ice cream are sugar; milk; eggs; and pinch salt. You can make the falooda ice cream at your home. First of all, took two cups of heavy cream and condensed milk and chocolate sandwich cookies mix them thoroughly; put this mixture into the ice cream beaker. And in the last freeze this mixture at least 3 to 4 hours. Many people liked falooda ice cream. There are many

advantages of eating falooda ice cream because it made from the cream and milk. So; it contains minerals and many vitamins such as vitamin A; E; D. B6; B12 and vitamin K that is the blood clotting vitamin. So due the presence of these vitamins and nutrients it improves nerve and immune system. It gives strengthen to the bones. It also beneficial for those people who suffered in depression because it reduces the level of stress. Ice cream provides energy to your body because it contains carbohydrates; fat and protein. It is good for those people who wants to lose weight. Ice cream helps the women in case of fertility and reduces the risk of cancer. There are some disadvantages of falooda ice cream because it increased the cholesterol level and it contains so much sugar so by eating too much ice cream cardiovascular diseases happen.

### Material and Method

First of all, for the measurement of pulse rate, I put my finger on the wrist of my pulse of right arm. And count my pulse rate for one minute using stop watch. After one minute I measured my pulse rate that was 82 beats per minute.

### Statistical Analysis

Statistical Analysis was done by using Micro Soft Excel or spread sheet software.

### Project Design

There were 200 participant that completed this survey. When they asked about the falooda ice cream they said; that falooda ice cream is a popular drink and dish of summer because it keeps body cool and give cooling property due to presence of sabja seeds in it. But there were a few of students who did not agree about the falooda ice cream they said; that by eating it too much it can cause heart disease can increased the weight of person because it contains minerals and vitamins. All these students were from the baha uddin zakariya university Table 1.

**Table 1:** Relation between pulse rate and falooda ice cream loving.

Yes (ice cream with pulse rate)	No (ice cream with pulse rate)
81.3 ± 9.6	82.6± 4.72
P = 0.36	

$p > 0.05$  hence  $p$  value is higher, so relation is non-significant. and obtained using Micro soft ware

### Results and Discussion

Above table reveals that people with the average pulse rate 81.3 like the falooda ice cream and those how do not like falooda

ice cream they have the pulse rate average 82.6. but the  $p$  value is higher than the standard value of 0.05 so relation between pulse rate and falooda ice cream loving is non-significant. People that like the falooda ice cream loving having age between 25 to 30 years old with body weight about 50 to 60 kg. Because these people are teenage by eating falooda ice cream their energy level remain maintain and they get instance energy because falooda ice cream has vitamins; minerals and sabja seeds that are good for healthy skin and hair growth. Where there are too much advantages of falooda ice cream it has some disadvantages like cardiovascular diseases and weight gain. While those people who not like falooda ice cream having body weight 75 to 80 kg and their age between above 40 years old. So, this was the reason that they not like falooda ice cream because they have already heavy weight than normal people and they knew that by eating too much it can caused weight gain.

### Conclusion

It was concluded that pulse rate and falooda ice cream loving has no relation as T-test result is more than normal value.

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Zubair Saleem. Biomed J Sci & Tech Res



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