

<https://doi.org/10.46344/JBINO.2020.v09i03.04>

HOW BLOOD PRESSURE INFLUENCE ON THE LIKELINESS OF PINEAPPLE

Muhammad Imran Qadir & Asma Rasheed*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

ABSTRACT

The objective of the instant study was to associate Interaction of blood pressure with likeliness of pineapple. Two hundred students joined in this study. A questionnaire was provided them, and asked about their like's pineapple and about their blood pressure. All of them like pineapple giving the answer. A census was planned about blood pressure and pineapple likeliness. The statistical survey observed using MS excel. Student's t test was complete to resolve result of survey. The p value less than 0.05 concluded as symbolic. The current investigation shows that the students they like to eat pineapple have more blood pressure than the other thy do not like to eat pineapple.

Keywords. Blood pressure pineapple

No : of Tables: 01

No: of References: 10

INTRODUCTION

Blood pressure while hearts beats, it propels blood round your body to provide it the energy and O_2 it essentials .For example the plasma transmissions, it impulsions against the margins of the blood vessels. The potency of mixing blood on the partitions of the arteries .Blood pressure is reserved by using two amounts .systolic measured while the pulse rate , while blood pressure is at its maximum and diastolic (dignified among heart beats ,when blood pressure is at its lowest) In high blood pressure (HBP or hypertension)is the minute blood pressure , the potency of your blood aggressive against the walls of your blood vessels ,high blood pressure distresses your veins and your heart .low blood pressure can remain life intimidating . A blood pressure analysis lesser than 90 millimeters of mercury (mm Hg) for the upper number systolic or 60 mm Hg for the lowest number diastolic is commonly measured low blood pressure. Low blood pressure a smaller amount than 90-60 Optimal blood pressure is a lesser amount of than 120-80 systolic diastolic. In height blood pressure effect sadness or Parkinson infection More than 120 over 80 and a lesser amount of 140 over 90 (120/80 -140/90). You have a average blood pressure analysis but it is a little higher than it must be, and you should effort to lower it. Risk zone a blood pressure 180/120 mm Hg point out a serious health problem.

Pineapple is more than a delightful tropical fruit. Pineapple benefits digestion and reduce inflammation pineapple contains brome lain, an enzyme that readings show can decrease the inflammation and

swelling pineapple can benefit decrease the danger of macular degeneration, infection that disturbs the senses as person age, due to fragment in its high amount of vitamin C and antioxidants so pineapple is good for metabolism. Pineapple comprises enzyme called brome lain. An enzyme that can help inflammation pain by easing inflammation pineapple is a good cause of vitamin C, pineapple having high quantity of manganese which is essential for antioxidant pineapple great amounts of thiamin a B vitamin that is involved in energy construction

Objective of the present study to investigate blood pressure with pineapple likeliness

MATERIALS AND METHOD

Two hundred learners take part in prepared study. A questionnaire was provided them, in which they asked about their likeness for pineapple and about resulted blood pressure level. Blood pressure was measured by blood pressure monitors millimeters of mercury total number of beat was counted in two minutes.

Project Design

A survey was organized about the likeliness of pineapple and blood oxygen level.

Statistical Inquiry

A complete arithmetical inquiry was done by using MS excel. Student t test was complete to determination result of survey. The $p < 0.05$ concluded as significant.

RESULT AND DISCUSSION

Contact of blood pressure with pineapple likeness is given in table 1: the students with systolic blood pressure 119.2071-+13.90693 like to eat pineapple. And diastolic blood pressure was 73.65714-+11.37318 do not like to eat pineapple similarly they do not

like to eat pineapple average systolic blood pressure was 135.3167+-115.1173 and diastolic blood pressure 75.83333+-11.74758 calculated. Similarly the difference between systolic and diastolic calculated was 47.04286+-15.45095 and 47.03333-+15.60092 respectively.

Table 1 : Influence of blood pressure (Mean-+SD) with pineapple likeness

Blood pressure	Pineapple likeliness	Pineapple dislikeliness	p-value
Systolic	119.20-+13.90	135.31-+115.11	0.28
diastolic	73.65+-11.37	75.83-+11.74	0.22
Difference between them	47.04-+15.45	47.03-+15.60	0.99

p<0.05 was significant

Census based studies has been important results in present investigation

Conclusion

The current investigation shows that the students who like to eat pineapple have more blood pressure than the other who not likes to eat pineapple.

REFERENCES

Qadir MI, Malik SA (2010) Comparison of alterations in red blood cell count and alterations in hemoglobin concentration in patients suffering from rectal carcinoma undergoing 5-fluorouracil and folic acid therapy. Pharmacologyonline, NI 3: 240-243.

Qadir MI, Noor A (2018) Anemias. Rare & Uncommon Diseases. Cambridge Scholars Publishing. Newcastle, England. ISBN: 978-1-5275-1807-0.

Qadir MI, Javid A (2018) Awareness about Crohn's Disease in biotechnology students. Glo Adv Res J Med Medical Sci, 7(3): 062-064.

Qadir MI, Saleem A (2018) Awareness about ischemic heart disease in university biotechnology students. Glo Adv Res J Med Medical Sci, 7(3): 059-061.

Qadir MI, Ishfaq S (2018) Awareness about hypertension in biology students. Int J Mod Pharma Res, 7(2): 08-10.

Qadir MI, Mehwish (2018) Awareness about psoriasis disease. Int J Mod Pharma Res, 7(2): 17-18.

Qadir MI, Shahzad R (2018) Awareness about obesity in postgraduate students of biotechnology. Int J Mod Pharma Res, 7(2): 14-16.

Qadir MI, Rizvi M (2018) Awareness about thalassemia in post graduate students. MOJ Lymphology & Phlebology, 2(1): 14-16.

Qadir MI, Ghalia BA (2018) Awareness survey about colorectal cancer in students of M. Phil Biotechnology at Bahauddin Zakariya University, Multan, Pakistan. Nov Appro in Can Study, 1(3): NACS.000514.2018.

Qadir MI, Saba G (2018) Awareness about intestinal cancer in university student. Nov Appro in Can Study, 1(3): NACS.000515.2018.

