

Association of Blood Pressure with Fruit Chaat Likeness

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Abstract

Objective of the present study was to analyze association of blood pressure with fruit chaat likeness. A questionnaire was prepared about the fruit chaat likeliness. 200 participants were took part in this project. All these people were the students of postgraduate class. First of all we measured the blood pressure of all the participants and then took their views about the likeliness of fruit chaat. The present study showed that blood pressure and fruit chaat likeness have no scientific relationship.

Keywords: Blood pressure, systolic, heart, force, health.

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INTRODUCTION

For the normal function of the body, oxygen is very necessary. This oxygen is provided by the blood. When heart is beat than it pushes the blood away from it to the other parts of the body. When blood flows from the blood vessels then it exerts a force on the walls of vessels. This force is known as blood pressure. Blood pressure has two levels one is systolic and other is diastolic. The systolic pressure is always high from the diastolic. Sometimes blood pressure is very high because blood exerts maximum force on the blood vessels. If blood pressure is high from the normal value than chances of disease increased specially heart attack. Sometimes blood exerts minimum force on the blood vessels. It is known as low blood pressure. The normal value of blood pressure is 120/80mmHg [1].

Fruit chaat is a dish which is made of different types of fruits. It is also considered as a sweet dish. Mostly it is served with the fruit juices. Many people like to eat fruit chaat because it provides energy to our body. So, fruit chaat is very necessary for the health. People also made it in the houses. In wedding ceremonies, it is become the culture to serve the guests with fruit chaat before meal. Many people found of it. Different types of fruits with different taste are mixed to form fruit chaat [2].

Objective of the present study was to analyze association of blood pressure with fruit chaat likeness.

MATERIALS & METHOD

Measurement of Blood Pressure

A force which is exerts by the blood on the walls of blood vessels is called blood pressure. Sphygmomanometer is used to measure the blood pressure. The normal value of blood pressure is 120/80mmHg.

Project Design

A questionnaire was prepared about the fruit chaat likeliness. 200 participants were took part in this project. All these people were the students of postgraduate class. First of all we measured the blood pressure of all the participants and then took their views about the likeliness of fruit chaat.

Statistical Analysis: Statistical analysis was performed by MS Excel.

RESULT & DISCUSSION

200 participants were took part in this project. Sphygmomanometer is used to measure the blood pressure and correlated it with the likeness of fruit chaat. From the result it was cleared that the people with high blood pressure mostly liked the fruit chaat while people with lower blood pressure not liked the fruit chaat mostly. $p > 0.05$ value is significant for the t -test.

Table-1: Relation of male blood pressure (Mean± SD) with fruit chaat likeness

Fruit chaat likeness		Fruit chaat dislikeness	
Male systolic blood pressure Mean± SD	Male diastolic blood pressure Mean± SD	Male systolic blood pressure Mean± SD	Male diastolic blood pressure Mean± SD
16.93±2.98	73.38±9.38	11.47±8.48	77.10±20.56

$p>0.05$ (non-significant)

Table-2: Relation of female blood pressure (Mean± SD) with fruit chaat likeness

Fruit chaat likeness		Fruit chaat dislikeness	
Female systolic blood pressure Mean± SD	Female diastolic blood pressure Mean± SD	Female systolic blood pressure Mean± SD	Female diastolic blood pressure Mean± SD
116.93±12.33	75.52±11.64	113.10±15.01	73.65±10.53

$p>0.05$ (non-significant)

Table-3: Relation of both male and female blood pressure (Mean± SD) with fruit chaat likeness

Fruit chaat likeness		Fruit chaat dislikeness	
Male systolic blood pressure Mean± SD	Male diastolic blood pressure Mean± SD	Female systolic blood pressure Mean± SD	Female diastolic blood pressure Mean± SD
127.08±15.63	74.00±11.81	116.39±12.33	75.26±11.47

$p>0.05$ (non-significant)

CONCLUSION

The present study showed that blood pressure and fruit chaat likeness have no scientific relationship [3-10].

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