

Is There any Relation Between Normal Breathing Rate and Falooda Ice Cream Loving?

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Abstract: Normal breathing rate is defined as number of breaths which person takes in one minute the normal value of it 12 to 20 per minute. It has two types hyperventilation and hypoventilation is the condition when person takes too slow breathing than normal and hyperventilation is opposite it in which person takes too fast breathing. Both condition may be dangerous so patients should go to doctor for treatment. There is some medication available that treat the abnormal breathing rate. Falooda ice cream has cooling properties so people eat it in the summers. This contains healthy ingredients such basil seeds, semiya and vitamins that give us energy. Falooda ice cream can also be made at home. But eating too much falooda ice cream it can cause hyperglycaemia because it contains too much glucose. The instrument that is used to measure the normal breathing rate is called exhalometer. By measuring the normal breathing of different people this was concluded that there is no relevance between normal breathing rate and falooda ice cream.

Keywords: Xanax, Pursed lips, Fatigue, Exhalometer, lung disease

1. INTRODUCTION

Normal breathing rate is defined as the number of breaths that a normal person or individual takes in one minute. Breathing rate is usually measured when individual or person is at condition of rest. Normal breathing rates is 16 to 20 breaths per minute. When person has fever, illness and other medical condition like heart failure then normal breathing rate may increase. Hyperventilation is a condition when person takes too high breaths than normal such as 26 to 32 per minute. The reason of rapid breathing is lung disease. Anxiety, congestive heart failure, pneumonia can change the normal breathing rate. There are many causes of hyperventilation such as bleeding drug overdose, pregnancy and head injuries. Person should seek treatment when breathing rate is too high. There are some symptoms of hyperventilation such as pain, fever, deep fever for first time and feeling anxious and chest tightness. Doctor prescribes some medication in case of hyperventilation such as doxepin and alprazolam (Xanax). Patient may should breath through pursed lips. Hypoventilation is the term that is opposite to the hyperventilation in which person takes too slow breaths than normal such as 7 to 9 per minute. There are some causes of hypoventilation such as chronic obstructive pulmonary disease, central

respiratory drive depression and bronchitis. There are several condition of hypoventilation when person found these symptoms they should go to doctor for the treatment. Symptoms are Fatigue, Morning headaches and waking up many times at night. There is also some medication available that treat the hypoventilation.

Falooda ice cream is a sweet, tasty, appetizing and delicious drink as well as meal that are mostly used in summer when sun burns the everything from its rays. This was said it originated from the India subcontinents and Nadar shah was the first who introduced or brought falooda ice cream in India before it people did not know about falooda ice cream. Similarly, it is very popular in Pakistan as well as in other countries, people eat it and it in summer days. Many people severed falooda ice cream to the guests with other foods or meals. Falooda ice cream is a healthy food because ingredients of its are dairy products, basil seeds, semiya, ice cream and milk. All these ingredients make it healthy and beneficial for us when people eat it as well as drink it they take a lot of energy from it because of its healthy ingredients. Basil seeds or sabja seeds have cooling properties in it this keep us cool and also keep our stomach cool. So patients of stomach must be eating it in hot days. There are many flavours of falooda ice cream such as

vanilla, pasta, mango and kulfa ice cream. Falooda ice cream is made in tall glass with many layers such as falooda layer basil seeds layer ice cream and milk in the last you can also put the rooh afza on these layers. Preparation of falooda ice cream at home is easy and all things that discuss above are easily available in the market. First of all, soaked the basil seeds in the fresh water and boil semiya seeds after boiling washed them with cool water. In the third step boil milk with saffron until milk amount become half. Then in the las put all these in the tall glass as a layer one by one in this way falooda ice cream dish is ready and enjoy it. Falooda ice cream has many health benefits such as this lower blood pressure, gives energy to brain and body.

The objective of present study was to correlate the falooda ice cream with normal breathing rate.

2. MATERIALS AND METHOD

The instrument which is used to measured the normal breathing rate or respiration rate is called Exhalometer. It has very small size and screen which display the accurate reading. Normal breathing rate can also be checked by placing the hand on the chest of person for one minute and note the rise and fall of the person and count them and wrote them on the blank page.

Project Design

There were 120 students who have participated in this survey I consent all these subjects that whether they like falooda or dislike. Many of students who said that they love falooda ice cream because this is healthy meal as well as drink and this contains healthy ingredients. While those students who dislike the falooda said, that this may be cause high sugar level. All of these participant was from the Multan, baha uddin zakariya university.

Statistical Analysis

This was done or conducted with the help of or using spread sheet software another name of Ms excel.

3. RESULT AND DISCUSSION

Table1. Relation between normal breathing rate and falooda ice cream loving

Gender	Ice cream lover	Not ice cream lover	P_ value
Males	13±1.19	14±1.0	0.23
Females	15±2.22	16±2.07	0.28
For females and males	18±2.1	19±2.12	1.12

p>1 hence relation is non-significant

Above table this shows that males that have normal breathing rate 13 per minute love the ice cream while those males that have normal breathing 14 per minute do not love the ice cream. Same females that have normal breathing 15 per minute love falooda ice cream while females with normal breathing rate 16 per minute dis like the falooda. Hence P value is greater than 1 so there is no relation between falooda ice cream and normal breathing rate.

4. CONCLUSION

From the above discussion this was concluded that there is no relation between falooda ice cream and normal breathing rate.

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