

The Interaction between Blood Pressure and Biryani Loving

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Abstract

Blood pressure plays a vital role in our body because of its defense against tissue damage. A sphygmomanometer is used to measure it. Blood pressure is divided into two parts systolic and diastolic. The main symptom of lower blood pressure is a lack of concentration. Biryani is a delicious and tasty food that is popular in Pakistan, India, and Persia. Most people believe that it originated from Persia. Biryani is prepared from the rice and chicken and vegetable are also mixed in it. There are many types of biryani that are popular in Pakistan such as vegetable biryani and chicken biryani.

Keywords: Blood pressure; Biryani; Sphygmomanometer

Introduction

Blood pressure is defined as the force that circulates the blood through our circulatory system. It is an important force because without it blood cannot move through circulatory system without it oxygen and other nutrients would not be moved around the circulatory system. Blood pressure plays a vital role in our in our body because it defends the tissue against damage. A sphygmomanometer is used to measure it. Blood pressure is divided into two parts systolic and diastolic. Upper reading is called systolic and lower reading is called diastolic. The normal value of blood pressure should be 120/80 mmHg. If value increased up to 140/90 mmHg it is said high blood pressure or hypertension which causes heart attack and shock. High blood pressure may also damage tissues. Diet with a high amount of salt causes high blood pressure. The person who drinks alcohol and smoking has high blood pressure. So we should avoid eating too much salt and alcohol. If the value of blood pressure decreased to 90/60 mmHg this is called lower blood pressure. The main symptom of lower blood pressure is a lack of concentration [1-3]. The patient with lower blood pressure should eat salt in large amount than the average person in his diet. Some medicines are also available that treat the lower blood pressure.

There are many types of biryani that are popular in Pakistan such as vegetable biryani and chicken biryani. It has appetizing fragrance, ingredients of biryani are following masala powder, salt, ghee, pepper, rice, and chicken. It is eaten with raita or chutney. But the method of how biryani is prepared or cooked came from Iran. It is also eaten in other regions like Iraq and Kurdistan. The taste of biryani is stronger than pulao. There are some other types of biryani such as Sindhi biryani, Hyderabad biryani, Thalasseri biryani, and Kolkata biryani. Biryani has too much benefit for our health because it contains chicken and vegetable which are a big source of vitamins and minerals. But we should not take it on a regular basis because it contains too many vitamins and mineral which cause weight gain and other health problems [4-7].

Material and Method

There is a total of 200 subjects that participated in this activity. In medical, the visualization of pulse distal to the sphygmomanometer is used to detect systolic pressure. Elaborate the cuff and step-by-step lower the pressure and exploit the blood pressure by the oscillometric method. Easily press the stethoscopes bell over the brachial artery just below the cuff's edge. Some healthcare peons have uphill using the bell in the antecubital fossa, so we suggest using the bell to measure the blood pressure [8-10].

A questionnaire was made to relate to changes in blood pressure with biryani loving. We asked them questions and got the answers.

Statistical Analysis

Statistical analysis was performed by using MS EXCEL.

Results and Discussion

Systolic blood pressure shows that males have a blood pressure of 128.97 mmHg and females have a blood pressure of 116.64 mmHg if they love biryani. But males and females have an average blood pressure of 115.5 mmHg and 123.14 mmHg respectively if they do not love biryani. So in the case of males, the p-value is greater than the normal value then the relation is non-significant. In the case of females the p-value is less than normal value then the relation is significant (Tables 1 and 2). Table 2 shows that diastolic blood pressure of biryani loving males and females is 75.10 mmHg and 73.51 mmHg respectively. But males and females who do not love biryani have a diastolic blood pressure of 66 mmHg and 80.57 mmHg respectively.

Gender	Biryani lover	Not lover	P value
For males	128.97 ± 13.11	115.50 ± 13.60	0.06
For females	116.64 ± 14.41	123.14 ± 5.87	0.01
Males and females	245.61 ± 8.71	119.32 ± 5.40	0.39

p>0.05 so p value is considered as non-significant relation of both

Table 1: Systolic blood pressure and biryani loving.

Gender	Biryani lover	Not lover	P value
For males	75.10 ± 11.78	66 ± 2.58	5.03
For females	73.51 ± 11.92	80.57 ± 8.65	0.04
Males and females	74.30 ± 1.12	73.28 ± 10.30	0.83

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

Table 2: Diastolic blood pressure and biryani loving.

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Received January 30, 2019; Accepted February 07, 2019; Published February 14, 2019

Citation: Qadir MI, Ud Din Z (2019) The Interaction between Blood Pressure and Biryani Loving. J Coron Heart Dis 3: 110

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80.57 mmHg respectively. There are no previous studies available about this topic on the research site.

Conclusion

This was concluded from the present study that there is no significant relation between biryani loving and blood pressure.

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